

# February

“Do not let your hearts be troubled. You have faith in God; have faith also in me. -John 14:1

Everyone is welcomed to join the Parish Religious Ed Families in their Faith Formation Year

<p><b>#BringChrist</b> <b>2URhalePlan</b> <b>#beKukui</b> <b>#shinebright</b></p>	<p><b>1</b> As February begins, Talk about ideas for how each family member can give more of themselves to God.</p>	<p><b>2</b> The Presentation of the Lord, also called Candlemas is February 2nd. Have a meal and some prayer time by candlelight.</p>	<p><b>3</b> Say 3 Hail Mary Prayers for all pregnant women</p>	<p><b>4</b> Smile all day long (especially when it is most difficult to).</p>	<p><b>5</b> <b>Pray the Memorare</b></p>	<p><b>6</b> Read about Saint Paul Miki and Companions Have a Japanese meal or a snack.</p>
<p><b>7</b> <i>Be kind to your parents by NOT answering back or giving attitude for 48 hours</i></p>	<p><b>8</b> For the feast day of Saint Josephine Bakhita, pray for the safety and strength for Christians living in parts of the world where it is not safe to be a Christian.</p>	<p><b>9</b> <b>Pray the Act of Contrition</b></p>	<p><b>10</b> Ask for forgiveness from someone you have wronged, then pray with them.</p>	<p><b>11</b> Make a grotto craft or project for the feast day of Our Lady of Lourdes on February 11th.</p>	<p><b>12</b> <b>Go to Adoration of the Blessed Sacrament</b></p>	<p><b>13</b> Choose your favorite heart themed activities (crafting or baking) and decorate them with words that remind us of God's love for everyone.</p>
<p><b>14</b> Send Saint Valentine's Day cards to neighbors and family members who may not receive one otherwise. You could include some heart shaped snacks or baked goods!</p>	<p><b>15</b> <b>Pray the Angelus</b></p>	<p><b>16</b> Commit to reading the Bible (even if it's a Children's version) every day together as a family as a Lenten Season Activity</p>	<p><b>17</b> <u>Attend Mass on Ash Wednesday.</u> Wear your ashes out into the world as a witness of our faith. <i>(In Person or online)</i></p> 	<p><b>18</b> Take a nature walk. Talk about the miracles in God's Creation all around us.</p>	<p><b>19</b>  <b>Attend Stations of the Cross (In Person or Online) as a family.</b></p>	<p><b>20</b> <b>Go to Confessions</b></p>
<p><b>21</b> First Sunday in Lent <b>Read &amp; Reflect with someone on the Gospel of Mark 1:12-15</b></p>	<p><b>22</b> Take time to pray for our current pope, past popes, and future popes for the feast day of the Chair of Saint Peter.</p>	<p><b>23</b> Do something to help the Earth.</p>	<p><b>24</b> <b>Say the Lord's Prayer, Nice &amp; Slow and reflect on each petition.</b></p>	<p><b>25</b> Listen to Religious/ Christian Music while you are doing a task that you may have put off before</p>	<p><b>26</b> Choose a Lenten Sacrifice to Do As a Family. Is there something your family can sacrifice that might help another family in need?</p>	<p><b>27</b> Surprise someone by doing a chore/ task for someone else</p>
<p><b>28</b> Second Sunday in Lent <b>Say a prayer to increase vocations to both priesthood, religious life &amp; matrimony</b></p>	<p style="text-align: center;"><b><u>Whole Parish Family Faith Formation Steps:</u></b></p> <p style="text-align: center;"><b>Step 1 Use your monthly calendar and pray the scripture for the month.</b></p> <p style="text-align: center;"><b>Step 2 Visit the parish youtube channel and watch the video about the Theme of the Month &amp; Spotlight activity</b></p> <p style="text-align: center;"><b>Step 3 Keep a log or short journal/notes on each activity using the following questions:</b></p> <ul style="list-style-type: none"> <li>· Who participated in the activity?</li> <li>· Were you able to identify the presence of God there?</li> </ul>					