




























Ottawa Catholic
School Board

A Family Prayer

Our Father, we thank you for your love and for your many blessings, especially for the precious gift of each other. Help us to show our gratitude by loving each other as you love us. Make us understanding and patient with one another, quick to admit our failings and ask forgiveness, generous in sharing the joy and strength we can give each other. Father, give our family lively faith and the courage to share it with those around us. Direct us to share it with those around us. Direct us to the state in life you plan for each of us, and help us to use your gifts to serve you. We entrust our family to your parental care. Preserve us from the corruption of the modern world and help us draw closer daily to you and to each other, until we come to share with you the joys of heaven. Jesus, Mary and Joseph, help us to be a holy family. Amen.

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ontario Catholic Graduate Expectation 3a: The graduate is expected to be a reflective and creative thinker who recognizes that there is more grace in our world than sin and that hope is essential in facing all challenges.					1 Holy Father's Intention 	2 "You will be secure, because there is hope; you will look about you and take your rest in safety." <i>Job 11:18</i>
3 Family Time 	4 Family Chat 	5 Prayer Power 	6 Pray the Glorious Mysteries or say 1 Hail Mary 	7 Catechism Byte 	8 Fasting 	9 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." <i>Ephesians 2:8-9</i>
10 Family Time 	11 Pray the Joyful Mysteries or say 1 Hail Mary 	12 Shrove Tuesday 	13 Ash Wednesday 	14 St. Valentine 	15 Family Chat 	16 "One who loves a pure heart and who speaks with grace will have the king for a friend." <i>Proverbs 12:11</i>
17 1st Sunday of Lent/ Family Time 	18 Family Day 	19 Family Chat 	20 Online Resource 	21 The Virtue of Hope 	22 Pray the Sorrowful Mysteries or say 1 Hail Mary 	23 "And the child grew and became strong; he was filled with wisdom, and the grace of God was on him." <i>Luke 2:40</i>
24 2nd Sunday of Lent/ Family Time 	25 Catechism Byte 	26 The Theological Virtues 	27 Prayer Power 	28 Pray the Luminous Mysteries or say 1 Hail Mary 	 = check out the back for more fun stuff	

Faith and Fun Calendar

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Contact us at info@faithandfun.ca

February 1—Holy Father's Intention

Please pray one Our Father, one Hail Mary and one Glory Be for Pope Benedict XVI's intentions for February.

General: Migrant Families. *That migrant families, especially the mothers, may be supported and accompanied in their difficulties.*

Missionary: Peace. *That the peoples at war and in conflict may lead the way in building a peaceful future.*



February 3—Family Time

Today is the 4th Sunday in ordinary time. The Gospel (Luke 4:21-30) tells the story of the reception Jesus received in his home town. While the people were filled with hope that He was the Messiah, they couldn't get over the fact that they knew Him—how could He be the one? Jesus is in all of us – try to spend some time this week looking for Jesus in people that you think you know well. The second reading today is a beautiful one about love. It is the greatest of gifts to have. Read again together this excerpt:

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. (1 Corinthians 13: 4-8)

Talk about this as a family, line by line. Are you patient with one another? Are you rude, arrogant or selfish? Do you make fun when a family member has had a bad day? What are some ways you can be a more loving family? Make sure that Mom and Dad are modeling love to one another first, and then to the children. Go around the dinner table and share at least one thing you love about each family member.

February 4—Family Chat

Please read together the OCGE for this month. Talk about any words that you do not know. *"Grace is favour, the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons, partakers of the divine nature and of eternal life."* Catechism of the Catholic Church verse #1936. Do you agree with the OCGE that there is more grace in the world than sin? How can we, as Catholics, access God's grace?

February 5—Prayer Power

Please pray together this Act of Hope *O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen*



February 7—Catechism Byte

Please read together the sections on Grace in the Catechism from #1997 – 1999. It is very uplifting and much can be learned by reading this together. If you do not own a catechism, please check it out online at www.scborromeo.org/ccs.htm

February 8—Fasting

The word "fasting" or "abstinence" is often associated with Lent. It means we are to deny ourselves or give up something and in return, turn that denial into a prayer. Ash Wednesday and Good Friday are "fast days" which means one full meatless meal and two smaller meals for adults until age 60. On Fridays in Lent we are encouraged to abstain from eating meat: a small sacrifice.

February 10—Family Time

Today is the 5th Sunday in ordinary time. One of the messages in today's gospel (Luke 5:1-11) is about trust. Jesus was asking Simon to put his net out one more time in to the water after having been out all night. Simon could have said, "No thanks, I'm too tired." But, he didn't. He trusted that Jesus would do something; and He did! He filled Simon's net to overflowing. The OCGE for this month says that we need to have hope when facing challenges; trust goes right along hand in hand with hope. Do you think that Simon was hopeful when Jesus asked him to put his net back one more time? Are you facing a challenge in your life that requires you to have hope or to trust? If so, sit together as a family and pray I Our Father, I Hail Mary and I Glory be for your intention.



February 12—Shrove Tuesday

Today is the last day before Lent begins. It's also called "pancake Tuesday" because it is the last day of feasting and fun before Ash Wednesday. It was a way to use up rich foods like eggs, sugar and butter before the fasting began. Have pancakes for dinner tonight. For extra fluffy ones, use club soda instead of milk or water.

February 13—Ash Wednesday

Ash Wednesday is a solemn and holy day. It is the beginning of the Lenten season. The ashes that are placed on our foreheads today come from the burnt ashes of last years palms from Palm Sunday. The cross put on our foreheads, is an outward sign of our need for repentance. There are many Ash Wednesday services offered on this day, so make an effort to attend.



February 14—St. Valentine

St. Valentine was a priest who was martyred in 269 in Rome. He is the Patron saint of bee keepers, engaged couples, epilepsy, happy marriages, love and young people. He is often shown with birds and a rose.

February 15—Family Chat

Lent is the 40 days from Ash Wednesday to Holy Thursday. It is a time for Christians to prepare themselves for Christ's death and resurrection on Good Friday and Easter Sunday. We do this through prayer, penance, repentance, giving alms, and self-denial. Sit down together as a family, and plan your lent! Talk about what you would like to do this lent (fasting, helping others, giving up something, praying more etc.) and write it down if you need to. Maybe you would like to decorate a jar to put coins in when you deny yourself that extra treat or coffee and then this "almsgiving" could be given to the poor at the end of Lent. You could also write down any good deeds that you do and read them together after Lent. Another important thing to plan is time for confession. Check out your church's bulletin for times.

February 17—Family Time

Today is the first Sunday of Lent. We hear a familiar story in the gospel today (Luke 4:1-13). The devil is tempting Jesus in the desert but Jesus does not give in. We also face many temptations and challenges in our life. Lent is a wonderful time to practice perseverance and strength of character against certain things that tempt us. For instance, if you choose to give up desserts for Lent, don't be surprised if your friends at school or work, all of a sudden start offering you their treats. Or if you are trying to avoid t.v. or trying to read more, there will be more discussion about shows and more noise while trying to avoid or do these activities. When you are tempted and feel weak, say a quick prayer: *Jesus, help me to be strong like you were against the devil in the desert. Help me to stay focused on you. Amen.*

February 18—Family Day

Please pray together the prayer from the front of the calendar.... A Family Prayer. Today is family day, so do something together that you all enjoy.

February 19—Family Chat

Almsgiving is giving money to the poor. Please read this excerpt from the Sunday missal written by St. Robert Bellarmine. *"First, it is necessary that we give alms with a most sincere intention of pleasing God and not for seeking popular praise.... It must be given cheerfully, and not with grudging. It must be given with humility. And finally, we must give abundantly, according to our ability."* Discuss what, if anything, your family is able to do for those less fortunate.

February 20—Online Resource

Here is a wonderful Catholic resource for the whole family. Take some time to visit it together and see what you can learn. www.catholicfamilyfaith.com



February 21—The Virtue of Hope

St. Paul wrote about hope to the Romans, *"And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."* (Romans 5:2-5). In the words of St. Pio of Pietrelcina *"Pray, Hope, and Don't Worry"*

February 24—Family Time

Today is the second Sunday in Lent. We read about the Transfiguration in the gospel (Luke 9:28-36). How do you think that must have been for Peter, James and John to see what they saw? It does say that they were terrified, can you imagine why? Have you ever been so scared that you were terrified? What can you do if you become really scared in the future? Do you think prayer could help? As a family, come up with a short prayer (known as an aspiration or ejaculation) that could be said if someone is scared. For example: at bedtime or before a big test or dentist visit. It could be something as simple as *"Come quickly, Lord, to help me."* (Psalm 70:1)

February 25—Catechism Byte

Did you have a chance to read the last catechism byte on grace? If not, please look it up now and read it. If you have, please read this section together on Hope #2657-2658. Here is a beautiful prayer from the Curé of Ars: *"I love you, O my God, and my only desire is to love you until the last breath of my life. I love you, O my infinitely lovable God, and I would rather die loving you, than live without loving you. I love you, Lord, and the only grace I ask is to love you eternally. . . My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath."*

February 26—The Theological Virtues

Hope is one of the three theological virtues along with faith and love. If we arm ourselves with these three things, we can overcome anything. *"Let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet."* (1 Thessalonians 5:8)

February 27—Prayer Power

Have you planned a time to go to confession during Lent? If not, try to do that now. Here is an Act of Contrition to learn before you go: *"My God, I am sorry for my sins with all my heart.. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His Name. My God have mercy. Amen."*