



Evening Prayer

All praise to you, O God, this night;
 For all the blessings of the light;
 Keep us, we pray, O King of kings,
 Beneath your own almighty wings.
 Forgive us, Lord, through Christ your Son,
 Whatever wrong this day we've done;
 Your peace give to the world, O Lord,
 That we might live in one accord.
 Enlighten us, O blessed Light,
 and give us rest throughout this night.
 O strengthen us, that for your sake,
 We all may serve you when we wake.
 Amen.

Thomas Ken

Faith and Fun Calendar

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January 2013

Ontario Catholic Graduate Expectation 7b: The graduate is expected to be a responsible citizen who accepts accountability for one's own actions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mary, Mother of God	2 Holy Father's Intentions	3 Most Holy Name of Jesus	4 Family Chat	5 "May the Lord direct your hearts into God's love and Christ's perseverance." <i>2 Thessalonians 3:5</i>
6 Epiphany	7 Prayer Power	8 Family Chat	9 Pray the Glorious Mysteries or say 1 Hail Mary	10 Quiet Time	11 St. Paulinus	12 "Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined." <i>Titus 1:8</i>
13 Baptism of the Lord	14 The Virtue of Excellence	15 Pray the Sorrowful Mysteries or say 1 Hail Mary	16 Online Resource	17 St. Rosalina	18 Prayer Power	19 "Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long." <i>Psalms 25:5</i>
20 Family Time	21 Pray the Joyful Mysteries or say 1 Hail Mary	22 Catechism Byte	23 Prayer Power	24 St. Francis de Sales	25 By Our Works...	26 "The Lord is near to all who call on him, to all who call on him in truth." <i>Psalms 145:18</i>
27 Family Time	28 St. Thomas Aquinas	29 Family Chat	30 Prayer Power	31 Pray the Luminous Mysteries or say 1 Hail Mary	= check out the back for more fun stuff	

January 1: Mary, Mother of God

Today is the Solemnity of Mary, the Mother of God when we celebrate the motherhood of Mary. Because of Mary's resounding "yes" to God's will, Jesus was able to come to earth. Here is a beautiful prayer to Mary asking her for help as our mother: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen. Today is also World Day of prayer for peace. Try to pray the rosary together today for this specific intention.



January 2: Holy Father's Intentions

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



General: *The Faith of Christians. That in this Year of Faith Christians may deepen their knowledge of the mystery of Christ and witness joyfully to the gift of faith in him.*

Missionary: *Middle Eastern Christians. That the Christian communities of the Middle East, often discriminated against, may receive from the Holy Spirit the strength of fidelity and perseverance.*

January 3: Most Holy Name of Jesus

Today we celebrate the name of Jesus. "Since the Name of Jesus is the holiest, sweetest and most powerful of all names, the Church devotes a special day to its solemn veneration. At the name of Jesus every knee should bend of those in heaven, on earth, and under the earth and every tongue confess that Jesus Christ is Lord." (From: "Illustrated lives of the Saints" by Rev. H. Hoever)

January 4: Family Chat

Please read together the Ontario Catholic Graduate Expectation for this month. It talks about learning to take responsibility for our own actions. How can we teach our children to do so? Play a game together or just have a discussion to practice this. If I hit someone at school, what needs to happen to show that I'm sorry? If I disobey Mom or Dad because I don't feel like listening, how can I make things right again? What other situations can you think of?

January 6: Epiphany

Today we celebrate the Solemnity of the Epiphany of the Lord. In the gospel (Matthew 2:1-12) we heard the story of the Magi's journey, their meeting with Herod and finding the newborn king, Jesus. How excited must they have been! Have you had to wait to go on a trip? How did you feel before going? How did you feel during the trip? Talk about a favourite family trip and look at photos or video and share memories. Pray this prayer together: On this Epiphany day, we are thankful for the gift of God gave us, his Son, Jesus. We are also thankful for the gifts we received and were able to give to others this holiday season. We ask that in the days ahead, we remember others and continue the spirit of giving all year long. Amen.



January 7: Prayer Power

The front of the calendar has a beautiful prayer called "Evening Praise" that can also be found in your Sunday missal book on page 591. Pray it together.



January 8: Family Chat

Sometimes, at the beginning of a New Year, people like to have resolutions or set some goals for themselves and their families. Talk together about what changes you could make to improve your family time. If you are so busy that you rarely sit down as a family, a goal could be to have dinner together a certain number of times a week or plan a weekly games night. If you want to improve your faith life, your goal could be to go to Mass more often. Commit to at least 1 goal.

January 10: Quiet time

Take some time today to reflect quietly about the amazing person that you are! You are an "original" creation. Just like a snowflake, there is no one else exactly like you, and there never will be! How incredibly awesome is that when you stop to think about that for a few minutes? Even if you have brothers and sisters, or you are a twin or other multiple, you may look the same, but you aren't exactly the same. Thank God for your special talents and gifts and try to come up with one way this week how you will put one of your gifts into action.

January 11: St. Paulinus

St. Paulinus was born in 726 in Italy. He had outstanding zeal, solid piety and extraordinary talents. (please look up or discuss any words that you don't know) Prayer: *God, You made St. Paulinus an outstanding exemplar of Divine love and the Faith that conquers the world, and added him to the roll of saintly Pastors. Grant by his intercession that we may persevere in Faith and love and become sharers of his glory. Amen.*



January 13: Baptism of the Lord

Today is the Feast of the Baptism of the Lord, the first Luminous Mystery that we contemplate when praying the Rosary. In the Gospel (Luke 3:15-22), we hear the words we all want to hear one day.... "This is my beloved Son with whom I am well pleased." If we hope to one day be in Heaven with God, what do we need to do to please Him? Discuss things that you can do to please God. For example: follow the 10 commandments (look them up if you don't know them. This can be a great dinner discussion for another night), attend Sunday Mass, pray daily, be kind to one another, read the bible or learn about the Saints.



January 14: The Virtue of Excellence

What do we do to strive for excellence? St. Paul writes in his letter to the Philippians, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8) These words should be our guide in our daily thoughts and actions. If we follow what St. Paul tells us, we will find it easier to fulfill what the OCGE is calling us to do and take responsibility for our actions.

January 16: Online Resource

Here is a great site for the whole family to enjoy. Please take some time together to check it out and learn more about your faith, in this year of Faith. www.domestic-church.com



January 17: St. Rosalina

St. Rosalina was born to a rich family and showed charity as a young child. She would sneak food in her apron to give to the beggars standing outside the castle. One day, her father caught her and asked to see what she had in her apron. When she opened it, her apron was filled with roses. When her father saw this he told the cooks to feed all the beggars waiting at the door. Her name means "soft rose".



January 18: Prayer Power

Pray this beautiful "Act of Hope" together. O my God, trusting in your promises and because you are faithful, powerful and merciful, I hope, through the merits of Jesus Christ, for the pardon of my sins, final perseverance and the blessed glory of heaven. Amen.



January 20: Family Time

Today is the 2nd Sunday in ordinary time. This week we pray for Christian Unity. The gospel (John 2: 1-12) is the wedding at Cana, which is the second Luminous mystery. In the gospel it says, "Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in Him." How must that have been for the wedding guests? Do you think the bride and groom were worried that their guests were not properly take care of? "Today, the power of Mary's intercession is ours for the asking. Jesus' love and generosity are boundless. He gives his entire being to us in the Eucharistic bread and wine, nourishing us abundantly. How blessed we are!" (from the Sunday missal). Practise your love and generosity today by doing something nice for someone in your family, a neighbour or a complete stranger.

January 22: Catechism Byte

Please read verse 1776 from the Catechism. "Deep within his conscience man discovers a law which he has not laid upon himself but which he must obey. Its voice, ever calling him to love and to do what is good and to avoid evil, sounds in his heart at the right moment. . . . For man has in his heart a law inscribed by God. . . His conscience is man's most secret core and his sanctuary. There he is alone with God whose voice echoes in his depths." What is this verse encouraging us to do? Is this always easy? Try to make some quiet time today to chat to God about anything that is troubling you or all that you are thankful for. Pour out your heart to Him, He is waiting.

January 23: Prayer Power

Pray together the "Evening Praise" prayer from the front of the calendar.



January 24: St. Francis de Sales

St. Francis became a priest, despite his parents wishes for him. He felt called to serve others and wrote a book entitled "Introduction to a Devout Life." It shows how ordinary life can be holy and to look for Jesus in all that we do. He is the patron Saint of writers.

January 25: By Our Works...

The Ottawa School Board Theme is "By Our Works We Show Our Faith". It calls us to live out our Catholic faith in everything we do and say. Is this not what the OCGE is asking us to do by taking responsibility for our actions?

January 27: Family Time

Today is the 3rd Sunday in ordinary time. Jesus reads from a scroll in the gospel (Luke 1:1-4, 4:14-21) about bringing the good news to all people. What is the good news? Does your family own a bible? If so, open it to any page to read some always truthful, always relevant good news. If not, please check online. Sometime this week, see what "good news" you can find to share at dinner. It could be something about your day, or something in the media (which can be challenging) etc.

January 28: St. Thomas Aquinas

St. Thomas Aquinas was born in 1225 and is the patron saint of students. He is a Doctor of the Church (one of only 33 Saints known for their wisdom in theological matters) and one of the world's greatest thinkers. Celebrate this saint by reading a favourite book together.

January 29: Family Chat

How did you do this month in achieving the goal you set together on the 8th? If you achieved something, celebrate together with a special dessert! If you forgot about it, or just couldn't stick with it, don't despair. Plan a new goal now to achieve for next month and have 1/2 a dessert!

January 30: Prayer Power

Pray together the "Act of Hope" again.

