

Faith Formation Center

Quarterly Newsletter

January 15, 2023

Faith Formation Offerings:

Angel Workshop

Date: Monday, February 6th

Time: 10:00am to 1:00pm

Location: Faith Formation Center

Lunch will be provided

The purpose of this workshop is to honor, explore, and learn about angels. Our desire is for participants to become aware and empowered by opening their hearts to “angelic possibilities” in their everyday lives.

Religion and Spirituality

Date: Monday, February 27th

Time: 6:00pm to 7:30pm

Location: Faith Formation Center

At first glance religion and spirituality might sound the same, yet when we look closer, they are very different. However, belief in something bigger than self ultimately unites them. We will be using a chapter from Joan Chittister’s book *Called to Question* in which she discusses the topics of religion and spirituality. (You will be able to pick up a copy of the chapter to read ahead of time.)

Liturgical Seasons and Feast Days of Saints

Liturgical Seasons

Ordinary Time

January 10-21

Liturgical Color: Dark Green

Lent

February 22 – March 6 (*concludes with evening of Holy Thursday*)

Liturgical Color: Reddish Purple

Sacred Triduum

Period of three days that begins with the liturgy on the evening of Holy Thursday, reaches its high point in the Easter Vigil, and closes with evening prayer of the Church on Easter Sunday.

The Sacred Triduum marks the end of the Lenten season and leads to the Mass of the Resurrection of the Lord at the Easter Vigil

Easter

Day of the Lord’s Resurrection

Beginning of the Great 50 Days

Feast of Saints

January 17 – Saint Anthony (Pray to Saint Anthony for help in finding lost items.)

February 3 – Saint Blaise (Patron of wool combers, wild animals, candle makers, and ailments of the throat)

February 31 – Saint John Bosco (A man who sent his entire life helping poor and abandoned children and teaching them about God. Saint John Bosco is also the patron of our tri-parish school)

February 2 – Presentation (Commemorates the Jewish practice of the purification of the mother after childbirth and the presentation of the child to God in the Temple)

February 22 – Ash Wednesday

March 20 – Saint Joseph the Worker (Patron of our Parish)

March 25 – Annunciation

April 2 – Palm Sunday (Commemorates the entrances of Jesus into Jerusalem)

April 6 – Holy Thursday (The day during Holy Week that commemorates the Washing of Feet and Last Supper of Jesus with the Apostles)

April 7 – Good Friday (Commemorates the crucifixion of Jesus and his death at Calvary)

April 8 – Holy Saturday (Celebrates the vigil that Jesus’ followers held for him outside of his tomb)

April 9 – Easter Sunday (Day of the Resurrection)

WHAT DOES POPE FRANCIS WANT YOU TO KNOW?



Life is a journey. When we stop, things don't go right. We must always walk in the presence of the Lord, in the light of the Lord, always trying to live in an irreprehensible way.

To be saints is not a privilege for the few, but a vocation for everyone. The love of God is not generic.

We are God's beloved children, always. To live glumly, to be negative, means not to recognize our deepest identity. God loves us the way we are, and no sin, fault, or mistake of ours makes him change his mind. The fact is, he loves us even more than we love ourselves. He believes in us even more than we believe in ourselves. He is always *cheering us on*. He is our biggest fan."

The new year is here, so naturally, we are feeling the itch to set goals and resolutions. This is the opportunity to let go of everything from the previous year and start your next chapter. This beautiful blank page is staring at you with the wonder of possibilities for the upcoming year. This year why not try to stretch your creative muscles and manifest your desires through a vision board.

**Setting Intentions for the New Year
With a Vision Board!**

You ask what a vision board is...a vision board is a physical manifestation of your goals and prayers for the upcoming year. You can use several images, words, quotes, and or objects that speak to you throughout the year.

You arrange them on a board and place somewhere you can see it daily as a reminder of your goals and prayers for yourself.

GOD,
grant me the
Serenity
to accept the things
I cannot CHANGE;
Courage
to CHANGE
the things I can;
and
Wisdom
to know the DIFFERENCE.

Spiritual Food for Thought...

"At any moment, you have a choice, that either leads you closer to your spirit or further away from it." *Thich Nhat Hanh*

Question to ask yourself.

What leads you closer to your spirit?

Something to consider: Spirituality...

"When there is spiritual awakening, you awaken into the fullness, the aliveness, and the sacredness of now." *Eckhart Tolle*

Movie Recommendation

The Noel Diary: A Christmas movie worth the watch on Netflix

Fr. Edward Looney from St. Francis and St. Mary recommended this movie on his Facebook page.

You can read Fr. Edward Looney's review. Posted on CatholicLink.

Book Recommendation

The Four Agreements

by Don Miguel Ruiz

"An inspiring book with many great lessons..." *Wayne Dyer, Author*