

February Faith Formation

February Action Plan

This month we will...

Listen to
**"Less Like Me" by
 Zach Williams.**



Ponder: How can we be more like Jesus and help those in need?

Living Like Mother Teresa

Mother Teresa taught that love is best when it is humble. Choose a **hidden act of service** to complete. It could be cleaning up without being asked, praying for someone silently, or helping without taking credit. Challenge: Do as many as you can this month.

Good Samaritan

Find a quiet place and read the **Parable of the Good Samaritan (Luke 10:25-37)**.

Ponder silently or discuss:

- Where do we see Jesus in this story?
- How would Mother Teresa act to the wounded man?
- What would she say about "small acts with great love"?

Prayer for Peace

Find a quiet moment to pray this **prayer of St. Francis (Prayer for Peace)**.

*Lord, make me an instrument of your peace:
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.*

*O divine Master, grant that I may not so much seek
 to be consoled as to console,
 to be understood as to understand,
 to be loved as to love.*

*For it is in giving that we receive,
 it is in pardoning that we are pardoned,
 and it is in dying that we are born to eternal life.*

Pause and think about what this prayer means. Share with each other or write down your thoughts. Ask: Where can we be instruments of peace this week? (School, work, or home)

Kindness Check-In

At the end of the day, do a **Kindness Check-In**. Ask these questions to yourself or talk as a family:

- Who did I show kindness to today?
- Who showed kindness to me today?

Learn About the Works of Mercy

Pick one Corporal or Spiritual **Work of Mercy** to focus on this month. Talk about what this looks like in real life and how your family can practice it together—at home, school, or in your community.



Check out
**February
 Kitchen
 Table Faith!**

Plan for Lent

Lent can be challenging. When we make a plan, it becomes a more fruitful season. Make your **Plan for Lent**. How will you answer these questions:
 Prayer - How will we make time for God?
 Fasting - What will we give up to make time for God?
 Almsgiving - Who will we help?

Remind yourself what we do during Lent and why. Watch the **"How to Lent"** to help you make the most of this time.



Cut at the dotted lines and then rip off the papers as you complete the tasks this month.

Complete your Family Action Plan.

Read the Parable of the Good Samaritan.

Do a Kindness Check-In at the end of the day.

Listen to the Song "Less Like Me" by Zach Williams.

Pray the Prayer of St. Francis (Prayer for Peace)

Watch the Short Video "How to Lent" on Formed.

Make a Plan for Lent.

Follow St. Teresa's Example and Do a Hidden Act of Service.

Visit our February Kitchen Table Faith website.

Learn about a Corporal or Spiritual Work of Mercy.

Mark your calendar!

- ◆ **Rosary & Adoration**, Mondays, 7 pm.
- ◆ **Holy Hour** Tuesday, 6 am; Wednesday-Friday, 6 am and 8 am.
- ◆ **First Friday Adoration, February 6**. Come to the day chapel anytime between 6 am-12 pm to pray with our Lord.
- ◆ **First Saturday Mass, February 7**, 9 am, day chapel
- ◆ **Trivia Night** , February 7, 6 pm. Signups are due by February 4! Go to ssjohnpaul.org/trivia-night for details and to register online!
- ◆ **SSJP Night at the Iowa Wolves, February 11**, 6:30 pm. Find details and the link to purchase tickets at ssjohnpaul.org/events/family-night-at-the-iowa-wolves.
- ◆ **Knights of Columbus Fish Fries** serving from 4:30-7 pm every Friday of Lent (Feb 20, 27, Mar. 6, 13, 20, 27) *plus a special preview on February 13*.
- ◆ **Talent and Treasures Market, February 14-15 after Masses**, Founders Hall. Come explore the wonderful gifts, skills, and creations shared by our own parish family.
- ◆ **Youth Mass, February 15** at 10:30 Mass. Families and/or youth who would like to serve, contact Jenni Lihs
- ◆ **K of C Breakfast, February 15**, 8:30 am-12 pm, St. Francis Hall. Join us for a hot breakfast for a free-will offering.
- ◆ **Shrove Tuesday & Mardi Gras, February 17**: Burning of Palms, 5 pm; Mass, 5:30 pm; pancake supper & activities, 6 pm; Parade & Bury the Alleluia, 7 pm.
- ◆ **Ash Wednesday Masses February 18**: 12 pm, 5:30 pm, 7:30 pm
- ◆ **Teen Group and JYM meet February 18**. We will meet at 7 pm in the FDC and attend 7:30 Ash Wednesday Mass together. Come early, at 6:30 pm for a simple meal beforehand.
- ◆ **Lenten Prayer Time** (starts February 19). The church is open until 7 pm on Monday, and 6 pm Tuesday-Friday during Lent for private prayer. Individuals and families are invited to stop by as schedules permit for some time of reflection.
- ◆ **Stations of the Cross, Fridays during Lent**, (starts February 20) 5 pm, 3 pm on Good Friday
- ◆ **Women's Lenten Book Study, Saturdays during Lent** (starts February 21), 10-11 am, Founders Hall. Register at ssjohnpaul.org/lenten-book-study.
- ◆ **First Eucharist Enrollment Mass, February 22**, 10:30 am Mass.
- ◆ **First Eucharist Parent Retreat, February 22**, 1-4 pm, church and Founders Hall
- ◆ **Family Dinner & Rosary, February 23**. All households are invited for 6 pm supper and to stay to pray the Rosary at 7 pm as we prepare for the season of Lent.
- ◆ **Lenten Mass & Soup Suppers, Tuesdays during Lent**, (starts February 24). Join us for Mass at 5:30 followed by a simple soup supper in St. Francis Hall. Sign up in the gathering space to bring soup on one of the Tuesdays.
- ◆ **Rosary Meditation Group, February 25**, 5:30-6:30 pm, teen room. All adults are invited to pray the rosary, reflect and share in conversation using the Daily Rosary Meditations podcast. Led by Shelley Leiser.
- ◆ **Training & Planning for Catechists, February 25**, 6:30 pm, FDC social room
- ◆ **First Eucharist Parent/Child Meeting, February 25**, 6:30 pm. Church, St. Francis Hall
- ◆ **First Friday Adoration, March 6**. Come to the day chapel anytime between 6 am-12 pm to pray with our Lord.
- ◆ **First Saturday Mass, March 7**, 9 am, day chapel
- ◆ **Parish Faith Formation LIVE! Parish Mission - Bible 101, March 8/Jesus and Jerusalem, March 9**. Households attend both gatherings starting at 6 pm. There will be no meal served this month!

Find additional faith formation ideas and resources by going to the parish website, www.ssjohnpaul.org, and clicking on the **Kitchen Table Faith** button in the middle of the home page, right above the calendar, or go directly to ssjohnpaulfaithformation.org.