



## Thoughtful Moments

### St. Josephine Bakhita

St. Josephine Bakhita was a young girl in Darfur, Sudan when she was captured and sold into slavery. Despite serving under cruel masters for many years, she remained sweet and kind. Eventually, the Michielis, who treated her very kindly, bought her. While in Italy, they introduced her to the Canossian Sisters of Charity. She joined in 1893. She spent the rest of her time there as a cook and sacristan. She also helped to prepare young sisters.



### Unconditional love

Children learn about God's love by experiencing love from their parents. Children who feel unconditionally loved by their parents are less likely to fear failure or judgment and more likely to look at their parents as advocates rather than adversaries. They are also more likely to be open to a relationship with a loving God as Father.

*"A wise son hears his father's instruction, but a scoffer does not listen to rebuke"* (Proverbs 13:1).



## Forgiveness leads to holiness

In family life, conflict may be commonplace as children learn to navigate relationships but learning how to forgive is essential to healthy development. Forgiveness is also essential for holiness. *"If you forgive others their transgressions, your heavenly Father will forgive you"* (Matthew 6:14). Teach children how:

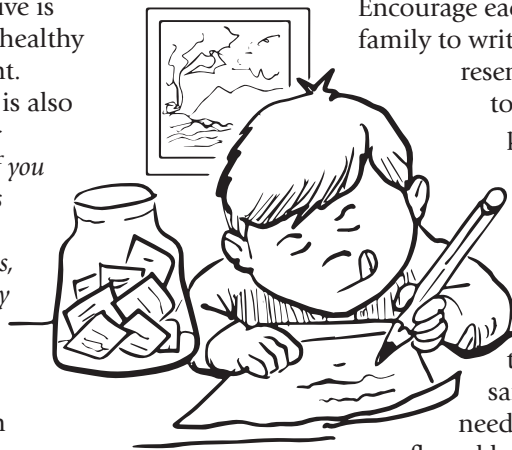
**Say the words.** Encourage children to say, "I'm sorry," "I was wrong," when they have hurt someone. Asking for forgiveness starts the process of recognizing when they have transgressed and understanding that amends must be made. When someone says the words, immediately offer forgiveness by saying, "I forgive you."

**Release grudges.** Old resentments keep us from fully experiencing God's love and forgiveness. Encourage each member of the family to write at least one grudge or resentment they are ready to let go of on a piece of paper and put it into a "grudge jar." Then, take out all the grudges, rip them up, and move on.

**Practice humility.** Humility reminds us that we're saints-in-progress who need God's mercy. We are flawed beings who make

mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

**Pray for each other.** Praying together as a family opens us up to much-needed graces. Plus, it's hard to stay mad at someone for whom you pray!



## Why Do Catholics Do That ?

### Why do Catholics serve pancakes on Fat Tuesday (Mardi Gras)?

In the early Church, it was customary to give up rich foods and meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would rush to empty the pantry of the

forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts). In several countries, it is even called "Pancake Tuesday." It was meant to be one final celebration of feasting before the Lenten fast.



## The positive power of penance

Children of all ages know that if we make a mess, we must clean it up and try not to do it again. Penance is a lot like that – it helps us clean up our sin and avoid repeats. Help children appreciate penance.

**Self-denial.** Suggest small sacrifices that are age appropriate - skipping a favorite TV show, foregoing an hour of video games, or passing on dessert. Then suggest that the discomfort can be offered to God as an apology for past wrongs.

**Acts of kindness.** Our sin affects others,



so helping others also helps us make up for our sins.

Assisting a neighbor, volunteering at church, or showing kindness to a friend, can be offered to God as penance.

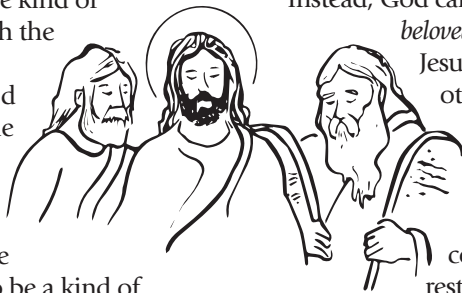
**"Do I have to?"** When you ask your child to do something he doesn't have to do and may not enjoy, remind him that it can be offered as penance. Visiting elderly relatives, playing patiently with younger siblings, doing homework without reminders are sacrifices that can be offered as penance.

### Scripture LESSON

#### Mark 9:2-10, Transformation, not restoration

Ancient Jews imagined that the Messiah would free Israel to be the kind of people it already was with the religion and structure it already had. After all, God had set Moses aside as the lawgiver and liberator, and Elijah was the first great prophet to foretell the coming of Christ. The Messiah was predicted to be a kind of repairman to restore it all.

So, when Jesus was transfigured with Moses and Elijah, the apostles figured God was revealing Him as the expected Messiah. Peter thought he was complimenting Jesus by offering to build tents for each of them, putting Jesus on



the same level as Moses and Elijah.

Instead, God called Jesus, "*my beloved Son*," exalting Jesus above every other human hero.

#### What can a parent do?

Jesus' apostles thought He had come simply to restore Israel, but

Jesus came to transform us and give us new life. The Transfiguration was to prepare Jesus' followers for a surprising truth: He would accomplish this victory by dying on the Cross and rising from the dead, thus conquering death itself.

### Parent TALK

I had stopped praying. My father had a heart attack last summer and I was helping Mom care for him while working and caring for my own family. Then my father-in-law was diagnosed with lung cancer and needed care. Finally, Ken lost his job for the second time in three years and we had used up our savings the first time. Obviously God wasn't listening.

A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening. Amen." Then she went to sleep. Standing outside her room, I realized Kara didn't tell God what to do. She asked for help, trusted that it would come, and left it to God.

I prayed for the first time in weeks and ended with, "Thanks for listening. Amen." I realized God is always listening. I was the one who had stopped talking.



### Feasts & Celebrations

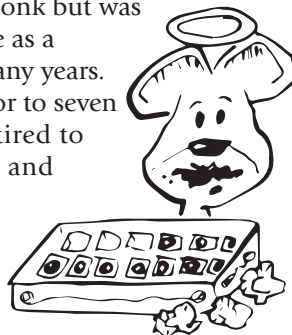
**February 2 – The Presentation of the Lord.** In accordance with the Law of Moses, Mary and Joseph brought Jesus to the Temple forty days after His birth, and Simeon praised God for revealing the long-awaited Savior.

**February 2 – St. Catherine of Ricci (1590).** Against her father's wishes, St. Catherine gave up her wealthy life and joined the Dominicans when she was twelve. She received visions of the Lord's Passion, which she experienced every Friday.

**February 14 – Ash Wednesday.** The

first day of Lent. Ashes of old palms are placed on the forehead, as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

**February 21 – St. Peter Damian (1072).** St. Peter Damian became a disciplined monk but was called to serve as a bishop for many years. He was advisor to seven popes. He retired to monastic life and died in the care of his brother monks.



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