



# Monthly Newsletter

## Winter: Snow, Shovel, Repeat ENDLESSLY . . .

I have a love-hate relationship with winter now that I'm "old". I love cozying up with a blanket, a good book, and cup of hot cocoa. I hate shoveling and being so cold I can't feel toes or fingers.

I remember when I was a child loving winter - anticipating time off from school, sledding & ice skating, and my parents and grandparents making special comfort foods to warm our bellies up. I even enjoyed going outside and helping my dad shovel our driveway.

I passed those traditions down to my girls when they were growing up - snow day read-a-thons or movies inside a blanket fort, creating

elaborate sledding hills and igloos in our driveway, and yes, the grumbling and laughter of shoveling together.

I have realized that I need to focus on the best part of winter, the special moments God can present you with your family and friends.

We are encouraged to embrace the New Year with resolutions for improvement. I suggest this year instead to embrace God's gift to us of winter - snow days, shoveling, and special traditions that can make a memory that you can look back on when you're "old" like me.

*Kim P.*

### Important Dates:

#### **Mary, Mother of God January 1**

Family Session - St. Thomas  
January 6, 5pm

Adult Bible Study - Zoom  
Unlocking the Bible Ses 1  
January 7, 6pm

Sac Prep Year 2 Retreat:  
Strength of the Holy Spirit  
January 10, 9am  
St. Matthew

Family Session - St. Matthew  
January 11, 9am

Family Session - St. Thomas  
January 12, 5pm

Adult Bible Study - Zoom  
Unlocking the Bible Ses 2  
January 14, 6pm

Family Session - St. Thomas  
January 18, 11:15am

Adult Bible Study - Zoom  
Unlocking the Bible Ses 3  
January 21, 6pm

Family Session - St. Matthew  
January 24, 4pm

Sac Prep Year 2 Retreat:  
Strength of the Holy Spirit  
January 26, 5pm  
St. Thomas

Adult Session - St. Therese  
Meeting the Messiah  
January 27, 5:30pm

Adult Bible Study - Zoom  
Unlocking the Bible Ses 4  
January 28, 6pm



*Meeting the*  
**Messiah**  
ENCOUNTER HIM THROUGH THE SCRIPTURES

*Meeting the Messiah takes you on a scriptural journey through the lives of men and women who met Jesus in person and whose lives were forever changed.*

**CALMING THE STORM**  
Tuesday, January 27<sup>th</sup>, 5:30-6:30pm  
SToL Parish Office

*Being a follower of Christ isn't about going through the motions – it's about having a relationship with Jesus that gives purpose and meaning to every part of your life.*

**Be sure to visit the Word of Life pages for prayers, lesson lists, and unit assessments:**

<https://www.stmatthewlimerick.org/childrens-ministry>

<https://stthereseparishmaine.org/childrens-ministry>

## January Family Activities

Learn, grow and have fun together with our January Family Activities!

- As the new year begins, reminisce with your family about the past year and talk about plans and goals for this year.
- Go star gazing to celebrate Epiphany. Have the children find the brightest stars in the sky. Discuss how the wise men must have felt while they were traveling to meet the new King, Jesus.
- Learn to juggle like Saint John Bosco did to entertain people or learn a bible verse or prayer in his honor.



## January Saints

Learn more about these amazing saints we honor in the month of January!

- January 2 - St. Basil the Great
- January 4 - St. Elizabeth Ann Seton
- January 6 - St. Andre Bessette
- January 12 - St. Marguerite Bourgeoys
- January 14 - St. Felix of Nola
- January 15 - St. Ita
- January 18 - St. Margaret of Hungary
- January 20 - St. Sebastian
- January 24 - St. Francis de Sales
- January 27 - St. Angela Merici
- January 28 - St. Thomas Aquinas
- January 31 - St. John Bosco



## Recipe of the Month

Skillet Lasagna for St. John Bosco  
(<https://catholiccuisine.blogspot.com>)

- 1 jar (24 - 26 oz) marinara sauce
- 3 cups water
- 8 oz lasagna noodles
- 1 lb hot Italian turkey sausage (casings removed)
- 2 garlic cloves, pressed
- 2 oz Parmesan cheese
- 2 tbsp chopped fresh parsley, divided
- 1 cup fresh ricotta cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 tsp coarsely ground black pepper
- Additional grated Parmesan cheese (optional)

Combine sauce and water in 12" Skillet. Cover; bring to a boil.

Wrap noodles in clean kitchen towel and break crosswise into quarters. Stir noodles into sauce. Cover; reduce heat and simmer 16 - 18 minutes or until noodles are tender, stirring occasionally.

As noodles cook, place sausage into 10" skillet; cook and stir over medium-high heat 6 - 8 minutes or until sausage is no longer pink, breaking into crumbles. Add pressed garlic; cook 1 minute. Remove from heat. Stir sausage into noodles and sauce.

Grate Parmesan cheese. Chop parsley; set aside about 1 Tbsp parsley for garnish.

Combine cheeses, remaining parsley and black pepper in bowl. Scoop cheese mixture over noodles. Cover skillet and simmer gently 3 - 5 minutes or until cheese is melted and ricotta mixture is heated through.

Sprinkle lasagna with reserved parsley and additional Parmesan cheese, if desired, before serving.