



Monthly Newsletter

February: Love & Lent?

Much of the secular world embraces our St. Valentine this month - and you will notice he is NOT on the list of saints to check out this month.

This isn't because I'm anti-Valentine's Day or anything - I'm just pretty sure most of you out there have shared this marriage-loving saint with your families in one way or other already.

What I like to focus on in February is God's love - specifically His complete love for each of us.

God, in His infinite wisdom and mercy created each of us to be in an intimate, loving relationship with Him. His love for you is infinite.

Yes, YOU, the unique, imperfect, broken you was chosen to come into

the world for something special ... and much of the time we tend to feel like we have no idea what he wants for us or how we are supposed to get where He wants us to be.

And this is where Lent comes in - a wonderful chance for a re-set in your most important relationship. The one with God who loves you completely.

I always find it appropriate when Lent begins in February - there are reminders everywhere for focus on the loving relationships in our lives. Let's help our families choose God this February, the way He chose us - with purpose.

Kim P.



This year's theme is **Man & Woman He Created Them: Together with Purpose**

National Marriage Week is a time for husbands and wives to do something intentional together ~ **grow their marriage**

Watch the bulletin and church narthex for resources and events in our parishes!

Be sure to visit the Word of Life pages here:
<https://www.stmatthewlimerick.org/childrens-ministry>
<https://stthereseparishmaine.org/childrens-ministry>

Important Dates:

Family Session - St. Thomas
February 3, 5pm

Adult Bible Study - Zoom
Unlocking the Bible Ses 5
February 4, 6pm

Sac Prep Year 1 Retreat
Loving God as a Family
February 7, 9am
St. Matthew

Family Masses: God is Love & World Marriage Day
February 8, 8am & 10am

Family Session - St. Matthew
February 8, 9am

Family Session - St. Thomas
February 9, 5pm

Adult Bible Study - Zoom
Unlocking the Bible Ses 6
February 11, 6pm

Family Session - St. Thomas
February 15, 11:15am

Ash Wednesday
February 18

Sac Prep Year 1 Retreat:
Loving God as a Family
February 23, 5pm
St. Thomas

Adult Bible Study - Zoom
Unlocking the Bible Ses 8
February 25, 6pm

Family Session - St. Matthew
February 28, 4pm

February Family Activities

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

- Presentation of the Lord, or Candlemas is February 2nd. Have a meal & prayer time by candlelight and talk about how each family member can give more of themselves to God.
- This month is our God is Love Family Mass! Choose your favorite heart-themed activities (crafting/baking) and decorate with words that remind of God's love for everyone.
- On February 22nd, take time to pray for Pope Leo as well as past and future popes for the Feast of the Chair of St. Peter.



February Saints

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

- February 3 - St. Blaise
- February 5 - St. Agatha
- February 7 - Bl. Pius IX
- February 9 - St. Apollina
- February 11 - Our Lady of Lourdes
- February 13 - St. Catherine de Ricci
- February 15 - St. Claude de la Colombiere
- February 18 - St. Fra Angelico
- February 20 - Sts. Jacinta & Francesco
- February 22 - Feast of the Chair of St. Peter
- February 25 - St. Walburga
- February 27 - St. Gabriel of Our Lady of Sorrows



Recipe of the Month

Baked Rockfish for Feast of Chair of St. Peter (<https://catholiccuisine.blogspot.com>)

Ingredients:

- 5 cups fresh spinach
- 2 (6 ounce) fillets rockfish
- 10 cherry tomatoes, halved
- 1/2 cup vegetable broth
- 2 tablespoons minced fresh dill
- 1/4 teaspoon garlic powder
- 1/2 teaspoon lemon pepper
- 1/4 teaspoon onion powder
- salt and ground black pepper to taste
- 2 lemon slices
- 2 onion slices
- 1 teaspoon butter

Directions:

Preheat oven to 400 degrees F.

Layer the spinach in the bottom of a 2 quart baking dish. Lay the rockfish atop the spinach. Scatter the tomatoes around the fish.

Pour the broth into the dish. Season the fillet with the dill, garlic powder, lemon pepper, onion powder, salt, and pepper.

Place the lemon, onion, and butter on the rockfish.

Cover the entire dish with aluminum foil.

Bake in preheated oven until the fish flakes easily, 20 to 25 minutes.