
KENT LAMBTON ROMAN CATHOLIC FAMILY OF PARISHES



Thrive

KLRCFP YOUTH MINISTRY

February
ordinary time

Thrive Family Kits

Our aim is to bring families a couple activities each month that will help build up our faith in the home and encourage families to grow together. In other words, to THRIVE!

February is the month of the Holy Family!
Take time this month to attend Mass at Holy
Family Church in Wallaceburg!



St. Blaise

February 3rd

St. Blaise was a bishop in Armenia around the year 300. We don't know much about his life except for the stories and legends surrounding him.

According to legends, as a bishop he was forced to flee into hiding. He went into the wild back country by himself and made friends of the wild animals. When some hunters stumbled upon his hiding place, they were amazed to discover him praying amongst a pack of wolves and bears!

One of the most popular traditions connected to St.

Blaise is the blessing of throats. A priest or deacon holds two (unlit!) candles next to your throat, and asks for St. Blaise to intercede for us so that " God may deliver you from every disease of the throat and from every other illness." Legend holds that St. Blaise helped a choking boy, so he is now patron of throat ailments!

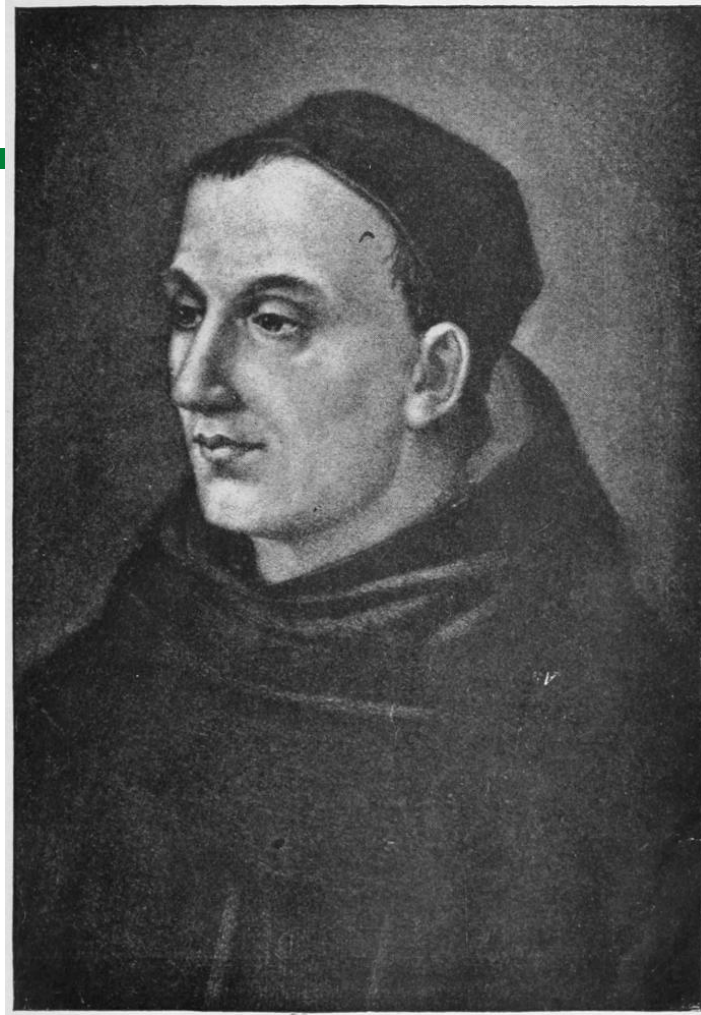
You can request a throat blessing from a priest or deacon after Mass!



Fra Angelico

February 18th

Fra Angelico was born in Florence (Italy) around the year 1395. Not much is known about his early life, we know that he studied to be a painter and later became a Dominican Friar. There he began to paint beautiful frescoes (painting on wet plaster) around the monastery.



When he was training to become a painter, his teacher, Lorenzo Monaco taught him to add small details to his paintings. Small, little details symbolize greater messages.

One of his Friar brothers became bishop of Florence . From him Fra Angelico was able to take custom order to paint in church, convents and monasteries. He was known to be pious and passionate about his faith.

One of his most famous works in the Niccoline Chapel at the Vatican (where the Pope lives!). The chapel was built by Pope Nicholas V and is available to visit today! You can check it out on the Vatican Museum website here:

<https://m.museivaticani.va/content/museivaticani-mobile/en/collezioni/musei/cappella-niccolina/tour-virtuale.html>

BE THE ARTIST!

Fra Angelico had a team of artists to help him complete all of his large projects on time! Below is one of his famous paintings, "The Annunciation" where the angel Gabriel comes to tell Mary some news to change the world!

In your kit this month is a page for you to colour yourself! Use whatever medium you'd like: watercolours, markers, crayons, pencils! Take your time and notice all the different parts of the picture. Fra Angelico left lots of signs and symbols in his artwork!

Share your completed artwork on Facebook or Instagram!
#KLRCFP



St. Valentine

February 14th

Who is St. Valentine??

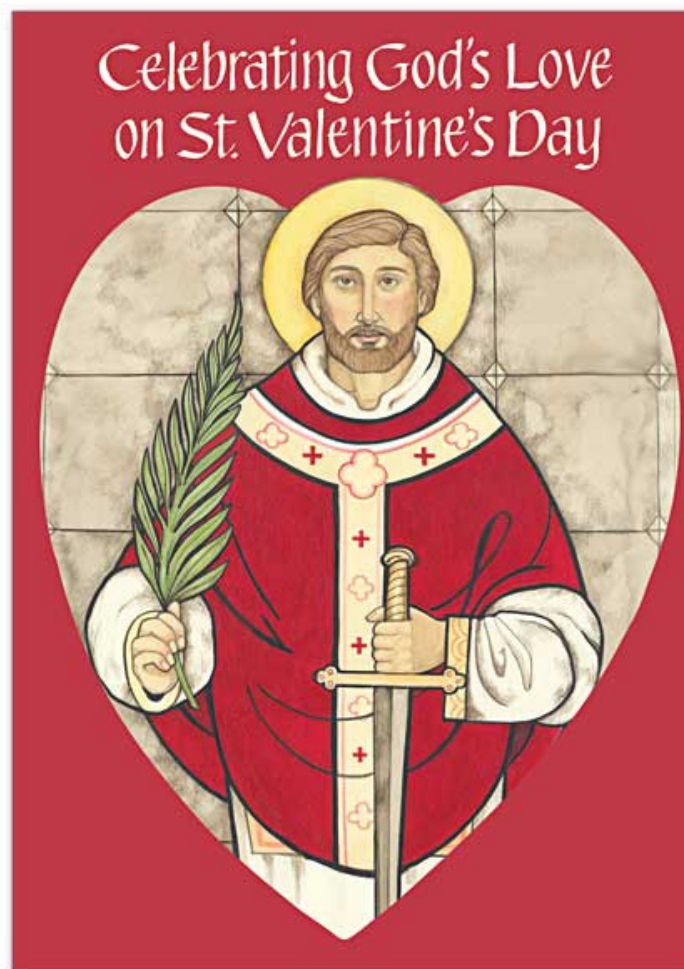
He was an early Christian priest.

He was sent to jail for allowing Christian couples to be married.

A jail guard questioned Valentine's faith, challenging him to heal his daughter's blindness. When Valentine layed his hands on her eyes and prayed, she was cured!!

The man immediately believed in Jesus; he and his entire family was baptized right away!

Before he was executed legend holds that he wrote to the little girl who's blindness was cured, signing the notes, *"From your Valentine."*



Valentines Day Resources!

3 Minute Life of St. Valentine: [YouTube](#)

Story of Saint Valentine: [YouTube](#)

Lukas Storyteller - St. Valentine: [Formed.org](#)

How to Spread Love This Valentines Day: [YouTube](#)

Saint Valentine by Robert Sabuda - [CK Public Library](#)

St. Valentine by Ann Tompert - [CK Public Library](#)

Printable Valentines: [ChewsLife](#), [CatholicAllYear](#), [Thrive](#)

St. Valentines Day Party

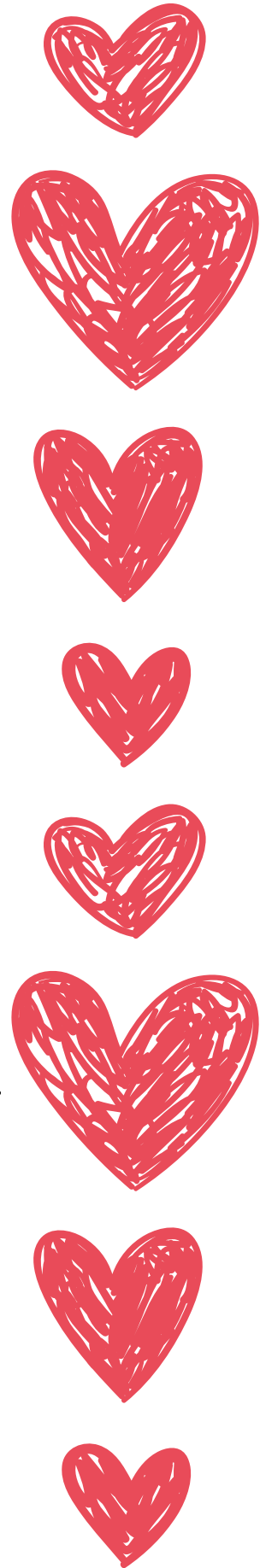
Host a St. Valentines Day party! It can be for just your family, or you can invite over extra family and friends! If you can't invite anyone over, maybe you can bring Valentines and treats to your neighbours!

Ideas

- Print off a picture of St. Valentine and his biography, so everyone can learn about the saint behind the celebration!
- Make Valentines for everyone joining you!
- Decorate with hearts and a love theme!
Use Bible quotes about love too!
- Think of fun food ideas: Valentines Chex Mix, decorate cupcakes (mix included in your kit!), fruit tray, strawberry smoothies...

Dinner Discussions

- Talk about how you met your favourite people in your life!
- Share a time you felt loved, and why
- How can we show our love to God?
- How can we show love to our neighbours?



Black History Month

In the New Testament (Acts of the Apostles 8:26-40), Philip the Evangelist is called by God to leave Jerusalem and travel south. On the road he meets an Ethiopian whom he converts to Christianity. This is believed to be the story of the earliest known African Catholic and significant to today's black Catholics because the converted man went on to build up the Ethiopian Church - which today has approximately 40 million members!

We can look to our ancestry of Popes as well! At least three Popes from the early Church were from North Africa. Pope Victor I (189), Pope Miltiades (311), and Pope Gelasius I (492). There are many black saints recorded through history. Sts. Perpetua and Felicity were early martyrs, St. Augustine gave us voluminous writings and wisdom about our faith, St. Martin de Porres ministered to the poor. All these saints witnessed to the faith in their own unique way.

God is present in everything.

In the universe, in creation,

in me and all that happens to me,

in my brothers and sisters, in the church - everywhere.

~Sister Thea Bowman

In North America, in spite of segregation laws and racism, African-American Catholics created their own movement of faith and evangelization drawing on the many cultures of their ancestors. Many courageous people played pivotal roles within church history like the people listed on the next pages. They witnessed their faith, ministered to their people, and left lasting legacies in the face of prejudice, ignorance, and indifference. One cannot read their stories without feeling tremendous joy, sorrow, and inspiration. They are truly heroic accounts!

Dinner Discussion

How does our family's culture/heritage influence how we worship?

What are some other cultural traditions that we enjoy?

Many people face racism, even within their communities.

How can we stand up to racism within our community?

Black History Month Resources

Black Faith Matters: [YouTube](#) - a 15 minute documentary on the unique experience of African American Catholics

Sister Thea Bowman - [YouTube](#)

EWTN's Black History Month Review - [YouTube](#)

Who will be the First Black Catholic American Saint? - [YouTube](#)

[Virtual Tour](#) of Uncle Tom's Cabin Site

or sign up for a [virtual workshop](#) on Family Day

CK Public Library, [list of Children's Black History Month books](#)

Black Saints and Notable Figures

VEN. AUGUSTUS TOLTON 1854- 1897

He was born into slavery in the US; during the Civil War his Father died, so his family fled. He wanted to study for priesthood but no American seminary would accept black students. He was privately tutored by local priests until he was able to attend college in Rome, Italy. He was the first African American priest to be ordained in 1886. He was sent back to the US to serve the south side of Chicago, building up the Black Catholic community. He was lovingly known as Fr. Gus and was dedicated to his congregation and all community members in need.



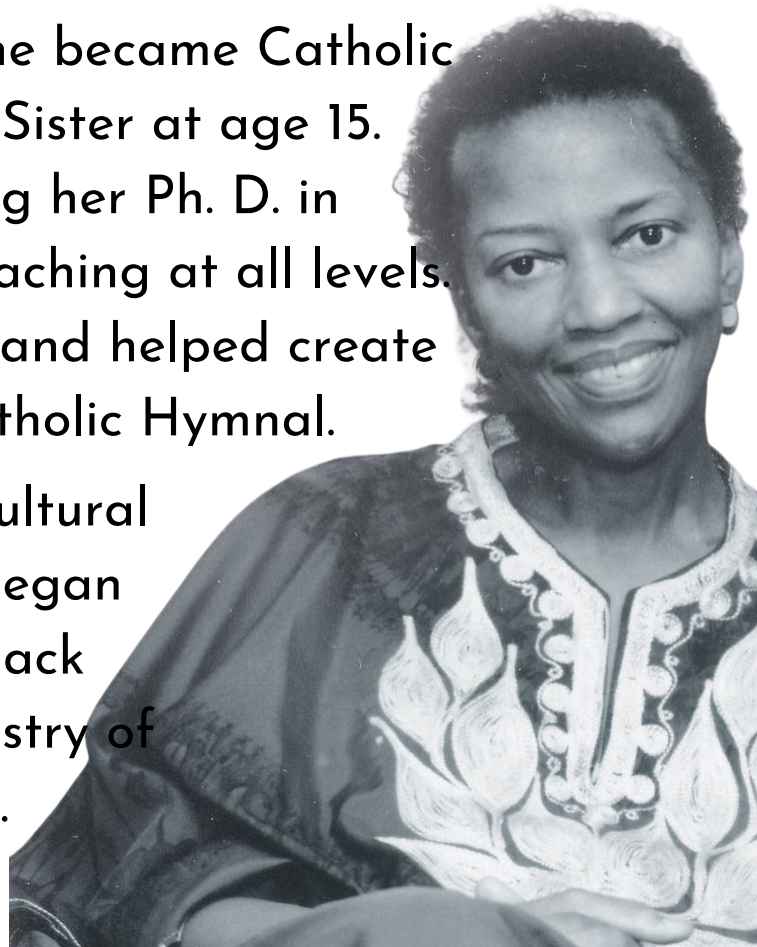
SISTER THEA BOWMAN 1937- 1990

Born a Methodist in Mississippi, she became Catholic at 9 and became a Franciscan Sister at age 15.

She went to university, earning her Ph. D. in English and became a teacher, teaching at all levels. She was passionate about music, and helped create the first African American Catholic Hymnal.

She became involved with intercultural awareness in her diocese. She began giving inspirational talks to Black congregations - bringing her "ministry of joy" all over North America.

Find her music on [Spotify](#)!



BLESSED LUCIEN BOTOVASOA 1908- 1947



A teacher from Madagascar known for his love of the saints and his willingness to stay after class to talk with the students and tell the saints' stories. When asked why he chose to get married instead of becoming a priest, he said he had no regrets! He was serving God as a married man! He was executed in 1947 during political turmoil in his country.

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ST. JOSEPHINE BAKHITA. 1869- 1947

As a slave she worked as a nanny to an Italian family. When bringing the children to Sunday School she was able to learn about Jesus from the nuns. She refused to leave the convent where the nuns lived and the family freed her. She became a nun at the convent and went on to teach others about Jesus.

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VEN. HENRIETTE DELILLE 1813- 1862

A descendant of slaves, a native New Orleanian, an evangelizer and a servant of the poor. Henriette founded the Sisters of the Holy Family in 1842.

She lived her favourite prayer:

"I believe in God. I hope in God. I love.

I want to live and die for God"

When canonized she will become the first US native-born African American Saint.



Prep For Lent

What is your family doing for Lent? If you're like me, it's Shrove Tuesday and you've forgotten to bring it up to your kids. Oops.

Not this year!! We're getting organized early!

To Do:

- Circle Ash Wednesday, Palm Sunday, Good Friday, Easter Sunday on the calendar
- Each family member decide on Lenten Sacrifices and Spiritual Additions - a great dinner discussion!
- Prep a Lenten sacrifice bean jar
- book Confession with a priest
- Find meatless recipes - <https://pin.it/6OpfYky>

Lent is a time when we focus on

Prayer, Fasting, & Almsgiving

This Lent, add some more prayer time to your schedule. Either wake up early, add in some family prayer or find quiet time through the day.

What will you fast from this Lent? Meat on Fridays is requested by the Church, but also think of other fasts and sacrifices you can make.

Almsgiving is the practice of giving physical gifts (money, food, goods) to those in need. Help out St. Vincent de Paul, give money to local charities or church missions, or donate new or used goods - google 40 bags in 40 days to declutter and donate used goods.