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The Bell Ringer

ST. FRANCIS XAVIER, HYANNIS + FEBRUARY 2026



The Holy Family

*The Church dedicates February to the Holy
Family and encourages parents and
grandparents to be role models
in the Domestic Church.*

“To live a good, Christian family life requires sacrifice, the renunciation of one's own wishes, and a reasonable mortification of self. If it is to be perfect, it requires complete victory over self-love. It requires a high degree of virtue, deep piety and living faith, much prayer, and a close union with God,” so notes Benedict Baur, O.S.B. in *The Light of the World*.

He continues: “In our day the very foundations of family life have been shaken by the failure of so many marriages. For this reason the devotion to the Holy Family of Nazareth takes on a new meaning and a new importance. The modern family must again be rejuvenated and filled with the spirit of the Holy Family of Nazareth. It must recapture the spirit of faith, the spirit of subjection to the will of God. It is for this intention that we should offer our prayers and sacrifices during the month.”

So how can we even dream of imitating the Holy Family and being the examples our children and grandchildren need as witnesses to our holy faith? Family life today can be rewarding — and sometimes a comedy — but it can also be complicated, messy, and very tiring, hardly “holy.”

Jesus, Mary, and Joseph are perfect models of holiness and total surrender to God's will and *(Continued on page 2)*

The Holy Family

Continued from page one

designs, but we must remember they were real people with some of the issues today's families face too. Mary had an unplanned pregnancy, Jesus was born in a stable, and Joseph had to flee from Herod's desire to kill Jesus. They weren't rich and they experienced having to find a new home, a job, and yet bring up God's own son.

It was their faith in God that took them through their trials, trust in His divine guidance and an all encompassing love for each other, family love. A love rich in humility, resilience, faith and acceptance of grace in the midst of challenges.

A Parent's Role in the Domestic Church

On the Feast of the Holy Family, December 28, 2025, Corpus Christi Catholic Church in Phoenix, posted a blog by Jen Arnold on "The Domestic Church — How to be a Holy Family." Here are some excerpts from that blog:

"The Feast of the Holy Family is a good reminder that the family is the *domestic church*. Jesus learned his Jewish faith from His mother and father, Mary and Joseph. At home, He studied scripture, learned prayers, and celebrated liturgical feasts. Through His family, Jesus first learned that His Heavenly Father was loving and merciful, and that heaven was His eternal home. The Holy Family provides a perfect model of a domestic church for our own families to follow.

"The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called "the domestic church," a community of grace and prayer, a school of human virtues and of Christian charity.(CCC #1666) . . .

"Parents, you are your children's first and most important teachers of the Catholic faith — their primary catechists. The Catechism of the Catholic Church calls the role of evangelizing one's children as both a "responsibility and privilege" which "precedes, accompanies, and enriches other forms of instruction of the faith" (CCC #2225-2226). In other words, rather than relying solely on priests and catechists in your parish to educate your children on matters of the

faith, God has entrusted you with the primary responsibility, knowing that you are equipped with both the gifts and talents that will best lead your children into a life permeated with Christ.

"It is never too early to invite children into a relationship with Jesus. You should begin in early infancy and develop your teaching in an age-appropriate manner throughout their entire childhood and into adulthood. . . .

"How often have you heard your kids (and adults!) say they don't like attending Mass because it's boring? Well, if they knew what was actually happening in any given liturgy, they certainly wouldn't think it's boring. In the liturgy, heaven and earth meet; humankind has a direct encounter with God! The apex of the Catholic liturgy is in the Sacrament of the Eucharist. . . .

"Besides catechizing your children about the liturgy, you must take them to Mass often and to other liturgical celebrations regularly, because the liturgy will, in turn, catechize them. They will encounter Scripture profoundly, because the Mass, readings, and other liturgical rites are saturated with Scripture, both in words and actions. The prayers, homilies, and songs will teach them about the immensely numerous facets of the Paschal Mystery. By teaching your children to pay attention to the details of the liturgy, you provide them with endless opportunities to learn more and grow closer to Christ each and every time.

"You have been charged with raising a child of God in the Catholic faith. This is a very important mission. You may be tempted to feel overwhelmed and discouraged, but remember what is at stake: the eternal salvation of your child's soul! Jesus wanted so much for us to succeed in following Him according to His will that He left us with the gift of the Church to guide us along the way.

"Perfection is not required, nor even possible. Start with one or two things you can incorporate into your child's religious education in the home and build from there. Pray to the Holy Spirit, asking Him for guidance, wisdom, and perseverance. Pray for your children always. God and the Church He established will be with you every step of the way if you are open to their guiding grace." +



Respect for Life Corner

By Rebecca Minninger



In case you wondered what the March for Life in Washington D.C. was all about, or wished you could attend, here is a personal testimony from our own Joe Meeks who attended with his wife Gretchen, Peter Bonfiglio and Kevin Perry. Joe's summary of his experience is so well expressed and helpful, I share it with you in full.



From left: Kevin Perry, Joe and Gretchen Meeks and Peter Bonfiglio at the March for Life.

Joe states that they “attended the Life Fest Rally and the March for Life in Washington D.C. on January 23. Life Fest is a faith-filled event hosted by the Sisters of Life and sponsored by the Knights of Columbus. Several thousand, mostly young people attend to hear inspiring music sung by Brother Isaiah and the Sisters, see compelling pro-life speakers, including Lila Rose, and worship in Adoration and Mass, celebrated by Archbishop Lori of Baltimore. It was the perfect warmup for the March for Life.

“A highlight was testimony by a Mom who shared the tragic abortion of her first child. Years later when she came to her first March for Life

she was a mom of six children, a devout Catholic, who was still in silent suffering over her first pregnancy that ended in abortion. She shared how in her youth, she went from being an honor student in Catholic school, to a troubled, rebellious teen, and later a college dropout. She became pregnant by her boyfriend, and, with much fear, had an abortion. Her story recounted a life full of tragedy and pain transformed by the love and mercy of God. It was no fairy tale, just real life experience in a fallen world.

“A full replay of Life Fest can be streamed at: <https://www.lifefestrally.com/>. The Woman's testimony begins one hour and 37 minutes into the livestream replay. All of us fell in love with the Sisters of Life and their ministry. Learn more about the Sisters at: <https://sistersoflife.org/>.”

“After the Life Fest Rally, we met up with Kevin and tens of thousands of pro-lifers to hear additional speakers (on the Mall) and march down Constitution Avenue past the Capitol Building and to the Supreme Court. The large number of children and young adults passionate for the pro-life cause reminded us, that with God's help, all good things are possible.”

My Own Final Notes

Thank you, Joe, for your compelling and informative recap of this year's March for Life!

Kevin Perry was moved by the Mass at the National Basilica and how it must be like heaven with souls unified in celebration and thanksgiving to God. Gretchen couldn't say enough about the Sisters of Life and their work.

This may inspire you to learn more and to go next year to the March! A closer and more attainable event that will be happening in our own Fall River Diocese, is the 3rd Annual Walk for Life on May 1 in Attleboro, at The National Shrine of Our Lady of LaSalette. More to come on this later, but Save the Date! +

Ash Wednesday

Is how the Church reminds us to focus on inner change during Lent

By Philip Kosloski

First published on March 4, 2025 in Aleteia

While the month of January in secular culture is typically devoted to New Year's resolutions and implementing various changes in our lives, the Church provides the season of Lent for similar purposes.

Lent is a time when we need to examine our lives and question how close we are to God.

Spiritual renewal is at the heart of the season of Lent, and the Church encourages us to fully embrace it.

For example, on Ash Wednesday one option for the priest or minister to use when imposing ashes are the words, "Repent and believe in the Gospel." This helps cement even more the idea that we need to turn around our lives toward God.

Born Again

Pope Benedict XVI elaborated on this spiritual aspect of Lent in a general audience in 2007 on Ash Wednesday. He specifically connected it to those preparing for Baptism and how each one of us needs to prepare to be "reborn" in a spiritual way:

Lent is a **renewed "catechumenate" for us too**, in which once again we approach our Baptism to rediscover and relive it in depth, to return to being truly Christian. Lent is thus an opportunity to **"become" Christian "anew"**,

through a constant process of **inner change** and progress in the knowledge and love of Christ. Conversion is never once and for all but is a process, an interior journey through the whole of life.

In many ways this is why the Church encourages Lenten sacrifices, in hopes that the things we give up will lead us to open our hearts wide to God's grace. This is one of the reasons why giving up chocolate may be one good thing to do during Lent, [but] it shouldn't be our only sacrifice.

We need to look intentionally at our spiritual life to discern where we need to grow. Instead of giving something up, we may decide to pray more on a daily basis, sacrificing our time to the

Lord. Above all, Lent is about conversion of heart, which Pope Benedict XVI explains:

To be converted thus means not pursuing one's own personal success — that is something ephemeral — but giving up all human security, **treading in the Lord's footsteps with simplicity and trust so that Jesus may become for each one, as Blessed Teresa of Calcutta liked to say, "my All in all"**.

Whether we realize it or not, we are all in need of conversion and Lent is the perfect time to renew our efforts to let God truly reach the depths of our hearts. It is a time to let ourselves be "born again" in our spiritual lives. +



Prayer for the Holy Father

Almighty and everlasting God, have mercy upon Thy servant, Pope Leo XIV, our Supreme Pontiff, and direct him, according to Thy loving kindness, in the way of eternal salvation; that, of Thy gift, he may ever desire that which is pleasing unto Thee and may accomplish it with all his might. Through Christ Our Lord. Amen.

Our Father, Hail Mary, Glory Be to the Father. . .

Our Lady of Lourdes

Some Admirers and Her Message to St. Bernadette

On December 8, 1854, Pius IX raised the Church's teaching about the Immaculate Conception of Our Lady to be a dogma of faith with these words:

"By the authority of Our Lord Jesus Christ, of the blessed apostles Peter and Paul, and our own authority, we declare, pronounce, and define: the doctrine which holds that the Most Blessed Virgin Mary was from the first moment of her conception, by the singular grace and privilege of almighty God, and in view of the merits of Christ Jesus the Savior of the human race, preserved immune from all stain of original sin, is revealed by God and therefore, firmly and constantly to be believed by all the faithful. (The Christian Faith #709).

It is under the title of the Immaculate Conception that Our Lady is especially honored as our patron in our own country. Thousands of people visit this shrine at Lourdes every year, a special place of devotion to Our Lady, where miracles have occurred.

Two saints had great admiration for Our Lady of Lourdes.

St. Maximilian Kolbe had a particular devotion to Our Lady of Lourdes, where she proclaimed to St. Bernadette Soubirous, that she was the Immaculate Conception.

In a National Catholic Register article by John Grondelski in the February 11, 2019 issue: "St. Maximilian Kolbe cultivated a particular devotion to Our Lady under the title of the 'Immaculate Conception.' He launched the 'Knights of the Immaculata,' and Marian feasts were important to him, and none more so than December 8. But he also noted the significance of February 11, the feast of Our Lady of Lourdes."

St. John Paul II held a deep, lifelong devotion to Our Lady of Lourdes, visiting the shrine in 1983 and 2004. In August 2004 on his pilgrimage to Lourdes the Pope noted:

"*“Que soy era Immaculada Councepciou”*. [I am the Immaculate Conception]. The words which Mary spoke to Bernadette on 25 March 1858 have a particular resonance this year, as the Church celebrates the 150th anniversary of the solemn definition of the dogma of the Immaculate Conception by Blessed Pius IX in the Apostolic Constitution *Ineffabilis Deus*.

"I have greatly wished to make this pilgrimage to Lourdes in order to celebrate an event which continues to give glory to the Triune God. Mary's Immaculate Conception is the sign of the gracious love of the Father, the perfect expression of the redemption accomplished by the Son and the beginning of a life completely open to the working of the Spirit," he added.

Our Lady of Lourdes message is as relevant today as when she first appeared. This message can be summed up in the following four points:

1. It is a heavenly confirmation of the dogma of the Immaculate Conception that had just been defined by the Church a few years before.
2. It is an exaltation of the virtues of Christian poverty and humility that are perceived in the life of Bernadette.
3. The spiritual message is that of personal conversion. Our Lady tells Bernadette that the important thing is to be happy in the next life. To attain this we must accept the cross in this life.
4. Mary stresses the importance of prayer, especially the Rosary. Our Lady of Lourdes appeared with a rosary hanging from her right arm. Penance and humility are also part of the message, as well as a message of mercy for sinners and compassion for the sick.

Both St. Maximilian and the late Father Patrick Peyton testify to the effectiveness of praying the Rosary to Our Lady. Our Lady always leads us to Her Son who is truly the only One who can save us. +

The Last Command Before Communion

Rev. Peter John Cameron O.P wrote an article for *Aleteia* on January 14, 2023 on why the last command before Communion is so important. Follows is a synopsis of that article.

Just before we the faithful receive Holy Communion, the priest gives a direction while holding high the consecrated host, he says: “Behold the Lamb of God. Behold Him who takes away the sins of the world.”

They are the words of St. John the Baptist (Jn 1:29) who says them for the sake of his followers to acknowledge Jesus as the messiah, the one who must increase as John decreases.

The choice of the word behold is a calculated choice by John for as Gilbert of Hoyland, a Cisterican abbot, has noted “human reason desires something more than to believe. What more? To behold.”

What is it about beholding?

St. Gregory the Great answers that “when the lover beholds the object of their love, they are inflamed even more toward it.” This is why we keep photos of family members on our desk and in places where we look often. We want our love for our loved ones to become ever more inflamed. Beholding does that

Beholding something is an act of attention and attention is not the same as thinking. Attention is watching to see what is there in front of your eyes. Paying attention is the ability to look beyond merely what we know so as to encounter what is so much more. If we let it, attention actually transforms thought.

The priest invites us to “behold” in order to invite us to stillness and wonder and understanding steeped in mystery as we leave behind distractions and pre-conceptions. Even more: It is precisely by beholding God that we become like God. +

St. Alphone Ligouri in his book, *The School of Christian Perfection, on the virtue of Hope*: “In thee, O Lord, have I hoped, let me never be confounded.”—Psalms 30:2

“Hope is a supernatural virtue by which we confidently expect, in virtue of God’s promise, the endless happiness of Heaven and the means necessary for its attainment. To be convinced of the inestimable value of this virtue, and to have a constant incentive for its practice, it will be profitable to consider the objects of our hope, its motives, its qualities, and its effects.

“The first and foremost object of our hope, the object by excellence, is the possession of God in Heaven. We are not to suppose that the hope of possessing God in Heaven in any way interferes with the virtue of love. They are not opposed; in fact, the hope of eternal happiness is inseparably united with love, for only in Heaven will the completion and perfection of love be found. . . .

“As to the motives on which our hope should rest, the first we find in the promises made by God. On nearly every page of Holy Scripture we find reasons for hoping in the Lord. We read there that God promises eternal salvation and the means to attain it to those who believe and pray: “All things, whatsoever you ask when ye pray, believe that you shall receive; and they shall come unto you.” (Mark 11:24). “Every one that asketh receiveth.” (Matt. 7:8). . . . The second motive of our hope is the sincere desire of Our Lord to make us happy. God loves all His creatures. “Thou lovest all things that are, and hatest none of the things which thou hast made.” (Wis. 11:25). . . . As a third and powerful motive for hope in God, we have the merits of Jesus Christ. Long before our Saviour had appeared on earth, the royal Psalmist David placed all his hope in Him. . . .

As to qualities, St. Alphonse notes: “First of all, our hope must be firm and unwavering. ‘Hope of eternal happiness,’ according to St. Thomas, ‘is the confident expectation of this happiness.’ . . . Secondly, our hope must be founded on God alone. . . . Thirdly, our hope must be an active hope. In order that our hope may not be in vain it must labor; that is to say, to unbounded confidence in God we must unite the use of the means of salvation and sanctification which the Divine Majesty has given us; otherwise we should belong to those idle souls who tempt the Lord.

“We must act as if the obtaining of our salvation depended entirely on ourselves, and yet we must place all our confidence in God and be thoroughly convinced that of ourselves we are utterly unable to attain what we desire. God accomplishes everything by means of His grace, but He nevertheless desires our cooperation....

“In order to be eternally happy it is not enough, therefore, merely to pray; we must continue to pray until we are in possession of the crown that God has promised us. “+



Lent Isn't Just about Fasting

It is a call to increased prayer, penance and almsgiving

Some Ideas from St. Paul Seminary, St. Paul, Minnesota



. . . Lent is not just about giving something up; it is a time of deep reflection, prayer and transformation. By embracing prayer, fasting and almsgiving, Catholics can grow closer to God and prepare their hearts for Easter.

A holistic approach: While fasting often receives the most attention, the Church calls the faithful to a balanced approach that includes intensified prayer and acts of charity. These practices are not burdensome obligations but opportunities to grow in faith, virtue, and love.

Discerning your Lenten journey: Every Catholic is invited to discern how God is calling them to spiritual growth during Lent. Whether through deepening prayer life, practicing self-discipline or giving generously, the key is to engage in meaningful sacrifices that lead to a closer relationship with Christ. . . . By engaging in these disciplines, we allow ourselves to be transformed, preparing our souls for the joy of Easter. How is God calling you to grow this Lent?

Deepening Prayer Life

Prayer is the foundation of the everyday Christian life. It is through prayer that we grow in intimacy with God, seek His guidance and intercede for the needs of the world.

The Church teaches that Lent is a time of intensified prayer, a season to draw closer to God in repentance and renewal. The Catechism of the Catholic Church explains that prayer, alongside fasting and almsgiving, is part of our penitential journey (CCC 1438).

Here are nine ways to consider deepening your prayer life this Lent:

Commit to daily prayer: Set aside time for Scripture, the Rosary or quiet reflection.

Pray the Liturgy of the Hours: Join the Universal Church in daily psalms, readings and prayers.

Practice “Lectio Divina” (“Divine Reading”): Meditate on a passage of Scripture, listen for God’s voice and reflect on its meaning in your life.

Attend Mass more frequently: Weekday Mass and reception of the Eucharist is the most powerful way to deepen your relationship with Christ.

Pray the Stations of the Cross: St. Alphonsus Liguori’s stations, in particular, are an intimate way to enter into Christ’s suffering on the cross.

Use Lenten devotionals: Consider apps like *Hallow*, *Amen* or *Exodus 90* to guide your prayer.

Go to Confession: Going to confession during Lent is a profound way to engage in prayer, as it allows individuals to seek reconciliation with God, reflect on their sins and renew their commitment to spiritual growth during this sacred season.

Go to Eucharistic Adoration: There are few better ways to deepen your prayer life than by spending it in silence before the Blessed Sacrament.

Make Holy Week holy: The only obligation for Catholics to attend Mass during the Easter Triduum is Holy Saturday or Easter Sunday. But if you don’t prioritize the Mass of the Lord’s Supper on Holy Thursday and Celebration of the Lord’s Passion on Good Friday – the only day Catholic Masses aren’t held, to call attention to Christ’s death and laying in the tomb – you’re missing out.

Practicing Self-Discipline

Fasting is more than just giving up food; it is an act of self-denial and discipline that frees us to rely more fully on God. Jesus warns against fasting for show (Matthew 6:16-18) and calls us to true interior conversion. The early Christians practiced fasting with great rigor, viewing it as a vital means of penance and spiritual discipline. They observed fasting twice a week, on Wednesdays and Fridays, to atone for sins and unite themselves more closely with Christ’s suffering. . . . Through these practices, the early Church emphasized fasting not as an end but as a transformative act of devotion, fostering humility, self-discipline and a greater dependence on God’s grace. We can draw from the early followers of Christ’s **(Continued on Page 8)**

Lent . . . Continued from page 7

example. Consider the following when discerning how to fast this Lent – beyond the Church’s requirements.

Eating simple Lenten meals: Choose bread, lentils and vegetables instead of rich foods.

Skipping one meal per week: Use the extra time for prayer.

Taking part in a “desert fast” on Fridays: Eat only bread and water in solidarity with the poor.

Fasting from meat and dairy: Follow the early Christian tradition.

Eliminating processed foods and/or sugar: Reduce luxury foods (a side benefit: you’ll feel fantastic).

Giving up eating out: Cook at home and donate the savings.

Fasting twice a week: Refrain from eating on both Wednesdays (traditionally known as the day of the week Judas betrayed Jesus) and Fridays (the day Jesus was crucified). If this isn’t prudent, consider following the Church’s Ash Wednesday and Good Friday stipulations of one regular meal and two small meals on Wednesdays and Fridays or only Fridays throughout Lent.

Giving Generously

Almsgiving is a direct response to Jesus’ call to love our neighbor (Matthew 25:35-40).

During Lent, Catholics are called to reflect on how they can share their blessings, whether through financial contributions, time or acts of kindness. Almsgiving is not about the amount given but the spirit in which it is offered.

Families with greater financial means can practice almsgiving through direct financial contributions. Consider making a significant donation to Catholic charities, local food banks or international relief efforts. Organizations like a nearby Seminary provide vital support for Catholic communities, including yours, by forming future priests and Church leaders.

. . . Almsgiving isn’t limited to those who can give money. Families with limited disposable income can

still make a powerful impact by offering their time, talents and service:

Give your time: Volunteer at food banks, crisis pregnancy centers, soup kitchens, shelters or your parish. Many charitable organizations rely more on volunteers than monetary donations.

Declutter for a cause: Gather clothing, household items or unused toys and donate them to those in need. Churches and non-profits often have Lenten donation drives.

Acts of service: Help an elderly neighbor with yard work, babysit for a single parent or visit the sick. Small, everyday acts of love can make a big difference.

Share what you have: Consider cooking extra meals for a struggling family, sharing books or lending tools. A spirit of generosity goes well beyond financial giving.

Community involvement: Engage in neighborhood clean-up projects, parish outreach programs or letter-writing campaigns for the imprisoned or homebound.

Almsgiving is not about the size of the gift, but the love behind it. Jesus praised the widow who gave two small coins (Luke 21:1-4) because she gave from her heart. Whether you have great financial means or very little, what matters is that you give with a generous and willing spirit. . . .

Discerning Your Lenten Commitments

Lent is a personal journey, and God calls each of us differently. Here are the steps you can take to make this Lent a fruitful one:

Reflect on where you feel spiritually weak – do you need more prayer, self-discipline or generosity?

Choose one commitment for each category: prayer, fasting and almsgiving, but don’t overextend yourself — God calls us to faithfulness, not perfection.

Pray about how God is calling you to serve others this Lent. Consider supporting a Catholic nonprofit . . . to invest in the future of the Church.

If you haven’t already, take a moment to reflect: What is God calling you to do this Lent? +

This article is just excerpts from the seminary’s website - <https://saintpaulseminary.org/general/lent-isnt-just-about-fasting-the-call-to-increased-prayer-penance-and-almsgiving/>. Looking for more, that’s where to go.

Parishioners at St. Francis Xavier Church and Sacred Heart Chapel, don’t miss out on Lenten events and ideas by reading the signs posted in the vestibules of the church and chapel, check out the weekly Bulletin, go on the parish website and why not check the Fall River Diocese website to see what’s going on there, too!

Words of WISDOM

Quotations from Saints whose feasts are in February . . .

“This child is destined to cause many in Israel to fall, and many others to rise. He has been sent as a sign from God, but many will oppose Him. As a result, the deepest thoughts of many hearts will be revealed. And a sword will pierce your very soul.”

— **Simeon to Mary at the Presentation**

“Father of mercy and God of all consolation, graciously look upon me and impart to me the blessing which flows from this holy Sacrament. Overshadow me with Your loving kindness, and let this divine Mystery bear fruit in me.”

– **St. Blaise**

“If I were worthy of such a favor from my God, I would ask that He grant me this one miracle – that by His grace, He would make of me a good man.”

— **St. Ansgar**

“Jesus Christ, Lord of all things!
You see my heart, You know my desires.
Possess all that I am – You alone.
I am Your sheep. Make me worthy to
overcome the devil.”

— **St. Agatha**

“The only reason for my being killed, is that I have taught the doctrine of Christ. I thank

God it is for this reason that I die. I believe that I am telling the truth before I die. I know you believe me and I want to say to you all once again – ask Christ to help you become happy. I obey Christ. After Christ’s example, I forgive my persecutors. I do not hate them. I ask God to have pity on all and I hope my blood will fall on my fellow men as a fruitful rain.”

— **St. Paul Miki**

“I asked you and you would not listen, so I asked my God and He did listen.”

— **St. Scholastica to her brother**

“I do not promise to make you happy in this world but in the other.”

— **Our Lady of Lourdes to Bernadette**

“Behold, my brother, we have shared the same destiny, ploughing the same furrow; I now fall in the field at the end of my day. I know that you greatly love your Mountain; but do not for the sake of the Mountain give up your work of teaching.”

— **St. Cyril, Monk to St. Methodius on his deathbed**

“He pours light into our minds,
arouses our desire and gives us strength...
As the soul is the life of the body,
so the Holy Spirit, is the life of our souls.”

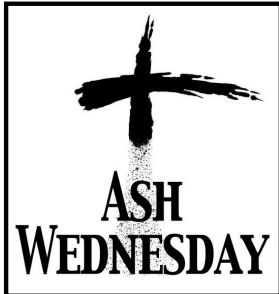
— **St. Peter Damian**

“Now may the God and Father of our Lord Jesus Christ, and the eternal high priest Himself, the Son of God Jesus Christ, build you up in faith and truth and in all gentleness and in all freedom from anger and forbearance and steadfastness and patient endurance and purity.”

— **St. Polycarp**

The Month of February 2026

Theme: The Holy Family



February is dedicated to the Holy Family. Between the events which marked Christmas and the beginning of Christ's public life the Church has seen fit to recall the example of the Holy Family for the emulation of the Christian family. Ash Wednesday on the 18th begins Lent when we accept the ashes that remind us of our mortality and our need for penance.

Pope's Prayer Intention: For Children with Incurable Diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Monthly Virtue: Hope

A reason for our hope is the sincere desire of Our Lord to make us happy. God loves all His creatures. He wishes us to be absolutely certain that it is His Will to make us eternally happy and that He will give us all the graces we need if we but ask Him. Thus, we hope in Him!