



# St. Patrick Faith Formation Anamosa



## GROWING TOGETHER IN FAITH

February | 2026

The month of February is dedicated to  
The Holy Family.

Within the Holy Family, Jesus spent the hidden years of His life—from His birth until the beginning of His public ministry. In this sacred home, we see God’s perfect design for family life lived out in humility, love, obedience, and faith.

The Holy Family is a model for all families. It is a true domestic church—a school of virtue where parents and children grow in holiness, learn to pray, and discover how to love God and one another selflessly. It is within the family that faith is nurtured, charity is practiced, and Christ is made present in daily life.

February offers a beautiful opportunity to strengthen your family’s bond with Christ by looking to the example of the Holy Family. Consider these ways to honor them:

- **Pray the Rosary together**, offering a special intention to the Holy Family.
- **Attend Mass as a family**, reminding one another of the Real Presence of Jesus in the Holy Eucharist.
- Cultivate joy and unity by intentionally **spending time together**—through games, shared meals, outdoor activities, or a family movie night.

May the Holy Family bless our homes and lead our families closer to Christ.



### St. Patrick Faith Formation

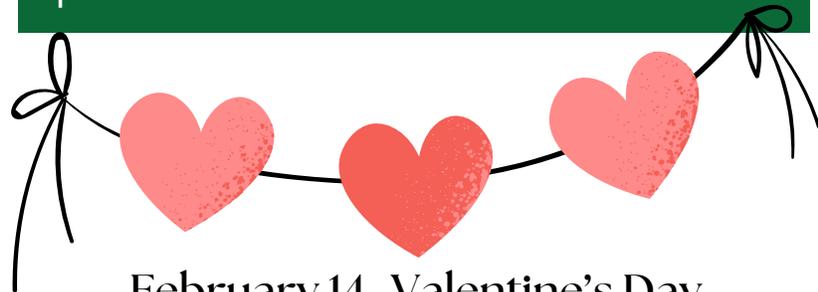
February 4: Class at 6:15 p.m. – 7:30 p.m.

February 11: Class at 6:15 p.m. – 7:30 p.m.

February 15: Confirmation Class after 10:30 a.m. Mass

February 18: Ash Wednesday Mass at 6:30 p.m. – 7:30 p.m.

February 25: Class at 6:15 p.m. – 7:30 p.m.



### February 14- Valentine’s Day

In the spirit of St. Valentine, we should spread the love of Christ today! Express your love by giving St. Valentine prayer cards to friends, neighbors, grandparents, siblings, etc. Enjoy a Valentine craft, coloring page, and other activities.



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## Embarking on a Family Journey During Lent:

Lent is a sacred season that invites us to draw closer to Christ through prayer, fasting, and almsgiving. Walking this journey as a family can be a powerful way to grow in faith together. Here are some meaningful ways to enter into the spirit of Lent as a household:

- **Lenten Calendar:** Create a family Lenten calendar that highlights a daily focus—such as a prayer intention, a small sacrifice, a Scripture verse, or an act of charity. This simple tool helps keep hearts centered on Christ throughout the season. [Lenten Calendar Example](#)
- **Family Prayer Time:** Set aside time each week for family prayer. This may include praying before meals, reading Scripture together, praying a decade of the Rosary, or choosing one evening for quiet reflection as a family
- **Acts of Kindness:** Motivate each family member to perform a specific act of kindness each week. Share these experiences during family meals to inspire and uplift one another.
- **Fasting Together:** Choose something to fast from together—perhaps a favorite treat, screen time, or another comfort. Use the time or energy saved to focus on spiritual growth, service, or family connection..
- **Weekly Lenten Reflection:** At the end of each week, gather as a family to reflect on how God has been at work in your hearts. Discuss blessings, challenges, and moments of grace.
- **Service Projects:** Plan a simple service project, such as collecting food for those in need or helping a neighbor. Acts of charity help children understand the heart of Christ's call to serve "the least of these."
- **Attend Stations of the Cross:** Make it a family tradition to attend the Stations of the Cross each Friday at St. Patrick Church at 5:30 PM. Walking with Jesus on the way to Calvary is a powerful way to prepare for Holy Week.
- **Attend Adoration as a family:** Spend time together before Jesus in the Blessed Sacrament. Adoration offers families a chance to slow down, rest in His presence, and deepen their relationship with our Lord.
- **Celebration of Holy Week:** As Lent draws to a close, plan special family traditions for Holy Week—attending the Triduum liturgies, reading the Passion together, or sharing a simple meal that reflects the solemnity and hope of the season.

May these practices help your family grow closer to one another and draw more deeply into the mystery of Christ's love during this holy season of Lent.



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### February is Black History Month

Explore the lives of African American Catholic Saints and honor the profound impact of those who challenged racial barriers and advocated for justice while sharing the message of God. Discover and join in prayer with African Americans in the Catholic Church through the Prayer Service available [here](#).



### February 11 - World Day of the Sick

World Day of the Sick presents a wonderful opportunity to offer our prayers for those who are unwell, as well as for their caregivers. If you know a family friend, relative, or neighbor who is ill or confined to their home, consider taking a few moments from your day to visit or call them, bringing a little brightness to their day.

#### Prayer:

Loving Father, we turn to you in this time of need, seeking your divine healing for all who are unwell. Grant them comfort in their suffering, strength in their weakness, and courage in their trials. May your healing hands rest upon them, bringing restoration to their bodies and peace to their minds. Guide the hands of those who care for them, and bless them with the knowledge and compassion to aid in their healing. We ask this through Christ our Lord. Amen."



### Celebrating National Marriage Week and World Marriage Day

National Marriage Week (February 7-14) and World Marriage Day present a wonderful opportunity to emphasize the importance of fostering a culture of life and love. This begins with supporting and promoting the vocation of marriage and family.

Discover more about National Marriage Week by visiting the provided [link](#), and take advantage of the many valuable resources available at [ForYourMarriage.org](#).

### St. Patrick Coffee Club



Join us! Perfect blend of great coffee, easy conversation, and encouragement to get you through the week.

9 a.m.-10:30 a.m.

Wednesdays at Grounds & Goodies

### February 2 - Celebration of World Day for Consecrated Life

Let us pray for those who have dedicated themselves to consecrated life and express our gratitude to them on this special day. May they remain inspired by Jesus Christ and respond wholeheartedly to the divine gift of their vocation.



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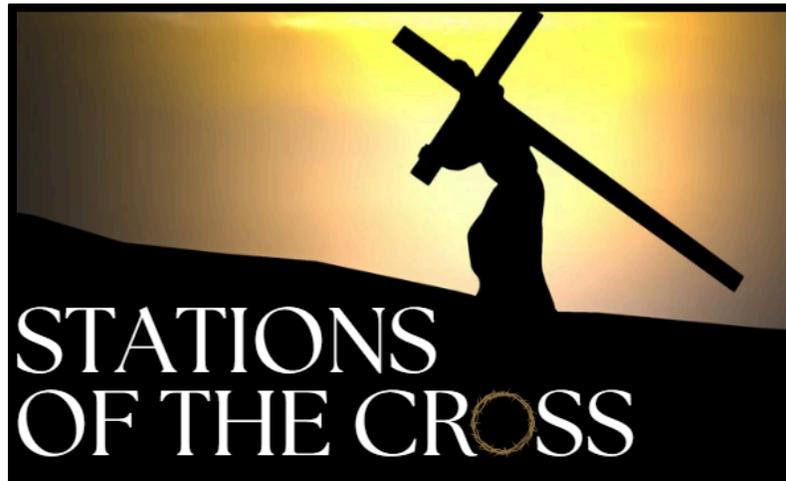
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### Family Resources for the Liturgical Season

Following the Advent and Christmas seasons, Ordinary Time takes us through the life of Christ. Explore family resources in the Archdiocese of Dubuque's new section: [Discover the Liturgical Seasons](#).

Click the "Lent" button or scan the QR code to celebrate with your family!



As we enter this Lenten season, we are reminded of the profound journey that the Stations of the Cross offer us. Each station invites us to reflect on the incredible love and sacrifice of Jesus during his final moments.

Join us each **Friday at 5:30 p.m.** throughout Lent for the Stations of the Cross starting February 20.

### St. Patrick Winter Family Activities

Candy Valentines and Love Notes for your Valentine! - [Click Here](#)

Healthy Valentine's Day Heart Snacks - [Click Here](#)

Tons of Activities for Catholic Families - [Click Here](#)

Winter Family Activities and Reflection- [Click Here](#)

Fun Winter Activities for Catholic Families - [Click Here](#)

Three Ways to Find God in Winter- [Click Here](#)

12 Activities for Catholic Families in February - [Click Here](#)

Great Indoor Activity Ideas - [Click Here](#)

Living the Liturgical Seasons at Home: Winter Ordinary Time - [Click Here](#)

40 Lenten Activities for Catholic Families - [Click Here](#)

Make a Paper Chain for Lent - [Click Here](#)

10 Activities for Catholic Families During Lent and Holy Week- [Click Here](#)



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First Friday Adoration - February 6  
12:30 p.m. - 8 p.m.



Attend First Friday Adoration as a family. This provides you and your children a chance to slow down and quiet yourselves before Jesus and to nurture and grow you and your child's relationship with our Lord.

**"Could you not watch one hour with Me?"**

### February Saints and Feasts Connect with the Saints!

Saints can teach us many things. Here you will find information about Saints. There are brief descriptions about a few of the "Saints of the Month," as well as additional resources.

- February 2- Presentation of the Lord
- February 3- St. Blaise
- February 5- St. Agatha
- February 6- St. Paul Miki and Companions
- February 8- St. Josephine Bakhita
- February 10- St. Scholastica
- February 11- Our Lady of Lourdes
- February 20- Ss. Jacinta and Francisco Marto
- February 22- The Chair of St. Peter the Apostle
- February 27- St. Gabriel Francis Possenti

### Invitation to Join Our Substitute List for First Friday Adoration

We are truly blessed to offer First Friday Adoration at St. Patrick, providing a sacred opportunity to deepen our relationship with Jesus through quiet prayer and reflection, away from the distractions of the world. Our community is fortunate to have dedicated permanent adorers who have committed to specific time frames so that Jesus is never alone in the Blessed Sacrament, alongside numerous parishioners who join us throughout the day.

This season has been particularly challenging with illnesses affecting many within our community. To ensure that our First Friday Adoration continues smoothly, we are looking to expand our substitute list. We're seeking parishioners who can be available as substitutes, stepping in whenever our permanent adorers are unable to attend their designated time slots.

We're not asking for a permanent commitment, but rather your willingness to be available as needed. If you can assist, please provide a general time frame during which you might be available (ex., 9 AM-2 PM or 5 PM-8 PM).

Please email at [dbq005ff@dbqarch.org](mailto:dbq005ff@dbqarch.org).



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### Parents' Night Out: Valentine's Date Night

**Friday, February 13, 2026**

St. Patrick Parish Hall

**Time: 5:00 PM – 9:00 PM**

\$ Cost: \$20 for the first child

\*\*\$10 for each additional child

**Ages: Kindergarten – 6th Grade**

*Dinner Provided!*

#### Need a Valentine's Date Night?

We've got the kids covered! Drop off your children for a fun-filled evening while you and your spouse enjoy a relaxing night out.

#### Fundraiser Information

All funds raised will help send our older youth to attend Catholic Heart Workcamp this summer! By participating, you're not only enjoying a great night out—you're supporting our youth in a meaningful mission experience.

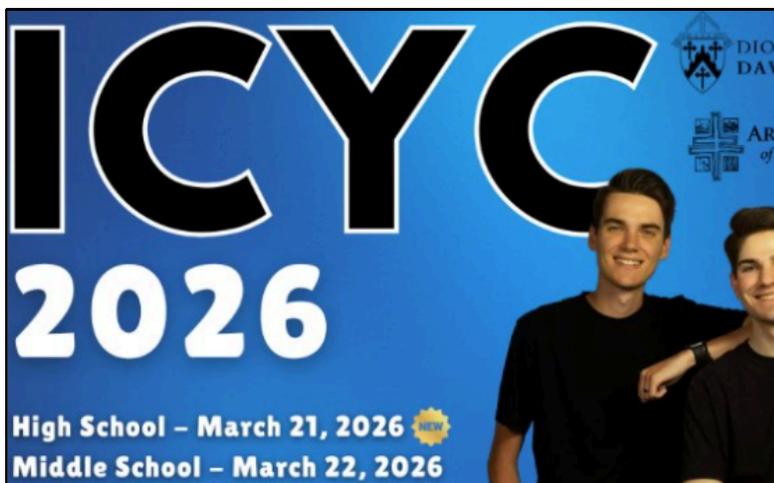
RSVP to [dbq005ff@dbqarch.org](mailto:dbq005ff@dbqarch.org) or call the office at 319-462-2141

### Iowa Catholic Youth Conference-EPIC & Middle School ICYC

Saturday, March 21 from  
5:30 p.m. to 9 p.m. / Sunday, March 22 from  
10 a.m. to 4 p.m.

- **Cost: \$25 for High School / \$50 (Price increase to \$60 per person on March 1, 2026) for Middle School**
- Location: St. Ludmila Church, Cedar Rapids
- Musical Act: Scally Brothers
- Eligibility: For High School (grades 9-12) and Middle School (grades 6-8)
- Hosted by: Archdiocese of Dubuque and the Diocese of Davenport

To register for this event, reach out to Jen in the office at 319-462-2141 or email [dbq005ff@dbqarch.org](mailto:dbq005ff@dbqarch.org)



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### 2026 Archdiocesan Women's Conference Beauty in Christ: Grace for the Journey

This last Saturday, we were blessed with a beautiful gathering where women from our parish—and from several neighboring parishes—came together for fellowship, prayer, and a renewed focus on our walk with Christ.

It was truly a grace-filled day of growing closer to Jesus and to one another. We are deeply grateful for everyone who participated, as well as those who served behind the scenes to make this event such a gift to our parish community.

More information to come on 2027 date for Beauty in Christ: Women's Conference. Stay tuned!

### SHE She Shall Be Called Woman

Next session: Restored to Radiance begins  
Sunday, February 8 from 8:30 a.m.-10 a.m.

In a world where the prevalence of darkness often seems overwhelming, it's easy to feel discouraged, fearful, or even weighed down by the struggles of our culture. Yet, Scripture offers us a powerful image of light that not only calls us to turn to Christ in our need for conversion, but also reminds us that He has already won the victory.

This season, we are invited to embrace the light of Christ, allowing it to penetrate every corner of our lives and shine brightly into the world, bringing hope and transformation to all we encounter. Join us as we ask the Lord to Restore us to His Radiance as a light to our families, friends, and the world.

During the nine weeks, each meeting consists of three essential elements: fellowship with refreshments, video presentation and discussion within small groups. Best part, no homework! And if you miss a meeting, you won't be behind. Each meeting is a new topic and video presentation. Learn more at [She Shall Be Called Woman](#).



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That Man Is You (TMIY) is Back for Its 4th Year - Saturday mornings at 6:00 am in the parish hall.

Other than the Knights of Columbus, TMIY is the most successful men's group in the last 50 years at St. Patrick. This season features new speakers (plus some of our favorites from the past), new conversations, and larger-than-ever attendance.

During the nine weeks, each meeting consists of three essential elements: fellowship with refreshments, video presentation and discussion within small groups. Best part, no homework! And if you miss a meeting, you won't be behind. Each meeting is a new topic and video presentation.



2026 Archdiocesan Men's Conference  
Saturday - March 28, 2026

Each year, men from throughout the Archdiocese of Dubuque gather to learn, pray, share, and build relationships.

The 30th Annual Catholic Men's Conference will take place on Saturday, March 28, 2026 from 9:00 AM - 3:30 PM at St. Pius X Catholic Church (4949 Council St NE, Cedar Rapids, IA 52402). It will feature Gabriel Castillo as the keynote speaker, Archbishop Thomas Zinkula as the celebrant at Mass, Keith Nester as a Breakout Session speaker (among others), and more.

The 2026 conference theme will focus on how we can be men who are rooted in the power of prayer and inspired by the witness of the saints. Learn more and register at <https://archmensconference.org>.