



First Eucharist Inscription Mass Reminder

Sunday, February 8th

10:00 am Mass

We look forward to seeing you at our 10:00am First Eucharist Inscription Mass this Sunday, February 8th. It is also an OLS Family Mass followed by Coffee and Donuts. Please be sure to stop by our table in St. Joseph's Hall after Mass to pick up a gift for your child from the parish.



CCD in February

Monday

February 9th

Lesson 13: *How does God teach us to love?*

February 16th

NO CCD: (*President's Day*)

February 23rd

Suggested Lesson: 24 (*Lent*)

Tuesday

February 10th

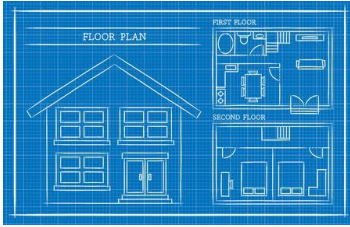
Lesson 12: *How do we respond to God's love?*

February 17th

Lesson 13: *How does God teach us to love?*

February 24th

Suggested Lesson: 24 (*Lent*)



Gospel Reflection Sticker

Each week, all of our in-person CCD students will receive a sticker with an image relating to our Sunday Gospel reflection when they first enter the church. This week's sticker featured the image of a blueprint. **Each week, a great dinnertime follow-up question after CCD is: "Why did Mrs. Noll give you a sticker with X on it?"** The answer to this past week's question is: *In Sunday's Gospel, Jesus introduces his followers, and us, to the Beatitudes. The Beatitudes are sometimes referred to as the blueprints for the Christian life because whenever we follow their instructions, we help to build the Kingdom of God. (The blueprint we used for our Opening Service's object lesson were actual OLS church blueprints of the sanctuary for the post-Vatican 2 renovations.)*



Monday

Lesson 13: How does God teach us to love?

Lesson 13 asks the Essential Question “How does God teach us to love?” God teaches us to love through his Word in Scripture and through his Son, Jesus Christ. God the Father has given us the Ten Commandments, the Precepts of the Church, and the witness of Jesus to help us grow closer to him. We show our love to God by following his law and by respecting and honoring the people we encounter. Spend some time reflecting on each of the Ten Commandments as a blueprint for loving God and others.



Tuesday

Lesson 12: How do we respond to God's love?

Lesson 12 asks the Essential Question: How do we respond to God's love? The saying “follow your gut” points to our innate sense of discerning right from wrong. Our conscience aids us in this discernment. Conscience is a gift from God. We form our conscience through practice, as we try to make sound and just decisions and choose a virtuous response in difficult situations. Remember to pray for God's grace to respond to his love at all times, especially when it is most difficult.

Homeschooling Connection

Week of February 8th

Lesson 15

Homeschooling Tip - Select a day of the week and then devote the same time each and every week to religious education instruction. Having a routine is critical for staying on top of assignments so that your child doesn't get overwhelmed by the material.

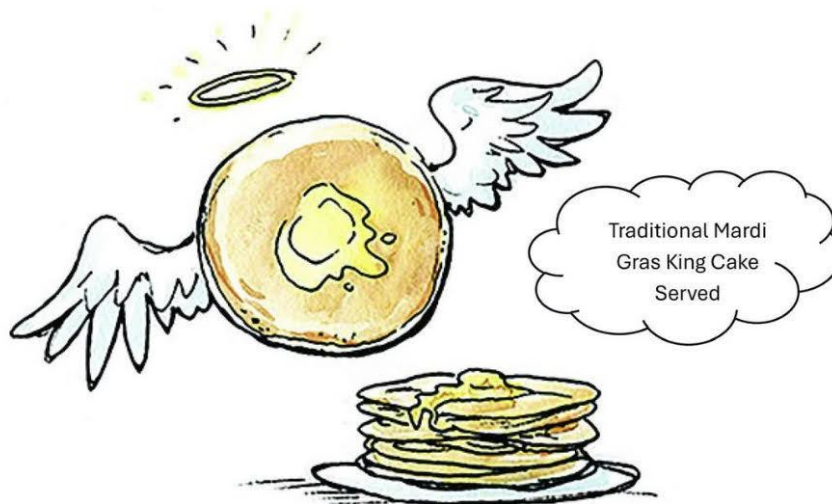
Mark Your Calendars Now

This year, Lent begins on Wednesday, February 18th. Before you begin your fast though, consider joining your friends and family at the parish at our now annual Mardi Gras breakfast sponsored by the Knights of Columbus. The pancakes are always delicious and you can't beat the convenience: after Mass in St. Joseph's Hall. RSVP

today. Proceeds will go toward council activities like dinner at the Jespy House, activities with the VA Hospital and various parish events.

MARDI GRAS PANCAKE BREAKFAST

February 15, 2026 after 10:00 am & 11:30 am Masses



All are welcome! Nourish your soul in preparation for Lent!

Cost:

- Individual: \$10.00
- Couple: \$20.00
- Family: \$25.00

To pre-pay, link to PayPal:



accepts Venmo, ApplePay, and credit/debit cards

Payment also accepted at door

Sponsored by:

Knights of Columbus, Council 4066, Regina Pacis

Council4066@gmail.com



PROCEEDS TO SUPPORT COUNCIL ACTIVITIES, INCLUDING SPONSORING DINNER AT JESPY HOUSE, ACTIVITIES WITH VA HOSPITAL, AND PARISH EVENTS



Empowering God's Children 2025-2026 Lessons

Thank you to those families who have already had the important conversations with their kids about this year's Empowering God's Children lessons: *Boundaries: You Have Rights!*, and *Secrets, Surprises and Promises*. Gold stars for such a quick response! You can access this year's two lessons at the links below:

Lesson 3 - Boundaries: You Have Rights!

[Grades K-2 Lesson Three](#)

[Grades 3-5 Lesson Three](#)

[Grades 6-8 Lesson Three](#)

Lesson 4 - Secrets, Surprises and Promises

[Grades K-2 Lesson Four](#)

[Grades 3-5 Lesson Four](#)

[Grades 6-8 Lesson Four](#)

After you have talked with your kids in whichever way that you feel is most appropriate given your family's individual dynamics and circumstances, please let us know that you've participated in this important mission by completing this simple, 3-question survey by April 1st: [Empowering God's Children Parent/Guardian Acknowledgement Google Form](#). Thank you!



Saint / Feast of the Week

St. Josephine Bakhita

Feast Day: February 8th

Patron of: Victims of Human Trafficking and Slavery

St. Josephine Bakhita (c. 1869–1947) was born in Sudan and, as a young child, was kidnapped and sold into slavery. She endured years of cruelty, being bought and sold multiple times, yet even in the midst of suffering she later testified that God was quietly preparing her heart. Eventually freed in Italy, Bakhita came to know Christ through the Canossian Sisters. Bakhita was baptized and later became a religious sister herself. Known for her gentleness, humility, and radiant joy, she often spoke of forgiveness rather than bitterness, famously saying that if she met her captors, she would kneel and kiss their hands, because through her suffering she came to know God's love.

For parents and families, St. Josephine Bakhita offers powerful lessons. Her life invites families to talk honestly—at an age-appropriate level—about human dignity, freedom, and compassion for those who suffer. Parents can model Bakhita's deep trust in God by teaching children to pray in difficult moments and to believe that God is present even when life feels unfair or painful. Her ability to forgive reminds families that healing

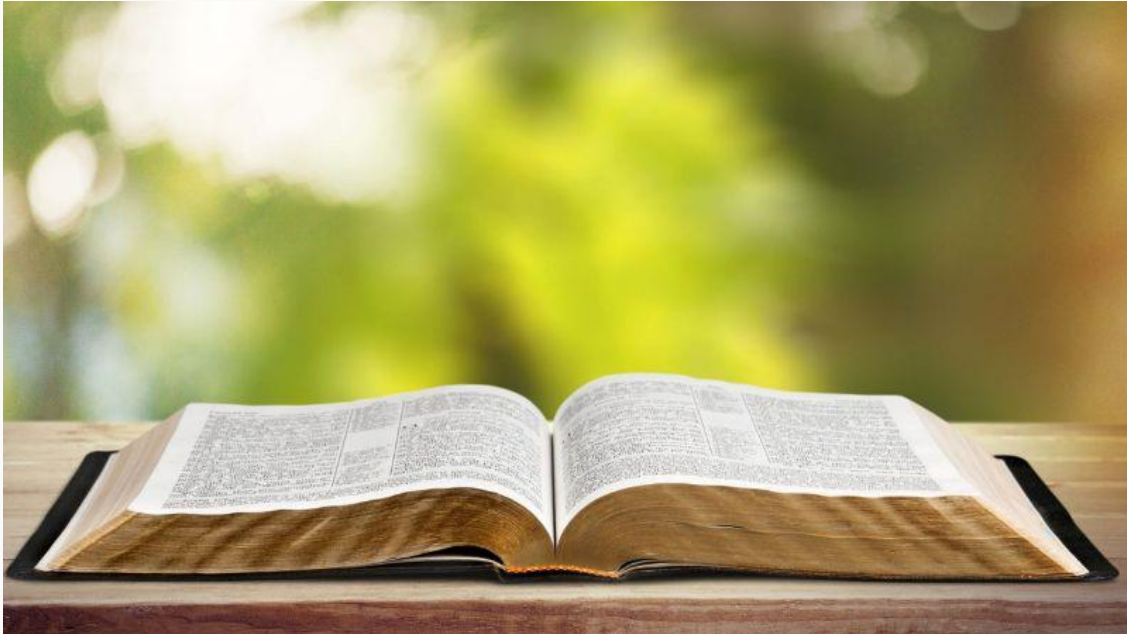
begins when we choose love over resentment, whether in sibling conflicts, family disagreements, or hurts that linger. Bakhita's joy also challenges families to notice blessings, cultivate gratitude, and recognize that faith can transform even the hardest experiences.

St. Josephine Bakhita is also the patron saint of victims of human trafficking, a reminder that her story is not only history. Tragically, human trafficking remains a serious problem today, affecting millions of people worldwide, including in our own communities. Families can honor her legacy by praying for victims, learning about organizations that work to prevent trafficking, and teaching children to respect every person as made in the image of God. By raising compassionate, informed, and faith-filled children, parents help build a world where freedom, dignity, and love are protected—exactly the world St. Josephine Bakhita spent her life witnessing to through her faith.



St. Josephine Bakhita Resources for Kids

The story of St. Josephine Bakhita is a powerful tool for children, and adults, of course, seeking a better understanding of resilience in the face of hardship and tragedy. Click [HERE](#) for resources from Catholic Living on how you can share information about this extraordinary woman's life and witness with your children.



In the Liturgy of the Word, the Church feeds the people of God from the table of his Word. Previewing the readings before Mass is then a bit like looking over the menu before you get to a restaurant: you have a better idea of what you can expect so that you can enter into the experience more fully prepared. And like a good discussion during a meal, discussing the readings and how they can be applied to your family's daily life helps your family to truly go out and proclaim the gospel after leaving the church.

Here are a few resources to help your family delve deeper into the
Liturgy of the Word:

[The Fifth Sunday in Ordinary Time](#)

[Loyola Press: Sunday Connection](#)

[Sadlier: This Week's Liturgy](#)

[MaryKnoll Brothers Reflection: It's Okay to be a Little Salty](#)

KIDSCALENDAR

FEBRUARY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FOURTH SUNDAY IN ORDINARY TIME</p> <p>Q What will the peacemakers be called? (SEE FEBRUARY 7)</p> <p>Matthew 5:1-23a</p> <p>1</p>	<p>THE PRESENTATION OF THE LORD</p> <p>2</p>	<p>SAINT BLAISE, BISHOP AND MARTYR</p> <p>SAINT ANSGAR, BISHOP</p> <p>3</p>		<p>SAINT AGATHA, VIRGIN AND MARTYR</p> <p>5</p>	<p>SAINT PAUL NINI AND COMPANIONS, MARTYRS</p> <p>6</p>	<p>A Children of God</p> <p>7</p>
<p>FIFTH SUNDAY IN ORDINARY TIME</p> <p>Q Who does Jesus say is the light of the world? (SEE FEBRUARY 12)</p> <p>Matthew 5:13-16</p> <p>8</p>		<p>SAINT SCHOLASTICA, VIRGIN</p> <p>10</p>	<p>OUR LADY OF LOURDES</p> <p>11</p>	<p>A You are.</p> <p>12</p>		<p>SAINTS CYRIL, MONK, AND METHODIUS, BISHOP</p> <p>ST. VALENTINE'S DAY</p> <p>14</p>
<p>SIXTH SUNDAY IN ORDINARY TIME</p> <p>Q Whom is Jesus talking to in the Gospel today? (SEE FEBRUARY 16)</p> <p>Matthew 5:17-37</p> <p>15</p>	<p>A His disciples</p> <p>16</p>	<p>THE SEVEN HOLY FOUNDERS OF THE SERVITE ORDER</p> <p>17</p>	<p>ASH WEDNESDAY</p> <p>18</p>			<p>SAINT PETER DAMIAN, BISHOP AND DOCTOR OF THE CHURCH</p> <p>21</p>
<p>FIRST SUNDAY OF LENT</p> <p>Q How long did Jesus fast for? (SEE FEBRUARY 25)</p> <p>Luke 6:27-38</p> <p>22</p>	<p>SAINT POLYCARP, BISHOP AND MARTYR</p> <p>23</p>		<p>A 40 days and 40 nights</p> <p>25</p>		<p>SAINT GREGORY OF NAREK, ABBOT AND DOCTOR OF THE CHURCH</p> <p>27</p>	
<p>Word of the month:</p> <h2>Repent</h2> <p>To turn away from sin and turn toward God.</p>						

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Catechist Magazine February Calendar Download

Catholic Trivia

Question: February 8th is observed by the Catholic Church as the International Day of Prayer and Awareness Against Human Trafficking. Why was this date chosen?



- A. It marks the anniversary of the Church's first formal statement condemning slavery
- B. It is the feast day of St. Josephine Bakhita, patron saint of victims of human trafficking
- C. It commemorates the founding of Caritas Internationalis
- D. It coincides with the United Nations' adoption of an anti-trafficking resolution

Correct Answer: B

February 8 is the feast day of St. Josephine Bakhita, whose life as a former slave turned religious sister makes her a powerful witness to freedom, dignity, and hope for victims of human trafficking today.

Beyond special liturgies and prayer services, the Church uses the International Day of Prayer and Awareness Against Human Trafficking as a moment to educate, advocate, and mobilize Catholics around the world. Many dioceses and parishes host talks, webinars, or awareness campaigns that explain what human trafficking is, how it happens, and how to recognize warning signs, especially important because trafficking often exists quietly within ordinary communities. Catholic schools and religious education programs frequently include age-appropriate lessons that emphasize human dignity and the Church's teaching that no person should ever be treated as a commodity.

The Church also supports direct outreach and recovery efforts. Catholic organizations such as Caritas, Catholic Relief Services, Talitha Kum (an international network of religious sisters), and local Catholic Charities provide safe housing, counseling, legal assistance, job training, and pastoral care to

survivors. On and around February 8, many of these groups share survivor stories, invite donations, or encourage volunteers to support ongoing anti-trafficking ministries. Some parishes collect items for survivor shelters or partner with local agencies working on the front lines.

Finally, the Church engages in advocacy and public witness. Bishops' conferences and Catholic justice organizations use the day to urge lawmakers to strengthen protections for vulnerable populations and to address root causes like poverty, migration instability, and exploitation. Candlelight vigils, public marches, and social media campaigns help Catholics give visible witness to the Gospel message that every human life has infinite worth. In all of this, the Church is trying to move hearts from awareness to responsibility—reminding us that prayer leads naturally to concrete acts of justice and mercy.

Joke of the Week

Q: What do snowmen eat in winter?

A: Frosted Flakes

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[Our Lady of Sorrows Website](#)