

# St. Ignatius Catholic School

# Faith for Families

February 2023

An outreach of the School Board's Catholic Identity Committee



## We belong to each other

This month, our community theme is focusing on belonging to each other. What a beautiful theme as we enter into the powerful Lenten season and students begin to focus more intently on their Faith in Action projects. These 3 things can be effectively tied together by our understanding of the Body of Christ.

One of the reasons the Church requires all of us to fast on Ash Wednesday and throughout Lent is to remind us that we are not alone in our Catholic faith.

- Each one of us has a unique and personal friendship with Jesus Christ, but that friendship is part of a spiritual network of relationships.
- St Paul wrote his letters to the various Christian communities because of this: what happened in one community affected the whole Church, for good or ill.
- Every time we reject God's will in our lives and sin, we not only damage our own soul, weaken our personal friendship with Christ, and offend God, but we also deliver a blow to the spiritual family of which we form a part—the Church.

St Paul often speaks of the Church as the Body of Christ.

- If one part of our body is injured or infected, it causes pain and weakness throughout all parts; the same thing happens with sin and the Church.
- But the same thing also happens with the good that we do.
- When we pray, for example, we spread strength and grace not only in our own hearts, but throughout the whole body.
- When we reach out in mercy and charity to our neighbors in need, it exerts a healthy influence not just for the people directly involved, but for the whole spiritual community of believers.

And so, by fasting during Lent, we not only deepen our personal relationship with Christ, but we also pump spiritual vitamins into the bloodstream of the whole Catholic Church.

Our sacrifice here and now can give strength and inspiration to our spiritual brothers and sisters all around the globe—what we do matters for them too, and what they do matters for us. So this Lent, and as we encourage our students to be “kids for others”, let us LIVE the deep belonging that defines us as the Body of Christ.

Here is a video from Fr. Mike Schmitz on [How to Live this Lent for Others](#)

Remember, you are  
dust, and to dust you  
shall return.

## Parish Events

- First Saturday Mass - Feb 4 @ 8:45am
- Middle School Retreat - Feb 11, 2:30-4:30pm, sign up [HERE](#)
- Coffee & donut social hour - Feb 12 after 9am & 11am Masses
- Carnival - Feb 17, 6-9pm, sign up to volunteer [HERE](#) (hours count toward SI volunteer hours too!)
- Ash Wednesday - Feb 22
  - Ashes to-go 7-8am, 10-11:30am
  - Mass times: 8:45am, Noon (Liturgy of the Word with distribution of ashes), 5pm, 7pm
- Knights of Columbus Fish Fry - Feb 24 @ 5:45pm
- Stations of the Cross - Feb 24 @ 7pm

## Community Outreach

Are you looking for ways your family can get involved and give back to the community? Here are just a few ideas to get you started!

- [Idaho Foodbank](#) – only need to be 8 years old to volunteer
- [Meridian Food Bank](#)
- Attend (in person or online) and observe [City of Meridian Planning and Zoning and/or City Council Meeting](#)
- [Meridian Library](#)
- [Meridian Valley Humane Society](#)

# Making Friends with Saints

## - Saint Teresa of Calcutta

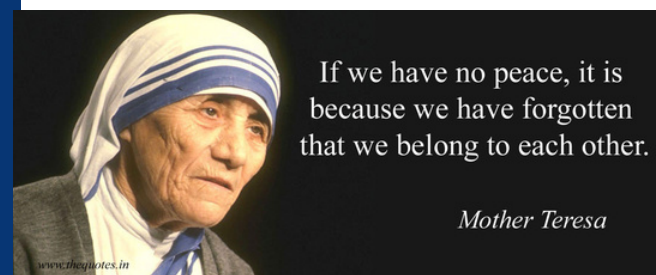
Mary Teresa Bojaxhiu — better known as Mother Teresa — was born under the Ottoman Empire in 1910. She spent most of her adult life in India helping the sick and poor until her death on September 5, 1997, at age 87. She was canonized in September 2016, making her Saint Teresa of Calcutta.

Mother Teresa founded her religious congregation, the Missionaries of Charity, in 1950. The group grew to more than 4,500 nuns active in more than 130 countries. The Missionaries of Charity manages homes for people who are dying of HIV/AIDS, leprosy, and tuberculosis. The congregation also runs soup kitchens, dispensaries, mobile clinics, children's and family counseling programs, orphanages, and schools. Members take vows of chastity, poverty, and obedience and also profess a fourth vow: to give "wholehearted free service to the poorest of the poor."

Mother Teresa wrote in her diary that her first year was fraught with difficulty. With no income, she begged for food and supplies and experienced doubt, loneliness, and the temptation to return to the comfort of convent life during these early months: "Our Lord wants me to be a free nun covered with the poverty of the cross. Today, I learned a good lesson. The poverty of the poor must be so hard for them. While looking for a home, I walked till my arms and legs ached. I thought how much they must ache in body and soul, looking for a home, food, and health. Then, the comfort of Loreto [her former congregation] came to tempt me. "You have only to say the word and all that will be yours again", the Tempter kept on saying. ... Of free choice, my God, and out of love for you, I desire to remain and do whatever be your Holy will in my regard. I did not let a single tear come."

When Mother Teresa received the Nobel Peace Prize in 1979 she said, "What can we do to promote world peace?" She answered, "Go home and love your family." Building on this theme in her Nobel lecture, she said: "Around the world, not only in the poor countries, but I found the poverty of the West so much more difficult to remove. When I pick up a person from the street, hungry, I give him a plate of rice, a piece of bread, I have satisfied. I have removed that hunger. But a person that is shut out, that feels unwanted, unloved, terrified, the person that has been thrown out from society — that poverty is so hurtful and so much, and I find that very difficult."

St. Teresa of Calcutta is a wonderful saint to befriend and guide us in our efforts to belong to each other.



Mother Teresa

### What is LENT?

The 40 days of Lent take place prior to the celebration of Jesus' resurrection on Easter. The 40 days recall His temptation in the desert and rejection of sin. It is used as a time to reflect, renew, and reach out.

### 3 Themes of Lent



#### Prayer

While we should always be active in our prayer life, Lent serves as a great time to recommit to good habits we may have let lapse. The renewal concept reminds us to do better in areas where we have been weak.



#### Fasting

The reflective practice of Lent involves simplifying our lives to focus on what is critical. We fast from and give up material things to show sorrow for our mistakes and to think of God when we miss what was sacrificed.



#### Alms Giving

Loving God through serving others is a critical Catholic ideal. Observing Lent serves to renew that commitment. Matthew 25:31-46 reminds us to help the needy through time, talent, and treasure.

### Ash Wednesday

#### WHAT'S WITH THE ASHES?

The ashes recall the shortness of our time on earth to do God's work. They symbolize a repentant mindset of turning away from sin and towards God.

"All came from the dust and all return to the dust." Ecclesiastes 3:20

**DID YOU KNOW?**  
Often palms from the previous year's Palm Sunday liturgy are burnt and then used for Ash Wednesday.



### Reconciliation

The Sacrament of Reconciliation is a major focus of Lent. While we should always participate in the sacrament, seeking God's forgiveness for our failings better prepares us for celebrating Christ's resurrection on Easter.

### Holy Week

#### DID YOU KNOW?

Technically, Lent ends at the Holy Thursday liturgical service but often people continue their Lenten sacrifices through Holy Saturday.

Holy Week often refers to the week before the Easter celebration. The Easter Triduum includes Holy Thursday, Good Friday, Holy Saturday, and Easter. While these days recall Jesus' suffering and death, the Triduum is suppose to be a joyful season because the resurrection of our Lord brings the avenue of our salvation.

## Lent with Kids!

- [How to create a family plan](#)
- [Lenten Activities For Children](#) from Catholic Icing
- [How To Teach Your Kids About Fasting And Abstinence During Lent](#)
- [40 Faith-Building Lenten Activities](#)
- [Lent: Ideas for 40 Days](#) from Look to Him and be Radiant
- [What's the Purpose of Lent?](#) by Fr. Mike Schmitz
- [Preparing for Lent](#) by Fr. Mike Schmitz
- [Picking a Thing For Lent](#) by Fr. Mike Schmitz

Resources from Loyola Press

- [Resources for your Lenten Journey](#)
- [Lenten Family Calendar](#)
- [Lent at Home](#)
- [Lent Enough](#)

## Lent 101



#### STATIONS of the CROSS

They began as pilgrims traveled to Jerusalem and reflect on the crucifixion. Later, they developed into the form of the fourteen stations currently found in churches.



#### PALM SUNDAY

The last Sunday before Easter is Palm Sunday. The Mass recalls Jesus' arrival in Jerusalem in which palm branches & cloaks covered the road.



#### FISH FRIDAYS

The tradition began as money saved by fasting from meat during Lent was given to the poor. Fish was a cheap protein replacement.



#### LENT

The word Lent actually traces its meaning back to "Spring." The imagery is for the rebirth and renewal of our faith.