

EPIPHANY

January 8 to February 13, 2024

NOTES

Sunday Children’s Program Resumes at 10:00am Mass each week.

Sacramental Preparation Begins!

Family Faith Formation Series Continues: Friday January 26 from 5;00-7:00pm in the Parish Hall

Taize Prayer: Monday February 12, 7:00pm at the small Chapel on King’s campus

LENT BEGINS ON ASH WEDNESDAY, FEBRUARY 14, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8  BAPTISM OF THE LORD	9	10	11	12  ST. MARGUERITE BOURGEOYS	13
	JANUARY					
14	15	16	17	18	19	20
21	22	23	24  ST. FRANCIS DE SALES	25  THE CONVERSION OF ST. PAUL, THE APOSTLE	26  ST. TIMOTHY and ST. TITUS	27
28	29	30	31  ST. JOHN BOSCO	1  FEBRUARY	2  THE PRESENTATION OF THE LORD	3
4	5  ST. AGATHA	6  ST. PAUL MIKI and Companions	7	8	9	10  ST. SCHOLASTICA
11	12	13				

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This year we have a fairly short period of Ordinary Time between the celebrations of the Christmas season and the preparations of Lent. It's a good time of year to focus on a couple of things as a family:

1) Rest! While Christmas holds many exciting opportunities to praise the Lord through celebration, it can also be a lot for families to fit in. Now can be a time to take on more purposeful rest as a family. Maybe this looks like intentional meals together at home or taking some screen-free quality time together on a Sunday after mass. Maybe it looks like saying “no” to some new commitments in order to be more fully present in your current ministries.



2) Check in with yourself and your family about your spiritual lives. Take the time to notice areas of strength (where you feel really close to the Lord) and areas of growth (where you feel you could be closer). These quiet times of reflection will help inform your choices later when you're deciding what to focus on for Lent. A great tool to use for this process is a daily examen! Use this link for guiding questions and steps to focus on.

<https://www.teachingcatholickids.com/a-daily-examen-for-children-and-teens/>