

## Kids Corner Friendly Defender Quiz

1. At the Last Supper, what did Jesus command his Apostles to do?
  - A. Do this in memory of me
  - B. To always wash your hands to avoid ritual impurity
  - C. Go and teach the nations
  - D. Eat and drink in moderation
2. Our Job as Catholics is to make sure that we:
  - A. Let our friends know they are not as good we are, if they are not Catholic
  - B. Love others a Jesus does and pray for unity among all believers
  - C. Be a good example so others will be drawn to Christ's Church

## Catechesis

**Evangelization:** Primary task of the Church is Evangelization. Vocations are on the Rise - Religious/Priest/New School Diocese in Sac. /new radio station 1260 in San Francisco – biggest **conversion in the History of California**. It is the biggest mission of all Catholics. Let's heed the call of the leader of our church and make evangelizing number one in our lives. Great living examples are the best ways to share and give this gift away to others. Faith matters most!

## Catholic Resources

**Our Lady of Lourdes Web Site:** <http://www.ourladyoflourdes-colusa.org/>

**Parish Bible Study:** Every Monday evening at 7 pm at the Delgado's house.

**Parish Catholic Ladies Relief:** Meets the 1st Wednesday of each month

**Catholic Radio:** 1620 am [www.faithandfamilymag.com](http://www.faithandfamilymag.com)

**Parents TV:** The Parents Television Council Is Working to Help You and Your Family Make Better Viewing Decisions.... [www.parentstv.org/](http://www.parentstv.org/)

**Catholic Motherhood:** [www.catholicmom.com](http://www.catholicmom.com)

**Teen Resource:** [www.lifeteen.com/](http://www.lifeteen.com/)

**Got Questions?** Go to [www.catholic.com/](http://www.catholic.com/)

New **Women's online Bible Study** at [catholicexchange.org](http://catholicexchange.org) – Based on JP II letter in 1998. – The Dignity of a Woman.

**News stations** – What do the studies say about the Media Bias: go to [www.mrc.org](http://www.mrc.org) ?  
Can you trust your source?

## Faith Formation Newsletter

### LENT

A time to grow closer to our Lord. A time of prayer, fasting, and almsgiving. Lent is really our chance to have a “desert experience” as Jesus did. How can you use this Lent well, and grow closer to God?

Every day take a moment to remember Christ's passion and death for us. We are required to fast (ages 18-59) and abstain from meat (ages 14 and older) on Ash Wednesday and Good Friday. While all Fridays throughout the year are meant to be days of penitence, people are called upon to abstain from meat on the Fridays of Lent as far as they are able. It is a pious practice to include even young children in this. By 'missing' comforts that we have, we acknowledge our reliance on Christ and grow in Love.

*Remember, during Lent, do less of those things that draw us away from God and do more of the things that will draw us closer to Him. Eat out less, acts of charity towards others- visit the sick, help the poor, read the Bible 5 or 10 minutes a day, pray the Rosary, pray the Divine Mercy – just pray.*

## Program Highlights

**On Sunday January 13**, many faith formation students, OLL youth group and one OLL school student participated in the Youth for Life Rally at St. Isidores. They experienced a holy hour of Adoration and prayed the Divine Mercy, and the Catholic band Remnant had their music available for purchase. This band has played at two World Youth Days!

**On Thursday January 24**, Sixth, Pre-Confirmation, Confirmation including parents and sponsors, had guest speakers from St. Isidores educating and presenting the *Case for Life*.

**On Thursday January 31**, Sixth, Pre-Confirmation, Confirmation watched the recut version of “The Passion of Christ”.

### **Advent Loaves and Fishes Project:**

All classes participated and we were able to purchase toiletries, mittens, hats, gloves, baby food, diapers, socks and plus much more for the homeless adults and children in the Sacramento area.

### **Operation Starfish ‘Food for the Poor’ Lent Project-**

The ‘Gift that Keeps on Giving’ to the poorest of the poor in Latin American countries. Each class has set a specific goal to work towards the purchase of goats, chickens, pigs, fruit trees and even a donkey. Last year the children in the program donated enough to buy two goats, two sets of three little pigs, 185 chicks, six fruit trees, rice, beans and fed one child for a whole year. Boxes for the family to donate were sent home last week. Look for information each week.

## Class in Action

**Pre-First Communion:** some of the children Mrs. & Mr. Rone's class have learned the "Angel of God prayer" and several know it in both languages. Mrs. Davies and Mrs. Wiggins class is very excited about buying pigs, chickens and trees for "Operation Starfish" and they drew and colored a collage of what they want plan to buy.

**First Holy Communion:** Mr. Pesola's class prays the Rosary and is working on their 1<sup>st</sup> Holy Communion prayers. Mrs. Hicks' is excited about "Operation Starfish" and working on their 1<sup>st</sup> Holy Communion prayers.

**Third:** has special music provided by Leo Steidlmayer and Chapel time each week

**Fourth:** has a new teacher, Mrs. Quintana and are adjusting quite well. They love to read, pray the Rosary and will be making a "Thermometer" to gauge their progress with "Operation Starfish".

**Fifth:** is hosting a "Stone Soup Supper" at St. Bernadette's Hall March 14 after the special presentation of the *Stations of the Cross* by the Confirmation class.

**Sixth:** donated hats & gloves to a Catholic religious order. Put together food bags with non-perishable goods to keep in the car to distribute to any person holding a sign needing help. Students made puppets and preformed a puppet show for lower grades highlighting Advent. One student requested and went with the Confirmation class to the Abbey of New Clairvaux.

**Pre-Confirmation:** donated the most money to the Loaves and Fishes project during Advent. One of our students attended the *Walk for Life in San Francisco*. One student requested and went with the Confirmation class to the Abbey of New Clairvaux.

**Confirmation:** Attended Mass at the Abbey in Vina of New Clairvaux, participated in a very educational tour, viewed the Chapter House that will be completed at the end of this year and learned a lot about this Cistercian order of Monks.

All in the Faith Formation program are *Fasting* on bread and water during snack time this Lenten season giving up all sugary snacks and candy.

All children have a Lent calendar to guide them in prayer, devotion and almsgiving.