

WORD SEARCH:

# VIRTUE OF THE MONTH: PEACEFULNESS

Peacefulness is an inner calm that is free from disturbance and turmoil, no matter what is happening on the outside. You can practice peacefulness with daily prayer, a time of silence, or calmly talking to a friend.

# WORDS OF WISDOM:

"See how Jesus, Mary, and Joseph loved one another, all three, how happy they looked, with what kindness and gentleness they spoke to each other. In our little family, it must be the same.

#### - St. Jeanne Jugan

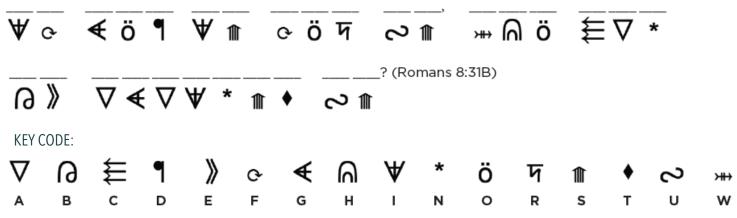
### **ACTIVITY**:

During the month of February, we celebrate the Holy Family–Jesus, Mary, and Joseph. This makes it an ideal time to learn more about the Holy Family, strengthen your own family, and celebrate all that is family! Here are some ideas to help you get started:

- 1. Pull out the Holy Family figures from your nativity scene. Perhaps you still have it out from Christmas, but if not, hopefully it's not too deep in storage yet! Set them out on the prayer table or make a centerpiece on the dinner table.
- 2. Read about Jesus' family tree in Luke 3:23-38.
- 3. Make a family tree of your own family.
- 4. Plan a special family activity or dinner together.
- 5. Consecrate your family to the Holy Family. You can find novenas or simple prayers online to help you get started.
- 6. Gather the family together and have each member share one thing they are grateful for. Finish by praying the Rosary together.
- 7. Start a new family tradition. Maybe it is blessing each other at bedtime, writing a family prayer together and saying it after the meal prayer, or a family game night.

According to the New York Post, a study found that the average family spends only 37 minutes together, daily. We can do our part to change this statistic and spend more time together building strong bonds with our family. Holy Family, Jesus, Mary, and Joseph, pray for us!

### **DECODE THE MESSAGE:**



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	PEACE JESUS JOSEPH			MARY HOLYFAMILY NATIVITY				LOVE GENTLE PRAYER		

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