



Dear Prince of Peace Families,

Lent is almost upon us and what a wonderful liturgical season as we anticipate the Easter, my personal favorite holy day. Please take a few minutes to read the Partners in Faith as a family. There are some great ideas and knowledge to share with your family. I especially like the small article that discusses the three pillars of Lent: Prayer, Sacrifice and Almsgiving. Our students in kindergarten through 8th grade will be participating in the Holy Childhood Program again this year. For our younger children, the physical act of placing quarters in the folder can teach your children about how so many people in our world do not have their basic needs met. As parents, instilling a heart of gratitude in our children is a great gift. May your Lenten journey be richly blessed!

A few items of interest:

Our all school Masses that are **Holy Days of Obligation** will now be held in our beautiful Prince of Peace Catholic Church. We ask parents who drive their children to school to drop them off at church on the all school Mass days. Students will not need to arrive until 7:45 a.m. as Mass begins at 8:00 a.m. You will even gain a few minutes on these mornings! Students who ride the bus will be picked up at their regular time and dropped at church at 7:30 a.m.. High school students who drive need to go directly to church on these days and will drive back to school. Students who walk to school and need a ride should come to school by 7:30 a.m. and they will be transported by teachers to church but will ride the bus back to school after Mass. All others will be riding buses back to school.

We will still have some Masses at our school. Those will be the opening and last all school Masses and our grade level Masses. At the beginning of next school year, a Campus Ministry schedule will be posted on our website which will indicate where the Masses are held. The location of Masses will also be on the monthly activities calendar and elementary teachers will remind families in their classroom newsletters. Ash Wednesday will be the only Mass for the remainder of the year that will be held at Prince of Peace Catholic Church.

In our last teacher in-service we had a great discussion on grading practices and homework. One of the concerns that teachers throughout many grade levels had was that students re-

turn completed homework that is all correct, yet students have a very difficult time passing quizzes and tests. I shared at the beginning of the year at our Pizza Potlucks the research regarding homework and student achievement. There are effective practices at home that you can implement that will make a difference in your child's learning. Teachers find it difficult to know how to help your child if they don't have a clear picture of what he/she doesn't understand. Please view the page entitled "**Homework The Big Picture**"

We just held our "physical" annual **Book Fair**. Thanks to those who were able to shop and purchase items. Our school receives many free books based on the number of books you buy. If you didn't get a chance to come to the Book Fair you may still shop online and purchase items that will count toward our school earning free books. Go to scholastic.com/schoolbookfairs. There is a link on our website that will take you directly to our school's page for ordering. The deadline for doing this is **February 13th**.

You will also find the results of our school Report Card that was published in our newsletter last fall. These forms were also made available during parent teacher conferences. Individual comments were not included but these were shared with the school board. Again the top three reasons that families choose Prince of Peace Catholic School are faith formation of their children, academic preparation and the discipline required of students. Thank you for taking the time to share your thoughts!

Please also monitor your children on Jean's Days as some students are interpreting this to mean "casual wear". Jean's Days are a great way to support a much deserved organization both outside of our school and within our school. We appreciate your children participating but we also hope they join in the spirit of the day. Athletic pants or short, leggings, skirts (unless denim) would not be considered appropriate for Jean's Day. Thanks in advance for your help!

Please keep our students, teachers and families in your prayers.

In Christ,
Nancy L. Peart

Development Director News

Irish Dinner Auction 2012

What a night it was! A great evening for our 315 attendees. Preliminary numbers are coming in higher than last year. A big thank you to our auction chairs: Lisa Chapman, Janelle Kitteringham, Cathy Eggers and Karen Moeller. Thank you to Gloria Evers and Jewel & Joe Howard, our auction item chairs and their wonderful team of solicitors. Thank you to Jennifer Detterman and Angela Broadrick for their tireless search for gift certificates for our Loot Bags. Thank you to Beth Dickherber for taking on the huge task of writing the auction booklet AND designing and making the adorable treasure chest centerpieces.

Thank you to Monica Laufenberg for working out the best deals for the evening's beverages ensuring that we will make optimum profit. A big thanks to Maureen Vander Bleek and Norma Kuehn and our teachers for all the work on the class baskets – an auction favorite. Thank you to Helen Peters, Stephen Peters, Dee Dee Piper and their team who designed and

implemented the auction paddles. Thank you, Bart Vander Bleek, who has done what none of us could do for 14 years. He solved the check out problem!!!

Thank you to Jim and Michelle Wisor and your set-up helpers, the room was beautiful. Thank you Thea and Rodney Ruden, Dana Sparks, Bob Mulholland, Brad Andresen, Joanne Mulholland, Tammy Isenhour, and all those who worked beside you. Your efforts before, during and after made the event successful and memorable.

Booster TV Raffle

The Irish Booster Club Raffle drawing for a 51 inch flat screen TV took place at half time of the boys game on January 31st. The winning ticket belonged to Dale Kimmer. Dale purchased his winning ticket from Cathy Eggers.

Thanks to all of you who sold raffle tickets at the games and on your own. We should raise close to \$2700.00. Way to go!

Jeans Day

The February jeans day is Friday, February 10th and proceeds will go towards Art Week. Students in grades K-5 pay \$.50 if they choose to wear jeans and students in grades 6-12 pay \$1.00.

8th Grade Brunch

The annual 8th Grade Brunch will take place on Saturday, February 25th from 9:00 a.m. to 10:30 a.m. Eighth grade students and their parents are invited and will hear about the benefits of attending Prince of Peace Catholic High School. If you have not already received your invitation, please call Karen at the school office.

Pot O' Blue & Gold

I know we just completed one of our major fundraisers, but it is on to the next. Coming soon will be information about this year's Pot O' Blue & Gold Raffle (PBG). Last year was fantastic and we hope to raise more this year. PBG Committee members are: Maggie Dehner, Lisa Motroni and Heather Dehner. We could use more members, if interested, call Lisa M. in

Director of Student Services News

Parents of Physics Students: Dr. Karen Meade is at school on Tuesdays and Thursdays during Activity Period to help students with their Physics questions. Is your child taking advantage of another learning tool being offered to them?

Parents of 8th/9th/10th/11th Grade Students: Your child took the PSAT & ASVAB (11th grade), the PLAN (10th grade), the ReadStep (9th grade), and the EXPLORE (8th grade) tests. I have gone into the classrooms and given the results back to the students as well as shown them how to interpret their results. If you or your child needs additional help interpreting the

results, please contact me.

ACT Preparation Workshop: Pat Mooney is offering an ACT prep workshop for Prince of Peace students. It is tentatively scheduled for March 21st & 22nd from 6:30-9:00 p.m. A minimum of 6 students is needed for the workshop to be held. The cost is \$60 which includes a book. Any junior who is interested in attending should contact Mrs. Halac.

Senior Parents: The scholarship information that I give to the seniors is now available online at classjump.com under my name, Michelle Halac.

Junior Parents: Encourage your child to register for a spring ACT testing date. The testing dates are as follows:

April 14, 2012:

Registration deadline: March 9th

June 9, 2012:

Registration deadline: May 4th

You can register online at www.act.org. Students on the free/reduced lunch program are able to take the test twice for free. See Mrs. Halac for the necessary paperwork.

Don't forget to collect tabs for the Ronald McDonald House.
Drink tabs, pet food tabs and soup tabs can all be donated to the school office.

Prince of Peace Catholic Middle School Second Quarter Honor Roll 2011-2012

3.667- 4.000

- 6th Grade: Nathan Chasey, Devin Guillory, Alyssa Hovey, Jamie Josund, Sydney Kaup, Emma Kitteringham, Zacary Tietjens
- 7th Grade: Devin Bilek, Timothy Dickherber, Trevor Dickherber, Rebecca Divarco, Edward Goodell, Caitlyn Jacobs, Seth Moeller, Tony Nguyen, Miranda Schnier
- 8th Grade: Krista Atkinson, Devin Bly, Vianca Corpuz, Alexis Hemingway, Drew Irish, Sydney Laufenberg, Erin Vander Bleek

3.334-3.666

- 7th Grade: Katherine Campbell, Caitlyn Dolan, Andrey Drury, Alexander Foster, Jaqueline Posey
- 8th Grade: Eileen Jones, Caleb Kaczinski, Ryan Kilburg, Shannon Kuehl, Madison Sturtz, Chloe Whitney

3.000- 3.333

- 6th Grade: Mitchell Coleman, Jacob Evers, Emily Kuehn, Alexandra Laufenberg, Collin Mikesch, Conner Williams
- 7th Grade: Aedan Marlowe
- 8th Grade: Clare Andresen, Michael T Peters, Alexander Rowland, Shayenne Stiegler

Prince of Peace Catholic High School First Semester Honor Roll 2011-2012

3.667- 4.000

- Freshman: Madeline Chasey, Jacob Jankowski, Quinton Schnier, Sydney Schreiber, Alyssa Sikkema
- Sophomores: Andrea Aquilani, Karli Atkinson, Hunter Chapman, Caleb Kitteringham, Jacquelyn Kokjohn, Seana Marten, Lauren Pittman, Nicholas Roth, Noah Strausser, Nathan Vander Bleek
- Juniors: Niini Halonen, Andrew Jacobs, Kyle Kilburg, Megan Mulholland, Maggie Schnier, Paige Whitney, Anna Yackshaw
- Seniors: Keaton Fuller, Emily Gardner, Destinee Irish, Jacob Kaczinski, Carie Kuehn, Jacob Lehmkuhl, Allyson Naeve, Hannah Peart, Brittany Williams

3.334-3.666

- Freshman: Erin Kuehn
- Sophomores: Dermot Bly, Christine Campbell, Wei-Hsuan Hsu, Lucas Laufenberg, Halee Vicks
- Juniors: Krista Van Zuiden
- Seniors: Katherine Anglese, Taylor Determan, Konnor Lemke, Cameron Ryan, Joseph Schnier

3.000- 3.333

- Freshman: Alex Dodd, Jonathan Wiesner
- Sophomores: Nico Hartmann, Trent Hessing
- Juniors: Julia Isenhour, Jon Schluns
- Seniors: Abigail Dodd, Audrey Griffin, Jordan Isham, Dong Woo Kim, Clarissa Marten, Megan Vicks, Travis Witt

Prince of Peace Players present "Beauty and the Beast Jr."

The Prince of Peace Players will present Walt Disney's "Beauty and the Beast Jr." on March 15th, 16th and 17th at the castle in Prince of Peace Gym. March 15th will be a dinner theater with catering by The Corner Deli. The cost is \$16 per person and reservations are needed. Please call the school office at 242-1663 to make

your reservation by March 9th, 2012. Seating will begin at 5:45 p.m. on Thursday, March 15th with dinner starting at 6 p.m. and a 7 p.m. show time. March 16th & 17th will be 7 p.m. show times with doors opening at 6:30 p.m. The cost for the Friday and Saturday shows is \$6 per adult and \$4 for those 18 years of age and under.

No reservations are needed for the Friday and Saturday shows. Doors will open at 6:30 p.m. and the show begins at 7 p.m.

A cast of 42, 4th -12th grade students will grace the stage in this timeless classic, so be our guest this March!

PRINCE OF PEACE 2012 YEARBOOK UPDATE

Dear Students, Parents, Faculty, Staff, Family and Friends:

2011 was a huge success in creating the Prince of Peace High School Yearbook. We received many positive comments. Your 2012 High School Yearbook Staff has been very busy designing the yearbook. This year we are expanding the yearbook with more senior coverage and adding additional pages. At this time, we have received many orders for yearbooks and have had excellent response for advertisements. If you have not purchased your yearbook, there is still time. The cost is \$30 and can be paid at the school.

We appreciate everyone's help with photos and if you would like to submit photos that might be used in the yearbook, please contact Trudy Murphy (see information below).

.SPECIAL NOTICE FOR SPONSORSHIP

Our yearbook staff is hard at work putting together an outstanding 2012 yearbook for everyone to enjoy. Again this year, we are offering you an opportunity to personally support our yearbook with a \$10.00 sponsorship. Your name will be listed in a special section of our yearbook. We appreciate everyone's support and look forward to a great year!

Name as you would like it to appear in our year book: _____

(Example: Mr. and Mrs. Joe Smith)

Please return this form with payment by April 15th to: **Yearbook Staff
Prince of Peace
312 S. 4th St.
Clinton, IA 52732**

THANK YOU AGAIN FOR YOUR SUPPORT...GO IRISH!

For Questions and more information:

Trudy Murphy at (563) 613-0551 or yearbook@prince.pvt.k12.ia.us

Family responses
18 total responses
PRINCE OF PEACE REPORT CARD 2011

Please take a few minutes to let us know how we are doing. In answering the survey, reflect upon your opinions of the school, as it exists today. We appreciate your opinions and input. Parents, administration, and teachers are very important partners in the education of our children. The results of this "report card" will be published in the school newsletter. Thank you for your support.

I have children in the following grades: _____

1. The teachers and staff in our Catholic school carry out their responsibilities to assist in the Catholic, Christian formation of our children, both by example and instruction.
a) strongly agree 56% b) agree 44% c) disagree d) strongly disagree
2. The parents in our Catholic school carry out their responsibilities to assist in the Catholic, Christian formation of our children, both by example and instruction.
a) strongly agree 17% b) agree 83% c) disagree d) strongly disagree
3. As we view our children's future, we believe that the school is offering them the subjects that they should have.
a) strongly agree 44% b) agree 56% c) disagree d) strongly disagree
4. Parents support the school administration and teachers in the school community and publicly.
a) strongly agree 17% b) agree 83% c) disagree d) strongly disagree
5. We feel free to come in and discuss our concerns with the principal/administration of the school, knowing that we will be treated with fairness and consideration.
a) strongly agree 41% b) agree 53% c) disagree 6% d) strongly disagree
6. We believe that the school is providing the spiritual, moral, intellectual, and social development that we envision for a good Catholic school.
a) strongly agree 33% b) agree 56% c) disagree 11% d) strongly disagree
7. The atmosphere of the school reflects a climate that is most helpful to teaching and learning.
a) strongly agree 39% b) agree 50% c) disagree 11% d) strongly disagree
8. The pastor, through his attitudes and actions, is strongly supportive of the school's mission and program.
a) strongly agree 17% b) agree 78% c) disagree 5% d) strongly disagree

9. The principal is a positive force in the school and provides quality educational leadership.

a) strongly agree 47% b) agree 53% c) disagree d) strongly disagree

10. The parents are a positive influence in the school community.

a) strongly agree 33% b) agree 67% c) disagree d) strongly disagree

11. The School Board effectively communicates with families.

a) strongly agree 11% b) agree 72% c) disagree 17% d) strongly disagree

12. Parents are actively involved in the educational decision-making in this school.

a) strongly agree 28% b) agree 55% c) disagree 17% d) strongly disagree (over)

13. The teachers whom our children have at present fulfill our expectations of Catholic schoolteachers.

a) strongly agree 39% b) agree 55% c) disagree d) strongly disagree 6%

14. Our children think this school is a nice place to attend.

a) strongly agree 44% b) agree 50% c) disagree d) strongly disagree 6%

Homework 😊

The Big Picture

What are the research findings regarding homework?

- Seven to twelve hours of homework per week produces the largest effect size for student achievement for older students.
- Some researchers (Bennet, Finn and Cribb, 1999) recommend 10 minutes per elementary grade level (includes all subject areas).
- Homework must be realistic in length and difficulty given the students' abilities to work independently.
- Homework for young children should help "develop good study habits, foster positive attitudes toward school, and communicate to students the idea that learning takes work at home as well as at school." (Cooper, 1989)
- Studies have shown that students who are assigned and complete homework outperform students who are not assigned homework. (Anywhere from 15 to 33 percentile points gained!)
- It is not the time spent on homework but the completion of the homework that increases student achievement.
- For high school students a learning benefit continues up to one to two hours per night of assigned homework, any more and the benefit decreases. (Please note that this means interruption free homework time. Not time spent texting, talking to friends, wandering on the computer, watching television or listening to music.)

Advice for parents from the experts:

(Good and Brophy 2003)

Homework should be interactive between parent and child.

Ask students to show or explain their written work or other products completed at school to get parental reaction.

Child should seek out or interview parents to develop information about parental experiences or opinions relating to topics studied (especially in social studies).

Parent and child should become engaged in conversations that relate to the academic curriculum and thus extend student learning.

(Epstein & Becker, 1982, Van Voorhis, 2003)

Parents should have clear guidelines as to their role.

Parents are not expected to act as experts regarding content.

Parents should ask clarifying questions and questions that help student summarize what they have learned.

Taken from *The Handbook for The Art and Science of Teaching* by Marzano and Brown

Establish a place to do homework which is uncluttered and quiet.

Set a homework schedule that fits with the week's activities.

Don't sit with your child to do homework. He or she needs to practice independently and to apply what he/she has learned in class.

If your child consistently cannot complete homework assignments alone, contact the teacher.

Help your child understand the knowledge by asking which steps he/she finds difficult and easy. Ask how he/she plans on improving the skill being learned. Ask what knowledge he/she needs to complete the work. Contact the teacher if your child can not answer these questions.

If your child seems to be spending too much time on homework, contact the teacher.

When it is bedtime, stop your child even if the homework is not finished.

Advice from the Prince of Peace Catholic School Experts (Your child's teachers)

"Why" and "how" questions require students to think more deeply than the "what" questions.

Homework time should not be a battle ground in your home!

Consistent use of the required homework organizer results in homework success.

Planners-check it, parents!

Be enthusiastic about your child's homework and the knowledge he/she is learning in class.

Help your child make connections during your daily routines to the classroom learning and homework activities.

For elementary students, homework should be broken down into smaller achievable chunks.

When students are assigned to study for a test, it doesn't mean "no homework."

When students don't use the time assigned in class to begin an assignment, the student will have that much more time spent doing homework. Encourage wise use of class time!

Contact the teacher if you have concerns. Don't wait for the concerns to become big problems.

We are your partners in helping your child succeed.

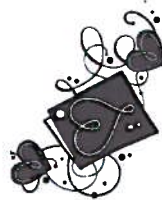
February 2012

Prince of Peace Catholic School Menu

Lunch Prices: (always includes milk) Elementary \$2.30 MS/HS \$2.60 Adult \$3.00 Extra Milk \$.35 additional



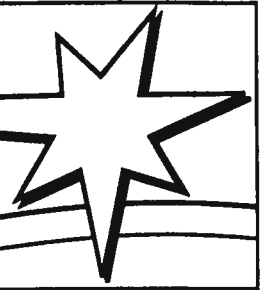
Monday	Tuesday	Wednesday	Thursday	Friday
		<p><u>1</u> Early Out Hot Dog on a Bun Baked Beans Peaches Yogurt Cup <i>MS/HS Entrée Alt.</i> Pork Ribette on a bun</p>	<p><u>2</u> Chicken Nuggets French Fries Pineapple Elf Grahams <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>3</u> Sausage Pizza Peas Mixed Fruit <i>MS/HS Entrée Alt.</i> Salad Bar</p>
<p><u>6</u> Garlic Cheese Bread Corn Applesauce Oreo Cookie <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>7</u> Sloppy Joe on a bun Green Beans Mandarin Oranges Chocolate Chip Cookie <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>8</u> Breaded Chicken on a bun Cooked Carrots Pineapple Baked Lays <i>MS/HS Entrée Alt.</i> Sub Bar</p>	<p><u>9</u> Cheeseburger on a bun Peas Peaches Chocolate Pudding <i>MS/HS Entrée Alt.</i> Mandarin Orange Chicken over Rice or Salad Bar</p>	<p><u>10</u> Mini Corn Dogs Mixed Vegetables Pears <i>MS/HS Entrée Alt.</i> Salad Bar</p>
<p><u>13</u> Hot Dog on a bun Curly Fries Mixed Fruit Animal Crackers <i>MS/HS Entrée Alt.</i> Salad Bar or Breaded Pork on a bun</p>	<p><u>14</u> Chicken Nuggets Mashed Potatoes and Gravy Applesauce Rice Krispy Bar <i>MS/HS Entrée Alt.</i> Salad bar</p>	<p><u>15</u> Early Out PB&J Uncrustable Baby Carrots Pears Elf Grahams <i>MS/HS Entrée Alt.</i> Grilled Chicken on a bun</p>	<p><u>16</u> BBQ Pork on a bun Corn Pineapple Goldfish Crackers <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>17</u> Pepperoni Pizza Green Beans Peaches <i>MS/HS Entrée Alt.</i> Salad Bar</p>
<p><u>20</u> No School</p>	<p><u>21</u> Chicken Fajita Refried Beans Mandarin Oranges Sugar Cookie <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>22</u> Ash Wednesday Cheese Pizza Lettuce Salad Applesauce Chex Mix <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>23</u> Pork Ribette Cooked Carrots Mixed Fruit Brownie <i>MS/HS Entrée Alt.</i> Salad Bar or Chicken Strips</p>	<p><u>24</u> Mozzarella Sticks Corn Peaches <i>MS/HS Entrée Alt.</i> Salad Bar</p>
<p><u>27</u> Mac & Cheese Peas Pineapple Muffin Square <i>MS/HS Entrée Alt.</i> Salad Bar or Hamburger on a bun</p>	<p><u>28</u> Hamburger Gravy over Mashed potatoes Pears Teddy Grahams <i>MS/HS Entrée Alt.</i> Salad Bar or Chicken Drumsticks</p>	<p><u>29</u> Popcorn Chicken Corn Applesauce Baked Cheetos <i>MS/HS Entrée Alt.</i> Sub Bar</p>	<p><u>1</u> Taco Mixed Vegetables Peaches Oreo Cookie <i>MS/HS Entrée Alt.</i> Salad Bar</p>	<p><u>2</u> Cheese Nachos Green Beans Mixed Fruit <i>MS/HS Entrée Alt.</i> Salad Bar</p>



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
Irish Booster Breakfast & Book Sale 7:30-11:00 a.m. School Gym	5-7 p.m. Wendy's Night Proceeds to Art Week 5th Gr. Dare Graduation 7 p.m. School Gym MSB BB vs Northeast 4 p.m. CCA	JV/V GB BB vs Camanche 3:45 p.m. Camanche	K-5 Mass 1:30 p.m. Sacred Heart 8th Grade Ski Trip Booster Meeting 6 p.m.	MSB BB vs Bellevue 4 p.m. CCA VG Regional Basketball vs Morning Star 7 p.m. CCA	Jeans Day Proceeds to Art Week MS Valentine's Day Dance 7-9 p.m. School Commons	Bake Sale Prince of Peace Church Proceeds to Campus Ministry
12	13	14	15	16	17	18
Bake Sale Prince of Peace Church Proceeds to Campus Ministry	MSB BB vs Midland 4 p.m. Oxford Junction	MSB BB vs Bellevue 4 p.m. Bellevue VG Regional Basketball 7 p.m. CCA	EARLY DISMISSAL Market Day Pick Up 4:30-5:30 p.m. School Gym	MSB BB vs Unity 4 p.m. CCA VB District Basketball Vs Marquette 7 p.m. CCA	VG Regional Basketball 7 p.m. TBA	All State Large Group Festival
19	20	21	22	23	24	25
	NO CLASSES Big East Speech Cal/Wheat	School Board Meeting 7 p.m. HS Library VB District Basketball 7 p.m. TBA	All School Mass 8:00 a.m. Prince of Peace Church	HS Quiz Bowl 6 p.m. Bellevue VB Basketball 7 p.m. CHS		District Individual Speech 8th Grade Brunch School Gym
26	27	28	29	March 1	March 2	March 3
					Living Stations of the Cross 5:30 p.m. Prince of Peace Church Jeans Day Proceeds to our Sister parish in Peru	

Please see our website for more information on our upcoming events.
www.prince.pvt.k12.ia.us



Jesus Christ, Prince of Peace
Nancy Peart, Principal Brenda Bertram, DRE



Thoughtful Moments

Throat blessing

On February 3rd, many parishes all over the country will celebrate the feast of St. Blaise. St. Blaise was reportedly a physician who healed many ailments of the throat. He was martyred for refusing to renounce his Catholic faith and serves as an example for us of kindness and extraordinary courage.

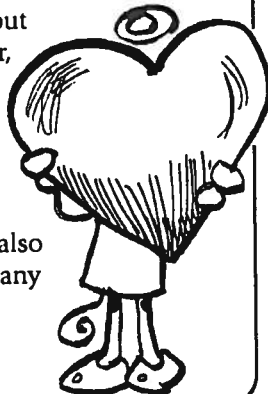


Gratitude aloud

The more grateful we are for what we have, the more likely we are to value and use it. Let your children hear you thank God for your gifts. Encourage them to do the same.

Symbols in the Mass

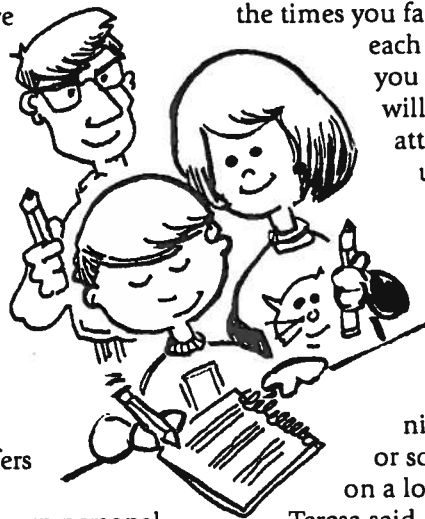
Ever notice how many symbols are used in the Mass? For example, kneeling, shaking hands, the blessing of the water and wine, the elevation of the host. Each is an action in itself but also has another, deeper meaning. They not only help us to reenact Jesus' last supper but also represent the many ways God is present in our lives.



Teach children to balance Lent

Teaching children to give something up during Lent builds a valuable, lifelong penitential habit. But we can become so focused on this Lenten sacrifice that we neglect the other two pillars of Lent: prayer and almsgiving. All three are necessary to experience the blessings of a fruitful Lent. Try these ideas to teach the other two:

Prayer:
Demonstrating different methods of prayer during Lent offers children options for putting together their own personal prayer routines. For example, try a **gratitude journal**. At dinnertime or bedtime, take turns writing a line or two in a notebook that talks about



how God blessed each of you that day. Or, demonstrate **P-R-A-Y** time. At least once a day, gather together and Praise God for his goodness, Repent of the times you failed to love him or each other, Ask for what you need, Yield to God's will. Of course, commit to attending Mass – the ultimate prayer – on the weekends as a family.

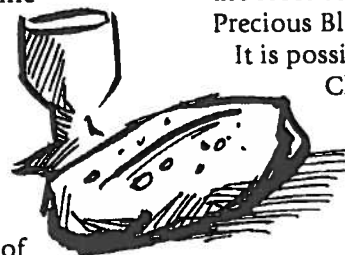
Almsgiving: God wants us to share our gifts, not hoard them. As a family, can you spare a night to work at a shelter or soup kitchen? Look in on a lonely neighbor? Mother Teresa said, "never worry about numbers. Help one person at a time and always start with the person nearest you." Why not start the habit during Lent?

Why Do Catholics Do That?

Do Catholics believe Christ is in the Precious Blood or the Host?

Once the bread and wine has been consecrated during Mass, Jesus Christ is wholly present under the appearance either of bread or of wine in the Eucharist. In fact, Christ is wholly present in any fragment of

the Host or in any drop of the Precious Blood.

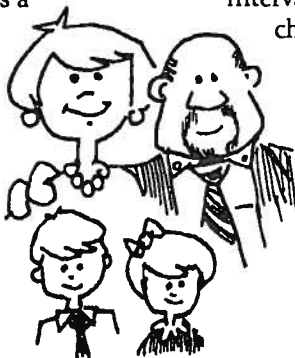


It is possible to receive the whole Christ in just one form or the other. However, it is most fitting to receive Christ in both forms during the celebration of the Eucharist.

Give your family the gift of "Little Easter"

Every Sunday is a "Little Easter," with Mass as a celebration of Christ's victory over death and sin. For that reason, Sunday Mass is an obligation for all Catholics. Many Catholic families find that developing Sunday habits bring them closer together and closer to God. Try these ideas:

Family forgiveness: On Friday or Saturday night, gather together and ask each other for forgiveness for offenses committed against one another. Then go to Confession as a family weekly, monthly, or at some other



interval, as often as you can. (Parents may need to help children with their examinations of conscience.)

Mass preparations: Before leaving for Church, go over the readings you will hear at Mass so you can answer questions ahead of time. Or, some families find that driving to Mass in silence leaves time for prayer and reflection.

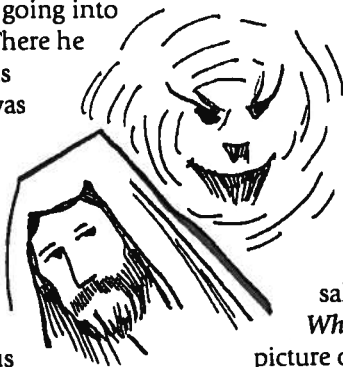
Mass intentions: Ask each person to pick someone for whom the family can pray at Mass. Write each name on a list and offer a family prayer for these intentions after Communion.

Scripture LESSON

Mark 1:12-15, The Path to Easter

This Gospel describes Jesus' actions after his baptism by John. He prepared for his public ministry by going into the desert for forty days. There he was tempted by Satan, was among wild beasts, and was ministered to by angels.

We can use the lessons of this Gospel to help us prepare not only for Easter, but for the rest of our lives. Temptations surround us. Satan is constantly trying to tear us away from God. The wild beasts represent every kind of danger and evil. But the angels provide God's protection



for us. We can rely on them to help us if we ask for God's help.

We can use Lent to fulfill Jesus' proclamation, "Repent, and believe in the gospel." For our part we can take a realistic look at ourselves. We can do penance and accept the Gospel, that God's salvation is available to us.

What can a parent do? The picture of Satan tempting us can be frightening to children. Reassure youngsters that God sends his angels to watch over and protect us.

Feasts & Celebrations

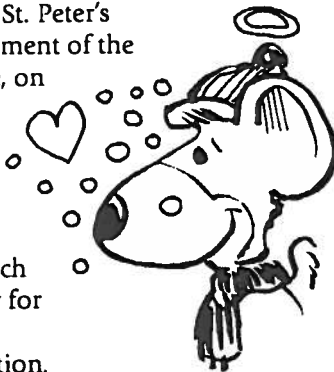
February 11 - Our Lady of Lourdes (1858). A heavenly lady appeared to St. Bernadette Soubirous, a poor and sickly girl from a small village in France. Soon after the first vision, a spring with miraculous healing waters emerged from a nearby cave. The lady revealed herself as the "Immaculate Conception" - the Blessed Virgin Mary. Pilgrims still flock to Lourdes today.

February 14 - St. Cyril (869). Along with his brother Methodius, St. Cyril was a missionary, teacher, and patron of the Slavic people. He invented an alphabet still used in some Eastern liturgies, and preached the Gospel in a

more easily understood manner.

February 22 - Ash Wednesday. The first day of the Season of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the forehead as a sign of penance.

February 22 - St. Peter's Chair. Marking St. Peter's establishment of the Holy See, on this festival we thank God for his Church and pray for its holy preservation.



Parent TALK

I had stopped praying. My father had a heart attack last summer and I was



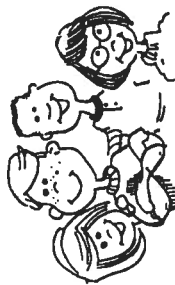
helping Mom care for him while working and caring for my own family. Then my father-in-law was diagnosed with lung cancer and needed care.

Finally, Ken lost his job for the

second time in three years and we had used up our savings the first time. Obviously God wasn't listening. A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening. Amen." Then she went to sleep. Standing outside her room, I realized Teresa didn't tell God what to do. She asked for help, trusted that it would come, and left it to God. I prayed for the first time in weeks and ended with, "Thanks for listening. Amen." I realized God is always listening. I was the one who had stopped talking.

Our Mission

To help parents raise faithful Catholic children
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 (540)662-7844 (540)662-7847 fax
<http://www.growinginfaith.com>
 (Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)



2012 Family Lent Calendar

= a day of fasting and abstinence from meat
 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> *Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying" (Catechism of the Catholic Church).</p>	<p>27 Contact Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help any of their ongoing projects.</p>	<p>28 Invent a new family prayer you can say together each day.</p>	<p>22 Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day.</p>	<p>23 Tape a drawing of a vase on the fridge and label it, "Lent." Each day draw a flower in the vase and watch Lent blossom.</p>	<p>24 Share a meatless family meal. Discuss your Lenten offerings to be sure all are doable and sacrificial.</p>	<p>25 Choose a family Lenten offering, such as giving up desserts, attending daily Mass, or praying a family Rosary regularly.</p>
<p>26 After Mass today, explain the Gospel and the homily in terms your children can understand.</p>	<p>5 Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug.</p>	<p>6 Ask each person to share a game, toy, or treat with someone else in your home.</p>	<p>7 Plan how each of you can show kindness or compassion to someone else tomorrow.</p>	<p>1 Before eating your family meal together, ask each person to say a spontaneous prayer.</p>	<p>2 Pray for the people in the world who can't afford to have meat as a regular part of their diets.</p>	<p>3 Turn off the television, unplug the computers, and take the phone off the hook for a half hour to pray a family Rosary.</p>
<p>4 Before Mass today, pick a saint represented in one of the statues in your church and find out more about him or her during Lent.</p>	<p>12 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.</p>	<p>14 Make cookies and bring them to a nearby nursing home.</p>	<p>15 Encourage each family member to perform an examination of conscience.</p>	<p>15 Place a crucifix or picture of Jesus in a central place to keep the focus on him.</p>	<p>9 Figure out how much your family saved by not eating meat today, and put that money in the poor box at church.</p>	<p>10 At bedtime say, "Let's turn our hearts to God and think of him." Sit in silence together for a few minutes.</p>
<p>11 Light a candle in church today for someone who passed away or who needs special help.</p>	<p>19 Pick a friend or neighbor and perform an anonymous good deed for him or her.</p>	<p>20 Encourage all family members to refrain from bickering today.</p>	<p>21 Say a short prayer before each cross or crucifix in your home.</p>	<p>22 Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.</p>	<p>16 Whenever someone does a good deed, put a jelly bean in a jar. Share the jelly beans at Easter!</p>	<p>17 Ask each person to make a sacrificial offering, such as doing an extra chore without being asked.</p>
<p>18 Lactare Sunday Have a special meal at home or a restaurant to celebrate the half-way point through Lent.</p>	<p>26 Pray for the victims of the earthquake still suffering in Haiti.</p>	<p>27 Send a card to someone who might need cheering today.</p>	<p>28 Give up a favorite toy or treat just for today.</p>	<p>29 Visit someone who is sick and can't leave home.</p>	<p>23 Serve pretzels as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.</p>	<p>24 Make simple crosses out of construction paper. Write on them, "He died for me," and post them around your home.</p>
<p>25 After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith.</p>	<p>3 Forgive someone who hurt you today.</p>	<p>4 Get up 15 minutes earlier than usual today and pray as a family.</p>	<p>5 Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p>	<p>30 Place any final donations in the box you set up. Make a family trip to deliver it to its destination.</p>	<p>16 Whenever someone does a good deed, put a jelly bean in a jar. Share the jelly beans at Easter!</p>	<p>31 Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness.</p>
<p>1 Have a Palm Sunday procession around the house and take turns playing Jesus.</p>	<p>2 Take a walk outside and look for signs of new life.</p>	<p>3 Forgive someone who hurt you today.</p>	<p>4 Get up 15 minutes earlier than usual today and pray as a family.</p>	<p>6 Pray the Stations of the Cross today, and meditate on each one.</p>	<p>7 Dress a doll in a white garment and talk about the Baptismal vows we renew each year.</p>	<p>7 Dress a doll in a white garment and talk about the Baptismal vows we renew each year.</p>