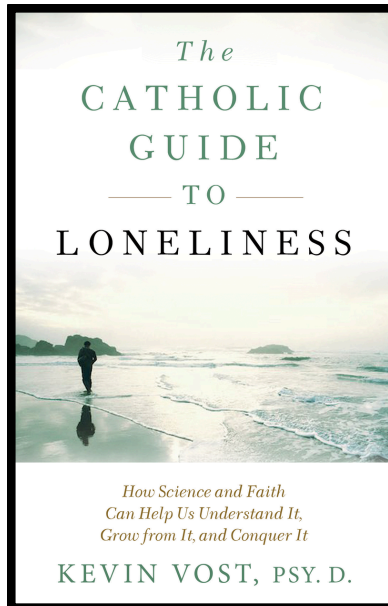


THE CATHOLIC GUIDE TO LONELINESS:
HOW SCIENCE AND FAITH
CAN HELP US UNDERSTAND IT,
GROW FROM IT, AND CONQUER IT



Join us in studying this book to discover:

- The three psychological and behavioral components of loneliness
- Practical techniques to counteract the effects of loneliness
- Thirty easy, concrete steps you can take now to conquer your loneliness
- The simple ABCs of lonely thinking
- How to profit from solitude when you must be alone
- How to acquire the virtues that immunize you against loneliness
- Plus, much more!

WHEN: MONDAYS FROM 6:30-7:30PM
BEGINNING **FEBRUARY 2**

WHERE: THE RESOURCE CENTER
OR ONLINE

Books available for purchase

Contact **rc@stagneparish.org** for more information

CHILI

**SATURDAY,
FEBRUARY
14TH,
2026**

**HAFFORD
HALL
5:00PM -
8:00PM**

1
**COOK AND
COMPETE**



2
**TASTE AND
VOTE**

Calling all Chili Enthusiasts and Culinary Wizards!

St. Agnes Parish Council is hosting yet another **CHILI COOK-OFF** to warm up the winter season! Come join the fun!

Cook and Compete

- Bring your chili recipe and compete against other St. Agnes families.
- Participants must bring their own crockpot(s), chili toppings, and napkins. (Tasting bowls and spoons will be provided.)

Taste and Vote

- Stroll through and sample each chili, then vote for your favorite!
- Top 3 chilis will be awarded prizes!

Enjoy more than just Chili

- Raffle
- Concession stand with beverages and snacks

Registration to be a competitor for this event ends Friday, February 6th. (See bottom*)

SCHEDULE OF EVENTS

- Mass 4:00 pm
- Chili Cook-Off: Immediately following

COST

- \$7 per individual
- Proceeds benefit our kids volunteering in Catholic Heart Work Camp

*To register to be a competitor, and for any further questions, please contact Tanya Bissen at tanya.bissen@gmail.com