



Liturgical Living Initiative

A GUIDE FOR THE FAMILY
AND THE INDIVIDUAL

February

PART 1: CELEBRATE

GOD CAME TO MEET US AND HE ENTERED FAMILY LIFE. SO, CELEBRATE THE BEAUTY THAT EXISTS THAT EACH ONE WAS CREATED AND LOVED!

PART 2: SACRIFICE

OFFER YOUR TIME PRAYER, ASKING TO SEE WHAT IT MEANS THAT GOD INVITES US INTO THE FAMILY OF BELIEVERS

What do you
celebrate?

FEASTS & DEVOTIONS

2/1: St. Brigid of Ireland

2/15: Presentation of Jesus

2/5: Martyrs of Japan

2/18: Leo I

2/8: St. Josephine Bakhita

2/21: St. Peter Damian

2/10: St. Scholastica & Clare of Rimini

2/29: St. John Cassian

2/11: Our Lady of Lourdes

What will you
observe?

Who do you know who can show us how to love unconditionally?

Who helps us see how to ask for help?

When are moments when we can take initiative, letting others know they are looked at and cared for?

Is there someone who you feel called to reach out to?

Journey
with others

What are some key ways your family spends quality time?

What is the source of light in your lives? Consider what activities allow for conversation, sharing of stories, and laughter. Commit time daily and weekly to those in your household and/or others who are looking for a place to grow in joy and peace.