

*There's a point in every true friendship where you stop being friends and become sisters.*

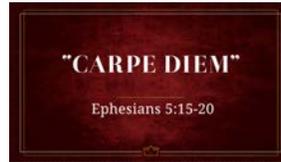


*Pope Leo XIV*

Dear friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us. Let us ask for the strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others. Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilization of love.

## **During Lent ... Pray the Stations**

1. Name the Station: The First Station is Jesus is Condemned to Death
2. Read the opening prayer: We adore you, O Christ, and we praise you. (Kneel) Because by your holy cross you have redeemed the world. (Rise) If you are unable to kneel, you can sit or stand.
3. Read the selected Scripture passage for inspiration.
4. Reflect and consider what this Station of the Cross means for your life.
5. End by praying the Our Father, Hail Mary, and Glory Be.



**(Seize the Day)** Treat your day as the unique gift God has given us ... grow in virtue and focus on living in the present moment. Don't postpone acts of kindness, mercy or service. If you are called to help someone, do it immediately ... use your time intentionally.

*Heavenly Father,*

*I don't want to be a casual Christian, part-time believer or lukewarm servant.*

*Help me to give myself to you completely, totally and without reservation.*

*Holy Spirit help me to discipline myself and train myself in developing the habits and the disciplines I need to grow spiritually.*

*Help me to let go of things that don't really matter and to put you first in my life.*

*I thank you that Jesus died for me, help me to always live for him. In the precious name of Jesus, I pray. Amen.*

## **Stations of the Cross**

1. Jesus is Condemned to Death
2. Jesus Carries the Cross
3. Jesus Falls for the First Time
4. Jesus Meets His Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes the Face of Jesus
7. Jesus Falls a Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls a Third Time
10. Jesus is Stripped of His Garments
11. Jesus is Nailed to the Cross
12. Jesus Dies on the Cross
13. Jesus' Body is Removed from the Cross
14. Jesus is Laid in the Tomb



**Legislative - Loretta Terrana**

Nearly 500 Catholic faithful from across Florida gathered in Tallahassee for the 2026 Catholic Days at the Capitol, standing together to advocate for policies that uphold life and human dignity. Of those in attendance, approximately 200 were students who participated in the two-day event, demonstrating the strong commitment of young Catholics to civic engagement and faithful citizenship.

The annual event, organized by the Florida Conference of Catholic Bishops (FCCB), provides participants with legislative briefings, opportunities to meet with lawmakers, and the celebration of the Red Mass. Together, clergy, religious, students, and lay leaders came prepared to thoughtfully engage elected officials on critical issues affecting families and vulnerable communities across the state.

This year, participants focused on three key legislative priorities supported by the United States Conference of Catholic Bishops (USCCB) and advanced at the state level:

**1. Civil Liability for the Wrongful Death of an Unborn Child**

Advocates expressed support for SB 164 (Grall) and offered thanks for the passage of HB 289 (Greco). The legislation seeks to ensure appropriate civil remedies in cases involving the wrongful death of an unborn child, affirming the inherent dignity of every human life.

**2. Background Screening and Child Safety**

Participants urged support for SB 1168 (Grall) and HB 1069 (Trabulsy). Strengthening background screening requirements helps protect children and vulnerable individuals by ensuring safer environments in schools, churches, and community organizations.

**3. Improving Prison Infrastructure and Conditions**

Catholics also called on lawmakers to match or exceed the Governor’s recommended \$400 million increase to the Department of Corrections budget. Enhancing prison infrastructure and living conditions reflects the Church’s commitment to restorative justice and the dignity of incarcerated persons. For more information about these legislative priorities or to get involved in advocacy efforts, contact Joseph Harmon, Associate for Public Policy, at [jharmon@fccc.org](mailto:jharmon@fccc.org) or 850-205-6826.

Throughout the event, attendees were reminded that faithful citizenship is not partisan, but rooted in Catholic social teaching — defending life, protecting the vulnerable, promoting family stability, and working for justice.



Sunday, February 8, 2026  
Blessed Sacrament Volunteer  
Appreciation Luncheon

**Start a gratitude jar.**  
 Get a cute jar or decorate one. Then, start writing down one thing you’re grateful for every day and throw them in your gratitude jar. Bring your jar to the March General Membership meeting and we can share some of the things we are grateful for.

*Focusing on gratitude can be a powerful tool for managing stress and anxiety. When you concentrate on what you're thankful for, it becomes harder to dwell on worries or negative thoughts.*



“The heavens declare the glory of God, and the sky proclaims the work of His hands.”

... Psalm 19:1

(photo by Theresa Frick)

**HAPPY BIRTHDAY**

3/5 Nancy Pittman  
3/6 Ruth Stepney “  
3/6 Barbara Wessels

**Why are birthdays good for your health?**

*Studies show that people who have more birthdays live longer.*

3/13 Mary Usher  
3/21 Mary Malys  
3/25 Maria Rocheleau

**HOW TO FIND OUT IF YOU'RE OLD:**

Fall down.



-If people laugh, you're young  
-If people panic, you're old



I HATE MY JOB...

OH PLEASE!!!

**We pray for all our sisters and their families. 🙏**



*Heavenly Father, We lift up all those who are facing various illnesses and losses. Give them the hope and courage they need today and every day. Comfort their pain, calm their fears, and surround them with Your peace. Amen*

We pray especially for all those we have lost and those who are fighting health issues.

Upcoming Events

Mary's Handmaidens - 1-3pm  
Mar 3 - Social Hall

Board Meeting - 1-3pm  
Mar 10 - Adult Ministry Bldg

General Meeting - 11am  
Mar 17 - Social Hall

Dates to Remember

Mar 28 - Morning of Reflection - 9:30am

Fridays during Lent

- Confessions & Adoration - 9:30am - Our Lady's Chapel
- Lenten Soup Meals - 4:30pm - Social Hall
- Stations of the Cross - 5:00pm - Our Lady's Chapel
- 6:30pm - Santo Toribio Romo

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