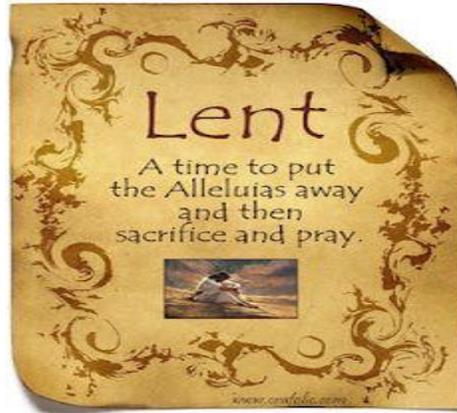


FAMILIES ON FIRE



REFLECTION: MARCH-SACRIFICE

By now, we are all well aware about observing the season of Lent. We hopefully have found things to take out of our lives and things to add into our lives too! If not, there is still time to make some changes to make the most out this Liturgical season. This whole month can be appropriately used to help deepen our understanding of sacrifice. Sacrificing is not always an action intentionally chosen. As parents and caretakers, there are certain sacrifices which come naturally. When we learn how to sacrifice, our wills become stronger and thus allowing for better knowledge of Eternity. Let us ponder on the most meaningful Sacrifice, Jesus' Crucifixion and use it as a guide for sacrificial love. Below are some ideas to share the faith and live it at home.

1. Story Time: St. Patrick's Day, on March 17th is one of the most celebrated holidays around the world. But how well do we know its Catholic roots? There are many resources online that tell the true story of Saint Patrick and his sacrifices made to evangelize Ireland. As a family prepare and share a meal with the colors of the Irish flag (green, white, and orange) being incorporated. Read and talk about St. Patrick's own conversion story!
2. Prayer Time: Lent is a great opportunity to place our attention on the Stations of the Cross and the Sorrowful Mysteries of the Rosary. Every Friday of Lent, Holy Apostles has the Stations of the Cross at 7pm. Try to participate as a family as many times as possible. The Stations have a powerful way for us to walk the Way of the Cross with Jesus. The Catholic Church, as a whole, prays the Sorrowful Mysteries on Tuesdays and Fridays. Put aside about 20 minutes to pray and meditate together on Tuesdays and or Fridays on these mysteries which express sacrifice. Family Rosary guides can be purchased or found for free online.
3. Simple Reminders: Sacraments are a wonderful visual reminder of God's love for us. Reconciliation is a major highlight for Lent. The hours of Reconciliation services are extended in regards to the season. Pick a time and go as a family! Place the Act of Contrition prayer (can be found online) on the fridge or someplace the whole family can see it daily and practice saying it.

Friends in High Places: March 19th is the Feast of St. Joseph, Husband of Mary. Talk about sacrificing! As the foster father of Jesus, St. Joseph did a lot to follow God's will and put his family first. Make a list of traits and characteristics St. Joseph had as he lead the Holy Family. Find a prayer and or picture of him to place on the dining table and invite him into the domestic church!

"Sacrifice without love is pain"

Venerable Fulton J. Sheen