



# Following in the Footsteps of the Saints

The **Catholic Extension Grant** contributed:  
Lourdes Healing Water, St. Bernadette Holy Card,  
Lenten materials, and St. Valentine gifts.

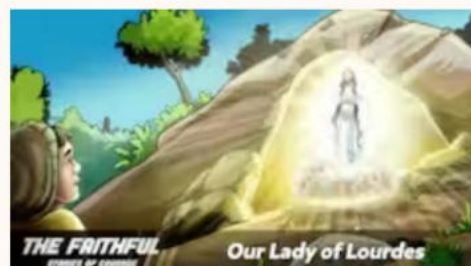
Let us continue to stay  
"Following in the Footsteps of the Saints."

## Lenten Family Ideas

### Key Activities and Traditions

- **Prayer:** Create a Lenten prayer space with a cross and candle. Pray the Sorrowful Mysteries, or the Divine Mercy Chaplet. Attend Stations of the Cross.
- **Fasting:** Eat simple meatless meals on Fridays and have children help prepare them. Give up screens or candy as a family.
- **Almsgiving:** Use a "Sacrifice Jar" to fill with beans for every good deed, or fill a jar with coins for charity. Participate in "40 Bags in 40 Days" by donating one bag of items to charity each day.
- **Activities:** Make soft pretzels (symbolizing arms crossed in prayer). Read a Lenten devotional or children's book.
- **Visuals:** Use a Lenten calendar to track the 40 days. Make a Lenten Sacrifice paperchain.

## February formed™



## Upcoming March Events

### Holy Cross Wendelin

4 -Wed. Stay-at- Home Family Night

**19- Family Catechesis will be held at St. Joseph Stringtown** for the feast day of St. Joseph. There will be Mass and Dinner with the "Following in the Footsteps of the Saints."

\*Reminder to bring Family Tote with Saint Binder and Sacrament book for check-in.



# FOLLOWING IN THE FOOTSTEPS OF THE SAINTS

February 2026



## Our February Saints



**Our Lady of Lourdes**, is a title for the Blessed Virgin Mary, honoring her 1858 apparitions to 14-year-old peasant girl St. Bernadette Soubirous in a grotto at Lourdes, France. Over 18 visits, Mary identified as the "Immaculate Conception," urging prayer and repentance, and directed Bernadette to a spring with lasting healing properties. While many seek cures for illnesses, the spiritual message focuses on repentance, faith, and prayer for the conversion of sinners

**St. Bernadette Soubirous**, was a poor French girl from Lourdes, France, who, at age 14, experienced 18 visions of the Virgin Mary in a cave (Grotto of Massabielle) from February to July 1858, leading to the discovery of a miraculous spring and the famous Lourdes pilgrimage site; despite skepticism and hardship, she remained faithful, later joining the Sisters of Charity of Nevers, living a humble life, and dying at 35, eventually becoming a saint known for humility and faith in the face of illness. Bernadette's body is recognized by the Church as incorrupt.



"My Jesus, fill my heart with so much love that one day it will break just to be with you." St. Bernadette.