



NEWSLETTER



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Welcome CFAC Families

Do you feel like Christmas just ended, and now we are right around the corner from Lent? I know I do!

As the rhythm of the liturgical season moves us right along, we can take these first couple weeks of February to start preparing our hearts for Lent. As you begin praying over what you are going to give up, pray with, or do these 40 days, we want to remind you:

Lent is about faithfulness, not perfection.

However it looks for you, our prayer is that we all go “into the desert” with Christ this Lenten season.

We will have many opportunities to journey through Lent together as a group with a Mardi Gras Potluck, service projects, and children’s Stations of the Cross.

As always, you are in my prayers.

- Janae Spencer
Newsletter Editor

Reflecting on Last Month

The dreary January weather didn't keep us from having a fun and educational field trip to the Planetarium. We watched the movie *Eclipse: The Sun Revealed*, and there were classroom activities based on age. The older kids learned about asteroids, comets and meteors, and the littles learned about the solar system. The trip even inspired us to plan our own Eclipse watching party. Check the calendar for more details!

We also had another successful Tween and Teen Event. This month it was Mass + a game night.



Upcoming CFAC Events

First Friday Mass - Join us for Mass with a Park-and-Play to follow at Southside Park. Be sure to bring your lunch and wear your group shirts.

St. Valentine + Mardi Gras Party- We will be celebrating Fat Tuesday with a potluck dinner as well as having a card exchange for the kids. There will be food, fun, and games. This event is for the whole family!

High School Social- Join us for our first high school social event including prayer (rosary), games, and s'mores. This is an opportunity for the high schoolers to get to know each other and socialize in a more relaxed setting.

Oil Museum Field Trip- Join us for a fun and highly engaging tour of the Texas Oil Museum. This field trip will bring to life how the easy-going rural life of East Texas changed drastically with the discovery of oil during 1930 and 1931.

Mom's Lunch- We're looking forward to food, fun, and fellowship just for the moms. Hope to see you there.

Members can view more details, RSVP for events, and see the full calendar in the member portal.

Preparing for Easter

In preparation for Easter, we as Catholics observe the penitential season of Lent. The three pillars of Lent are prayer, fasting, and almsgiving, and it is fully engaging in all three that we can prepare our hearts and minds for the joy that Easter brings.

The challenge is participating in this penitential season in a way that honors your family's unique set of circumstances. As a family it is important to set realistic goals rather than those that are lofty and overly idealistic.

Depending on the ages and stages of your children, here are some suggestions from members of our community on how the family unit can grow together in faith during this season of preparation.

40 Bags for 40 Days

The 40 bags in 40 days challenge is a decluttering challenge to get rid of 40 bags worth of stuff in a 40 day period. Each day fill a bag (sandwich bag up to trash bag) to clean out/donate.

- Lockman Family

You can read more and get more ideas for this challenge [here](#).



Easter Count Down

This will be our third year doing an Easter paper chain countdown. It started when our twins were 3 and would constantly ask me how many days until Easter.

The first year we did it, it was just a simple paper chain countdown. The next year, I added the liturgical colors to it. Sundays are white, Palm Sunday is red, Good Friday and Holy Saturday are black, and Easter is White/Gold. This year, each link has a simple way for them to practice prayer, fasting, or almsgiving.

It's a good visual for littles so they can see the feast and fast days and have a sense of expectation that Easter is on the way.

-Spencer Family

More Lenten Practices From Our Members



Jesus Tree + Gospel Reflection

We like to spend Lent doing something called the Jesus Tree – it is a daily devotional for the whole family that slowly walks you through an entire Gospel.

We will read a section of the Gospel of Matthew each day, discuss a small reflection and do a short prayer. There is also a “countdown cross” to Easter.

-Reaves Family

This idea comes from [Catholic Sprouts](#), and you can read more about it [here](#).

Divine Mercy Chaplet

Commit to pray the Divine Mercy Chaplet daily at 3 PM - Seppi Family

Stations of the Cross

Pray the Stations of the Cross every Friday -Gomez Family

Movies on Formed

Watch more saint movies during Lent (many can be found on Formed) - Gomez Family

Adoration

Visit the Blessed Sacrament more often - Gomez Family

Weekly Penance

Choose a difficult penance as a family and commit to doing it for a week. Choose a different one each week. This is in addition to individual penance -Jodoin Family

Additional Resources

[Catholic Paper Goods](#)

[Catholic Icing](#)

[Shower of Roses](#)



Special Offer!

Lent + Valentine's Day Bundle

CFAC member and owner and designer of Catholic Paper Goods, has put together a special bundle offer for our group. More details below:

1) The Catholic Valentine's Day Bundle contains 30 printable products including exchange cards, greeting cards, candy cards, Sacred Heart banners to decorate your home and coloring pages and activities. Valued at \$228, with the code **VAL35**, CFAC members receive an additional 35% off: \$29.25!

✱ Instant ✱
DOWNLOAD

CATHOLIC PAPER GOODS

Valentine's Day Bundle


MASSIVE 30 PRODUCT BUNDLE!

SAVE 80%

[Purchase the Valentine's Day Bundle Here](#)

Lent + Valentine's Day Bundle

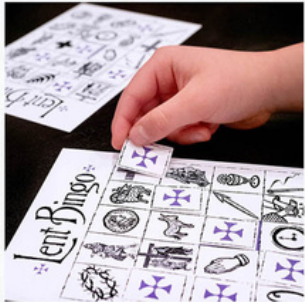
2) The Lent Bundle includes Lent bingo, Stations of the Cross memory game and art prints (that can also be used as banners), 14 Stations coloring pages, 22 Lent symbol coloring pages, 24 Lent with the Saints coloring pages AND color prints. Valued at \$117, with the code **LENT35**, CFAC members receive an additional 35% off: \$24.38!




CATHOLIC PAPER GOODS


✧ Instant ✧
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Complete Lent Bundle

STATIONS • BINGO • MEMORY GAME • COLORING PAGES




SAVE 70%

[Purchase the Lent Bundle Here](#)

Around the Diocese



Buffet dinner dessert,
and a raffle. Get more
information

Sponsored by
Mothers In Christ

they that

Wait

a women's retreat

they who wait for the Lord shall
renew their strength. they shall
mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.
Isaiah 40:31

Heather Khym
National Speaker, Author of
"Abide," Co Host of the
"Abiding
Together" podcast

Rachel Bulman
National Speaker & Author of
"Becoming Wife" &
"With All Her Mind"

Regina Boyd
Licensed Counselor,
National Speaker & Author of
"Leaving Loneliness Behind"

Noelle Garcia,
Emcee & Worship Leader
International Catholic
Speaker

Save The Date: March 23, 2024
Location: W.T. Brookshire Conference Center
2000 W Front Street, Tyler 75702
Visit stphilipinstitute.org/events to stay up to date