



NEWSLETTER



Welcome, CFAC Families!

Hello friends!

A blessed and holy Lent to all of our families! Our feet are once again on the road of penance, prayer and reflection, alongside Christ to Calvary.

Each of us brings the penitential spirit to our homes, to live out with our families and fellow CFAC members. Whatever ways you choose to grow closer to Christ in these weeks, we hope this newsletter gives a little boost. Check out favorite Lenten recipes, books for the Easter basket, and what's on the calendar for the rest of your school year!

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Looking Back at Winter

This winter brought a beautiful mix of service, fellowship, and fun. CFAC families honored our veterans through Wreaths Across America, gathered for a much-needed Mother's Night Out after the ice storm, and explored everything from old-fashioned candy making in Lindale to interactive Velocity at the Planetarium. Through QUEST and Valentine's celebrations, friendships continued to grow across every age group.



Catholic Family

ADVENTURE CLUB

UPCOMING EVENTS

MARCH

Young Entrepreneur Fair
Hiking Trip
St Joseph Feast Day Dinner
Tiny Tot- Whitehouse Park Day
Quest-Pajama Movie Night
Voyages- Conversion Stories
with Sister Josephine Garrett

MAY

Homeschool Graduation
4th Annual Used Book Sale
Waterpark
Tiny Tot-Brookshire's
Wildlife Museum

APRIL

The Jungle Book
Community Business Meeting
Annual Vision and Planning
Meeting
Service Project
Bowling
East Texas Arboretum
Tiny Tot- Coco Bean

OPEN TO THE PUBLIC

March 6 - Entrepreneur Fair
May 13 - Homeschool Graduation
May 21 - Annual Used Book Sale

Members can view more details, RSVP for events, and see the full calendar in the member portal. Don't forget to check out the photo albums for even more photos from our recent events!

CFAC Community Events

Welcoming Families Across East Texas

Youth Entrepreneur Fair

Support local young Entrepreneurs!

March 7th
10am - 1pm
Cathedral Center
Free Admission



Gifts for Lent, Holy Week, Easter, and Mother's Day

Sponsored by:



www.catholicfamilyadventureclub.com

Class of 2026 Homeschool Graduation

Celebrate the journey!

Wednesday, May 13th
 6pm-8:30pm
 St. Mary Magdalene



Join us for a Graduation Mass offered in thanksgiving for the achievements of the Class of 2026 and to ask God's blessing upon their future paths.

A traditional cap-and-gown ceremony and community reception will follow.

Registration is open to all Catholic homeschoolers
 March 1st - April 8th
 \$100 for CFAC Members * \$125 for non-CFAC Members
 Fee covers: cap, gown, tassel, diploma and cover, and photos



A Homeschool Social Community

To learn more and register:
www.catholicfamilyadventureclub.com



4th Annual

Used Book Sale

Homeschool Curriculum, Books & Materials



Thursday • May 21st • 6 pm - 9 pm

St. Mary Magdalene

18221 FM 2493

Flint, TX 75762

www.catholicfamilyadventureclub.com

Community Partnerships

Thank You

FOR YOUR SUPPORT

We are deeply grateful to the clergy, religious, and other individuals in the greater Tyler area who help to support our community through prayer and giving of their time and talents. We are so happy that you have joined us on this adventure!

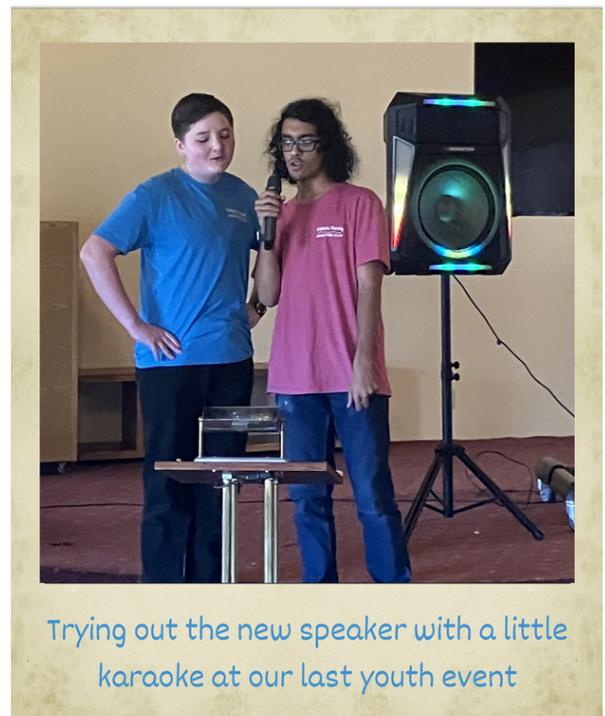
Every gathering, every celebration, every volunteer hour, and every financial gift helps families live this adventure with courage and joy. Our partners help help strengthening Catholic families and form children rooted in faith and belonging.

If you'd like to learn more about partnering with us, please email: partnerships@catholicfamilyadventureclub.com.

GIVING TUESDAY

This year our Giving Tuesday campaign allowed us to raise funds to cover the cost of both a speaker and a popcorn machine.

Thank you to all who donated or who shared the opportunity.



Saint Soup Club

These traditional recipes come from Twelve Months of Monastery Soups: International Favorites, celebrating the rich culinary heritage of the saints and the seasons of the Church year.



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St. Scholastica Soup



Ingredients

3 quarts water (more if needed)
 10 tablespoons lentils
 10 tablespoons split peas
 8 tablespoons lima beans
 2 leeks, finely chopped
 4 shallots, finely chopped

2 long carrots, finely chopped
 2 medium turnips, finely chopped
 1 celery stalk, finely chopped
 1 small head lettuce, finely chopped
 3 ounces butter or margarine
 salt and pepper to taste

Instructions

1. Pour water into large soup pot. Add the lentils, split peas, and beans and bring to a boil.
2. Add the leeks, shallots, carrots, turnips, and celery stalk. Continue boiling over medium heat in a covered pot for about 30 minutes. Then add the lettuce and simmer for another 30 minutes over a very low heat.
3. Add the butter, salt, and pepper and stir well. Let soup sit, covered, for about 10 to 15 minutes.

Serve hot.

Story

St. Scholastica, the twin sister of St. Benedict, is remembered for her deep trust in God and her love for holy conversation. When she asked her brother to stay longer for dinner to talk more about heaven, her prayer brought a storm that kept him there. Around our tables, we can also practice what Scholastica loved most by taking time to talk about the things of God and encouraging one another toward heaven.



Saint Patrick Irish Cheddar Soup



Ingredients

| | |
|-----------------------------------|--|
| 2 leeks | 4 teaspoon sage powder |
| 2 potatoes | salt and pepper to taste |
| 4 carrots | 1 cup milk |
| 4 tablespoons butter or margarine | 5 ounces grated Kerrygold Irish Cheddar cheese (or any mild cheddar) |
| 6 cups vegetable or meat stock | |
| 1 garlic clove, minced | |
| 1 teaspoon thyme powder | |

Instructions

1. Clean, peel, and chop the vegetables. Melt the butter in a soup pot and sauté the vegetables lightly for about 3 minutes. Stir frequently.
2. Add the stock, garlic, herbs, and seasonings. Bring the soup to a boil, then cover the pot and let it simmer for 30 minutes.
3. Blend the soup in a blender and return it to the pot. Add the milk and cheese. Reheat the soup, but do not allow it to boil again. Serve hot.

Story

St. Patrick answered God's call with bravery and a heart ready for adventure. By trusting the Lord, he helped an entire nation come to know Christ. As we enjoy this meal, we can pray for that same bold faith in our own families.



Saint Joseph Chickpea Soup



Ingredients

2 cups chickpeas
10 cups water
2 cups canned tomatoes
1 large onion, chopped
1 stalk celery, minced
2 carrots, sliced

4 cloves of garlic, minced
1 red pepper, diced
4 tablespoons olive oil
1 bouillon cube
1 bay leaf
salt and pepper to taste

Instructions

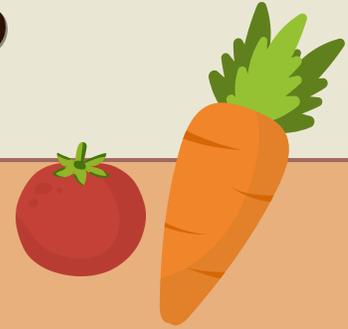
1. Soak chickpeas overnight. Boil them in plenty of water, add all the remaining ingredients, and cook slowly over medium heat for about 1 hour, until the peas and all the vegetables are tender.
2. Add salt and pepper. Simmer the soup, covered, for about 15 minutes. Remove the bay leaf before serving. Serve hot.

Story

Saint Joseph, Jesus foster father, is the patron of fathers of families, manual workers, especially carpenters, the Universal Church, and those who pray for a holy death. He protected, provided, and trusted God even when the road ahead was uncertain. His feast is celebrated on March 19, and he has an additional feast day on May 1, as Saint Joseph the Worker. As we gather for this simple meal, we can ask St. Joseph to bless our homes and help us grow in patience, generosity, and trust.



Caldo Gallego



Ingredients

- | | |
|---|---|
| 2 cups dried chickpeas or 2 15 ounce cans garbanzos | 1 turnip, diced |
| 2 large onions, sliced | 1 large carrot, diced |
| 6 tablespoons olive oil | 2 potatoes, peeled and cut in cubes |
| 2 garlic cloves, minced | 1 heart of celery, thinly sliced |
| 4 cups water | 8 slices sweet Spanish chorizo, cut in half |
| 4 cups chicken or meat stock | 12 fresh spinach leaves, chopped |
| 1 bay leaf | salt and pepper to taste |
| 1 bunch fresh parsley, chopped | |

Instructions

1. Soak the chickpeas overnight and then rinse them and discard the water. If you wish to save time, use the canned chickpeas (garbanzos), which taste the same.
2. In a large soup pot, sauté the onions in the olive oil for 2 or 3 minutes or until they begin to turn soft. Add the garlic and stir well.
3. Add the water and stock. Bring the soup to a boil. Add the chickpeas, bay leaf, parsley, turnip, carrot, potatoes, celery, and chorizo. Cook the soup, with the pot covered, for 1 hour and 15 minutes over medium heat or until the chickpeas are tender.
4. Add the chopped spinach, salt, and pepper and simmer the soup gently for 15 to 20 minutes, adding more water if needed. Stir it from time to time. Remove the bay leaf. Turn off the heat and serve the soup hot.

Story

This hearty soup comes from the region of Spain along the great pilgrimage road to Santiago. For centuries, travelers have relied on meals like this for strength along the journey. During Lent, we remember that we are pilgrims too and are walking together toward Easter with hope, perseverance, and faith.



Meatless Meals

Kid Favorites

- Quesadillas
- Grilled cheese & tomato soup
- Mac & cheese
- Cheese pizza or French bread pizza
- Pasta with marinara
- Pasta with butter & parmesan
- Baked ziti or cheese ravioli
- Veggie lasagna
- Bean & cheese burritos
- Bean tostadas
- Cheese enchiladas
- Rice & beans
- Breakfast for dinner (pancakes, eggs, fruit)
- Egg salad sandwiches
- Peanut butter & jelly
- Hummus & pita with veggies
- Tomato basil soup & bread
- Potato soup
- Lentil soup
- Tuna melts
- Fish sticks
- Salmon patties
- Veggie fried rice
- Ramen with egg
- Spinach & cheese calzones
- Bagels with cream cheese & fruit

Saving Fridays, one lunchtime at a time

Liturgical Living Corner: Lenten Season

The season of Lent is a special time to ponder our faith in a deeper way and to grow closer to Christ through mortification and prayer. But how do we spend an edifying six weeks of penance, while juggling all of the busyness that our lives hold?

Check out these quick ways to weave in some penitential thoughtful moments into our days.

Pray the Angelus daily

Count to 40 before eating your meal

Attend Stations of the Cross on Fridays

Donate to a charity or good cause online

Change your phone home screen to a Lenten prayer or scripture

Tackle your closets with the “40 bags in 40 days” challenge, donating unwanted/unneeded items

Make your coffee at home

Spend 5 minutes in Eucharistic adoration



Listen to Lent

ALBUM:

Benedictines of Mary, Queen of Apostles

Pray on the Go

St. Gertrude Prayer

(said to release 1000 souls from Purgatory)

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

DAY BY DAY: LIVE OUT HOLY WEEK WITH OUR LORD

PALM SUNDAY:

Wear red to your Sunday Mass.

Make palm crosses.

Veil home statues.

SPY WEDNESDAY:

Explore Judas' betrayal of Jesus through coin or spy games.

Holy Thursday

Create your own "Last Supper"

Make unleavened bread



Good Friday

Turn house lights off from Good Friday to Easter Sunday

Attend Stations of the Cross and Good Friday liturgy

Holy Saturday

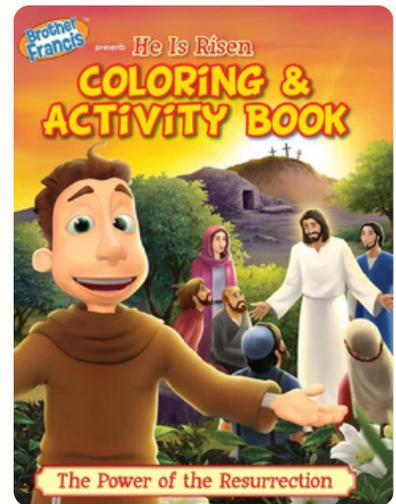
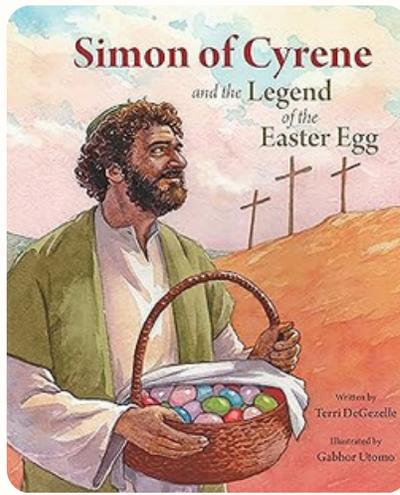
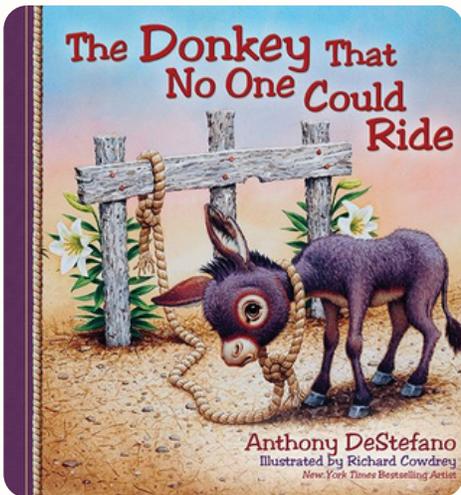
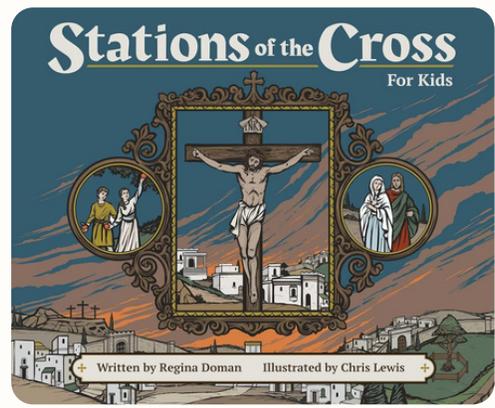
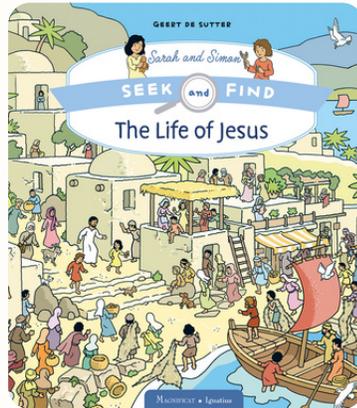
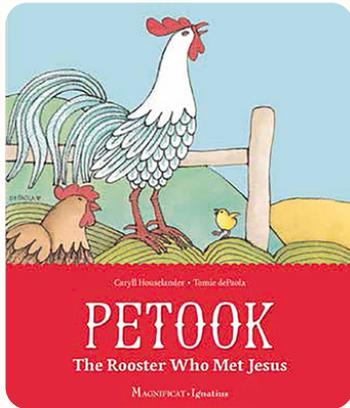
Get Easter baskets blessed

Make Resurrection rolls



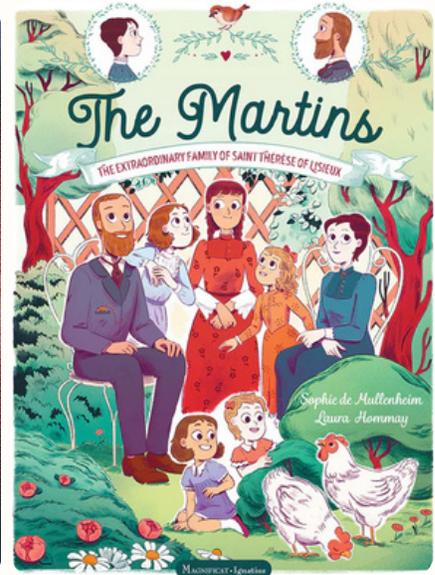
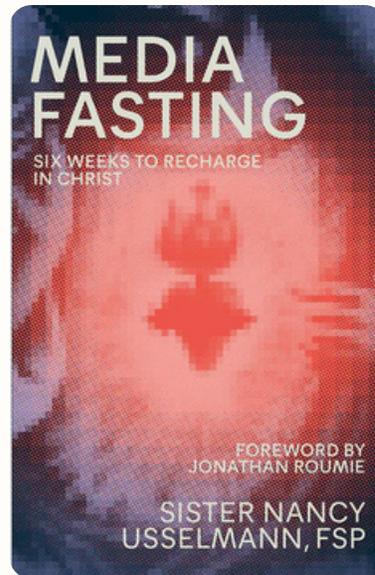
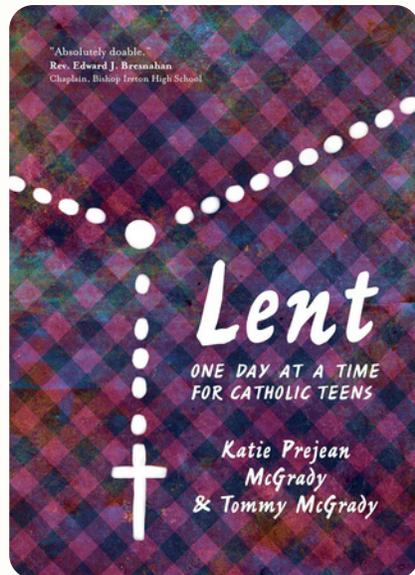
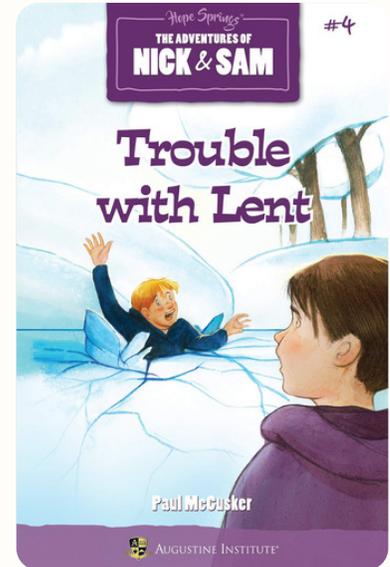
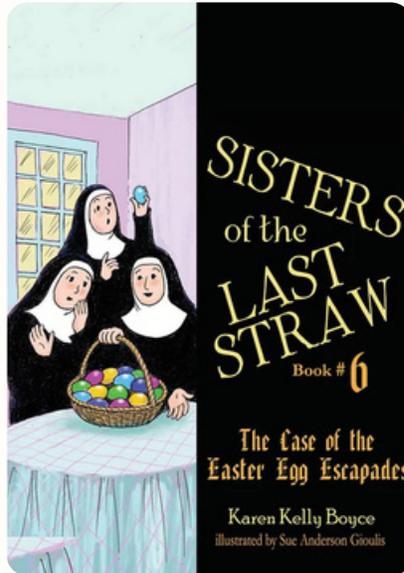
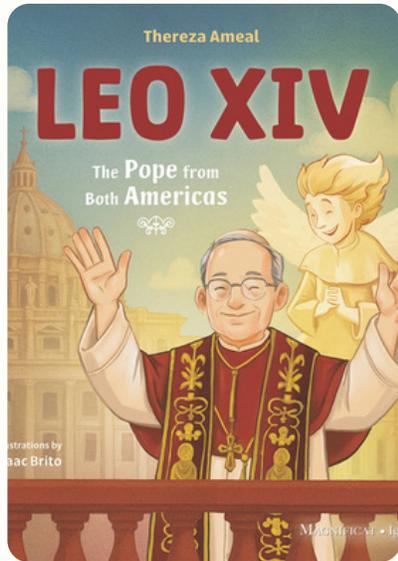
LENT AND EASTER BOOK ROUND UP

TINY TOTS



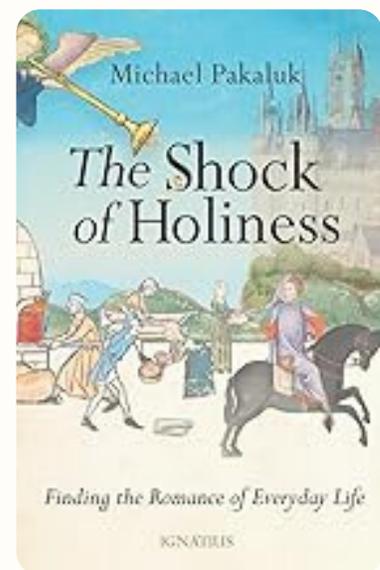
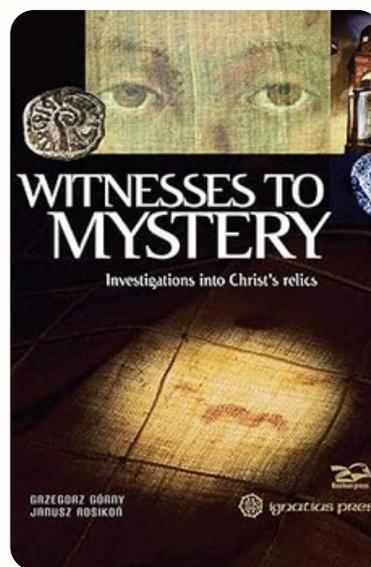
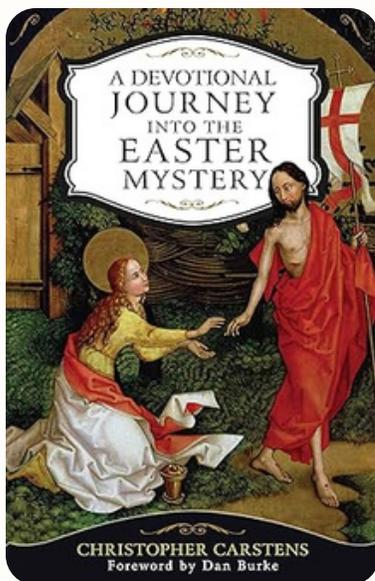
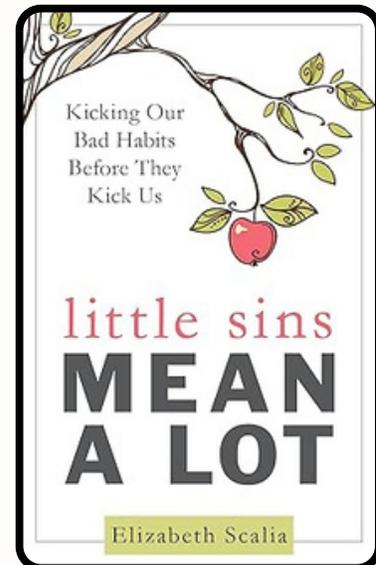
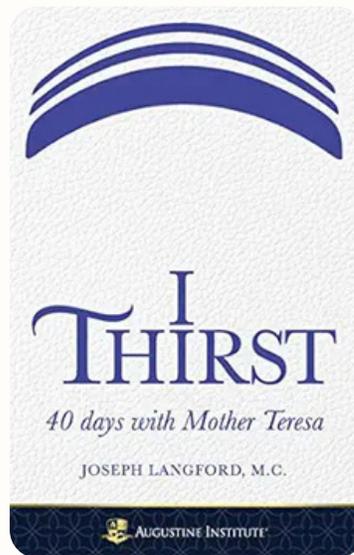
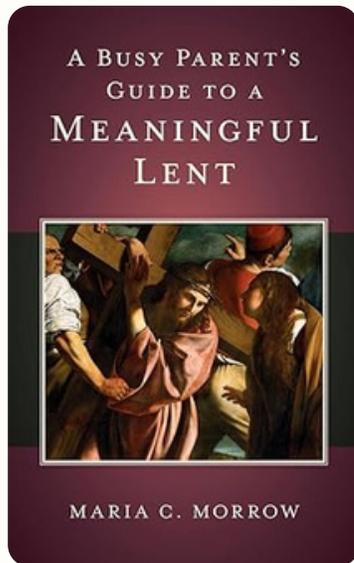
LENT AND EASTER BOOK ROUND UP

TWEENS AND TEENS



LENT AND EASTER BOOK ROUND UP

ADULTS



Around the Diocese

Here are a few opportunities happening across the diocese that our families may enjoy this Lent.



Knights of Columbus



Lenten Friday Fish Suppers
 February 20, March 6, March 20
 6:00 pm – 8:30 pm or when sold out
 Bishop T. K. Gorman High School Cafeteria
 Adults - \$15.00 per person;
 Children 12 and younger - \$10.00
 Family (Parents and Minor Children) - \$50.00
 Accepting Cash, Check, Debit/Credit Card
 Online payment through QR Code
 (please note the fee)



Scan me!

HOMESCHOOL FAMILY VOLUNTEER OPPORTUNITY

FEED MY LAMBS



“Whatever you did for one of these least brothers of mine, you did for me.”
 Matthew 25:40

THIRD WEDNESDAY OF EVERY MONTH
 CATHEDRAL CENTER
 10:30AM-12:30PM

[HTTPS://WWW.SIGNIFICENTIUS.COM/
 /GO/8050E49A4AC2DA57-
 50699369-HOMESCHOOL#L](https://www.significentius.com/go/8050e49a4ac2da57-50699369-homeschool#/)



Beloved
 THE LORD IS WITH YOU

Inspiring Speakers • Fellowship • Prayer & Reflection • Adoration & Mass



DANIELLE NOONAN
WORSHIP LEADER



CHIKA ANYANWU
SPEAKER



SARAH SWAFFORD
SPEAKER



SISTER JUDE ANDREW
SPEAKER

MARCH 21, 2026 | 10:00 AM - 4:30 PM
W. T. BROOKSHIRE CONFERENCE CENTER

WWW.DIOCESEOFBETHLEHEM.ORG/HOMESCHOOLFEEDMYLAMBS

Project Rachel Hope and Healing

Many men and women grieve a pregnancy loss
Including a child lost by abortion

We understand the pain that often follows an abortion

There is healing waiting for you

HEALING GROUP (online)*

STARTING

MONDAY, MARCH 30, 2026

**To register call or text 903-539-2941
or email:**

mary.projectrachel@protonmail.com

**ALL INQUIRIES ARE CONFIDENTIAL
registration for this group ends 3/25/26**

***One meeting will be in person.**

**Visit our website for more information
www.dioceseoftyler.org/projectrachel**

