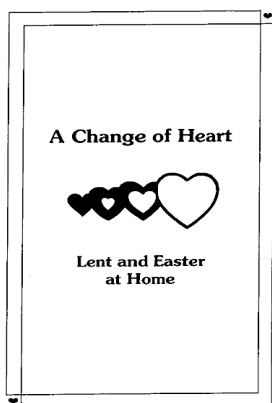


**Family Life
Office**
2713 West Chestnut
Avenue
Altoona, PA 16601

FEBRUARY 2024

Volume XLI Number 2

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE



Simple, Practical, Spiritual

- 40 page booklet
 - For families/individuals
 - Focuses on the Lent and Easter seasons
- Contains popular traditions, rituals, and devotional activities.

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To order, contact the Family
Life Office—814-695-5579

LENT AND EASTER BOOK

Welcome to our Sale!

We are promoting this terrific Lent activity book.

One should be in your home!

I sold many copies at last
September's

Women's Conference 2023!
That was so much fun, I will
definitely go again this year!

Speaking of Conferences...

Sunday March 3rd 2024

The Diocese of Altoona-Johnstown is hosting it's 3rd Annual Men's Conference on Sunday March 3rd 2024. Join us for a day of faith and fellowship which includes lunch, dynamic speakers and Mass with Bishop Mark.

Featuring keynote speaker Cooper Ray
speaker, musician, husband and father.

Mount Aloysius College Bertschi Center
in Cresson

7373 Admiral Peary Hwy Cresson PA

Sunday March 3rd 2024

11:30am - 5pm.

No cost for attendance. Open to all high school, college and adult males. (Anyone under 18 must be accompanied by an adult.)

Register online by February 23rd. (Registration encouraged due to limited seating.)

2024 Men's Conference - Diocese
of Altoona-Johnstown
(dioceseaj.org)

Families and the Gospel

Reprinted with permission from:
A Family Perspective by Bud Ozar

February 4, 2024 Fifth Sunday (Mark 1:29-39)

In today's gospel Jesus went to the "house of Andrew and Simon" to relax but discovered that "Simon's mother-in-law was very ill. Like Jesus we come home to relax but are confronted with problems. Take a tip from Andrew and Simon who "told Jesus about it at once."

February 11, 2024 Sixth Sunday (Mark 1:40-45)

Family life is about decisions. The leper in today's gospel knew this when he said to Jesus. "If you will, you can make me clean." Jesus knew this when He said, "I do will it." Love is not an emotion. It is a decision to be with and for another person in "good times and bad," even when we don't feel like it.

LENT

February 18, 2024 First Sunday of Lent (Mark 1:12-15)

Jesus went into the desert to put his life in perspective. This lent, take a fresh look at a difficult relationship in your life. Concentrate on the positive things that person does, not just the negatives. Try to understand why their behaviors 'bug' you. Can you honestly share your feelings with them without attacking them? Make Lent a time to MEND and FORGIVE!

February 25, 2024 Second Sunday of Lent (Mark 9:2-10)

The apostles thought they knew Jesus, but when he changed in front of them at the Transfiguration, they were "afraid." In families we cannot freeze relationships because change and growth are inevitable. Children grow up, parents grow old and spouses change. Transfigurations are all around us and within us. Relationships can only grow when we embrace the new and let go of the old.

Lincoln's Wisdom

Abraham Lincoln

"You cannot strengthen the weak by weakening the strong. You cannot help small men by tearing down big men. You cannot help the poor by destroying the rich. You cannot lift the wage earner by pulling down the wage-payer. You cannot keep out of trouble by spending more than your income. You cannot further the brotherhood of man by inciting class hatreds. You cannot build character and courage by taking away a man's initiative and independence. You cannot help men permanently by doing for them what they could and should do for themselves."

Reprinted with permission from:
"Apple Seeds"

Fr. Brian Cavanaugh, T.O.R.



Valentine Prayer for Families

The love we sometimes take for granted is celebrated on this day. And so, with help from the Lord of all Loving, let us create a valentine to cherish all year:

♥Let us start with a large heart of forgiveness, gratitude, and goodwill.

♥For our children, let us add a hundred little bows tied with patience.

♥For our spouse, add a bit of lace that reminds us of romance.

♥For our parents, add glitter that shows years sprinkled with good cheer.

♥For friends and extended family, colored bits of string to celebrate the ties that bind.

God of all goodness, may the paper hearts we give this day remind us of living hearts, hearts of Jesus and Mary, of saints, of kin. May we remember their love for us, large as when we first discovered it. And let us learn to return that love again.

-By Mary Lynn Hendrickson

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Chicago, IL 60606

