

FAITH FRIDAY 2/4/2022

UPCOMING EVENTS:

- February 5th - Memorial of Saint Agatha
- February 10th - Memorial of Saint Scholastica

ANNOUNCEMENTS

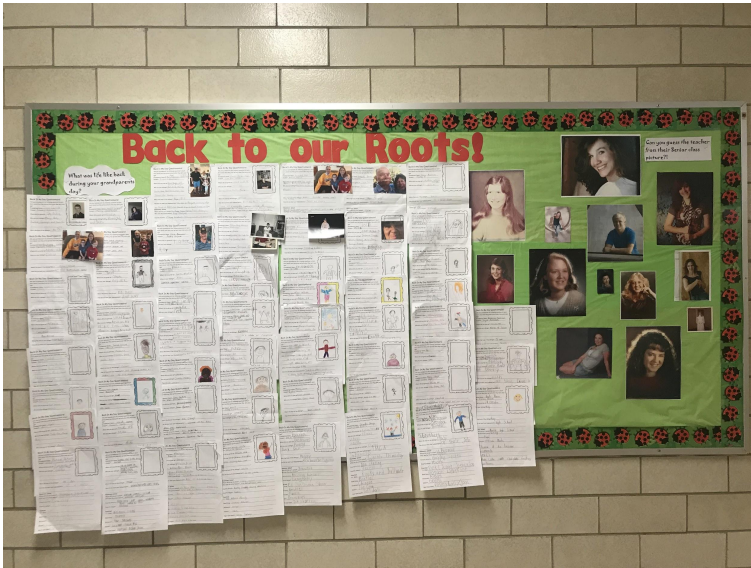
Catholic Schools Week was a big success! We hope you were able to join us at the Open House to see the *amazing* Science Fair projects by 7th and 8th as well as the Wax Museum presented by the 4th grade. Did you catch the display outside the library showcasing our Grandparent Interviews and senior pictures of the teachers?! Many stopped to take a peak of what life was like back in the day while also seeing what the teachers look liked back in the day! Hopefully you didn't miss our 'Walk through the Decades' as each classroom door had a theme to honor a decade of America's past. The spirit of our Catholic faith and values shared amongst each other was felt throughout the entire week and we give thanks for being able to come to St. Bernards as a home away from home.

MEMORIAL OF SAINT SCHOLASTICA

February 10th marks the celebration of the Memorial of Saint Scholastica. Did you know her brother was Saint Benedict? Known for the Benedictine Monasteries such as Mount Michael in Elkhorn, NE?! They grew up during the 6th century in Italy and both were devoted to God for the get go. Although more is known about Saint Benedict, it is believed that Saint Scholastica followed in his footsteps opening up her own convent nearby so she could seek him out for counsel and to pray together.

The last time the two met Scholastica begged her brother to stay the night so they could spend a little more time together. Benedict refused saying he must get back to his monastery. Scholastica then bowed her head and prayed fervently to God. Thunder cracked and the sky lit up with lightning. A fierce storm began to rage outside. The wind and rain made it impossible for Benedict to return to the monastery. "What have you done?" Benedict cried. Scholastica replied, "See, I asked you, and you would not listen to me. So I asked my Lord, and he listened to me. Now then, go, if you can. Leave me, and go back to the monastery."

The next morning Benedict returned to his monastery. Three days later, while looking out his window he saw his sister's soul fly up to heaven. If only we were all so close to our siblings!



WRAP Yourself in Scripture

Karen L. Dwyer, PhD/Lawrence A. Dwyer, JD, The Institute for Priestly Formation
Journaling with Lectio Divina

First, pause and recollect yourself to God's presence. Become aware that God is right here, right now. Ask him for the light of His Holy Spirit to illuminate this time of prayer. Next, read the verse several times until a word, verse, or verses jump out to you or capture your attention (I personally like to read the scripture three times through) Then begin.

W=Write: Write out the verse(s) that speak to you.

R=Reflect: Reflect on the principle or truth that the Scripture is teaching. Use your imaginative and analytical faculties. Write down your thoughts, feelings, and desires in relationship to the Scripture and dialogue with Jesus.

A=Apply: Consider how Jesus is calling you to apply the truths from Scripture. Write down your response to the Scripture and how you can apply it beginning today.

P=Pray: Write a prayer related to the verses that offer praise and thanksgiving to God. Ask God to help you respond in faith to His Word.

At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, His love, and His grace.

Matthew 19: 14 Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."



Write:	Reflect:
Apply:	Pray: At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, love, and grace.