



[If you haven't already, begin your meal with meal prayer, then take turns reading these boxes aloud, following the directions where applicable]

Blessed are the Meek

The Month of the Holy Family

Similar to "the poor," "the meek" are those who submit to God's authority and make him Lord. It means that we accept our strengths and limitations for what they truly are, neither denying them nor exaggerating them. It also means that we use them to serve others rather than serving ourselves. A servant's heart is the crux of meekness. The Greek word for meek was used in a couple of different ways. Sailors would use the word meek to describe a gentle breeze. Farmers would use the word meek to describe a horse that had been trained to submit to and follow the farmer's lead. Both of these definitions show strength under control. The power of the wind and the power of the horse are used, not lost. So when Jesus says Christians are meek, he is saying they submit to God's will and they let God lead their lives. Meek people trust in the Lord because they know that God's ways are best. Meek people see themselves as servants of God, not thinking more highly of themselves than they ought to think. They are focused on "beatitude" instead of having a "ME-attitude".

In the Catholic Church, each of the 12 months of the year has a devotional theme. February is the month devoted to The Holy Family, and it is an ideal time to strengthen our own family and its connection to Jesus's family. As we discussed on the feast of the Holy Family after Christmas, Jesus, Mary and Joseph are role models for us as children, wives and husbands. Consider honoring the Holy Family this month by:

- Strengthening and/or affirming your family's devotion to the Eucharist as the nourishment of family life
- Place an icon or image of the Holy Family on your table (such as the one on the handout). Put a picture of your own family beside it, as a way of seeking blessing and intercession for your family from the Holy Family.
- Strengthen family bonds through shared joy.
- Have a holy water font at the door.
- Bless each other at bedtime and mention each family member by name in prayer each day.

Discussion

[These questions are a spark for conversation, not a strict outline.]

- What can you recall about the beatitudes we discussed so far?
- What would happen in your life if all your power and strength were guided in a positive direction?
- *How might meekness be an asset or a strength?
- When was a time when you found that things worked out better when you were meek than if you had been aggressive or controlling?

Activity & Prayer

[For this activity section, you will need the additional resource provided by the parish. If you don't have it, you can download it on our website]

Choose a game to play together from the handout. When the game is over, discuss what it felt like to use a "meek" touch and keep any excitement under control. How was meekness a strength?

Beatitudes Prayer

Lord, make me poor spirit, so I can receive the kingdom of heaven.

Lord, when I mourn, help me find comfort.

Lord, make me meek, so that I may inherit the land.

Lord, help me to hunger and thirst for righteousness, so I may be satisfied.

Lord, make me merciful, so I may obtain your mercy.

Lord, make me pure of heart, so I may see you.

Lord, help me to make peace, so I may be called your child.

Lord, when I am persecuted for righteousness' sake, show me your kingdom.

Extras

- Pray the dedication to the Holy Family prayer on the handout
- Begin keeping holy water at home, or refill your holy water supply, for family blessings (see the water dispensers at each parish)
- Read more about meekness and how it channels God's power to overcome anger

<https://goodconfession.com/growing-in-meekness/>

AND

<https://catholicstrength.com/tag/how-to-grow-in-meekness/>

- Remember to add "saint" to your St. Valentine's feast day - See these ideas:

<https://www.catholicicing.com/celebrating-st-valentines-day-with-catholic-kids/>

AND

<https://teachingcatholickids.com/3-simple-ways-to-celebrate-st-valentines-day-with-your-family/>

Sacramental Life

This week's journal prompt for first reconciliation/communion:

Jesus said LOVE YOUR ENEMIES. (Mt 5:44a)

- What do you think he meant by this? How would you do this?

Student and family night on Wednesday, February 8 at St. Augustine starting at 6:00.

Bring your journal.

This week's confirmation work will be done when we gather for the student and family night on Wednesday, February 8 at St. Augustine starting at 6:00. Bring your journal.

Links & information found at <https://staugustinedward.org/confirmation-preparation/>

Looking Ahead

For Next Week, Feb 15:

- See the parish or website for additional handouts and coloring pages

Coming Up:

- Confirmation AND First Reconciliation/Communion Students - your whole family should plan to attend on March 8 6-8 pm at St Augustine for a formation night.

