

St. Francis of Assisi Academy

Faith News

March 2017



Saint of the Month

Saint Patrick



St. Patrick of Ireland is one of the world's most popular saints. He was born in Roman Britain and when he was fourteen or so, he was captured by Irish pirates during a raiding party and taken to Ireland as a slave to herd and tend sheep.

"The love of God and his fear grew in me more and more, as did the faith, and my soul was rosed, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same. I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."

Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family. After an intervention from God, Patrick was able to convert the chieftain and preach the Gospel throughout Ireland. There, he converted many people -eventually thousands - and he began building churches across the country.

He often used shamrocks to explain the Holy Trinity and entire kingdoms were eventually converted to Christianity after hearing Patrick's message.

Patrick preached and converted all of Ireland for 40 years. He worked many miracles and wrote of his love for God in Confessions. After years of living in poverty, traveling and enduring much suffering he died March 17, 461.

Lent: A Time of Preparation

On Wednesday, March 1 the church will change the liturgical colour to purple. Purple is the colour on the liturgical calendar used to symbolize "preparation." During lent we are preparing for Easter and the resurrection of Christ.

Why do we prepare for Easter?

Anything worth doing is worth preparing for. Just imagine that this Lent is going to be different from every other Lent we've experienced. Imagine that there will be many graces offered to us this year. Let's even imagine that God is going to help transform our lives, with greater freedom, greater joy, deeper desires for love and service.

If we want it, we will choose it. Lent will be this wonderful season of grace for us if we give ourselves to it. We need to prepare by realizing how much we want to grow in freedom, how much we need to lighten our spirits and experience some real joy, and how much some parts of our lives really need changing.

So, preparing our hearts is a process of preparing our desires. This means practicing our sense of anticipation. Lent is time to start anticipating something wonderful that is about to happen.

On the following page you will find an image called, "Kindness Pass it on!" These are activities you can encourage your sons and daughters to do, or you can take part in them together as a family. Through sharing our light and love, we prepare for resurrection of Christ.

March Important Dates at St. Francis of Assisi

Tuesday, February 28

Shrove Tuesday - Pancakes will be served to each class by School Council Parents - Thank you, in advance!

Wednesday, March 1

Ash Wednesday - Liturgy at 2:30 in the STF Gymnasium - everyone is welcome!

This marks the beginning of the forty days of Lent, in preparation for Easter and the resurrection of Christ.



KINDNESS

Pass it on!

Give a flower **Eat lunch with someone new**

Listen with your heart Visit a sick friend

Clean a neighbor's walk **Offer a hug**

Give an unexpected gift Make a new friend

Pick up litter **Say "hello"** Call a lonely student

Open a Door Help carry a load Plant a tree

Pass a kindness on **Share a snack**

Cheer up a friend Thank a Teacher Lend a hand

Read to a young child **Do a kind act daily**

Leave a thank you note Offer your seat

Cycle courteously BE TOLERANT Let another go first

Bake cookies for firefighters Give a compliment

Help a student make friends **Assist an adult**

Give a balloon away Lend a classmate a pencil

Celebrate something every day Encourage a friend

Respect others **Walk a dog** **Do a favor**

Forgive mistakes **Smile at someone new** 

As we enter this season of Lent, may you be filled with
the strength, comfort, and love of God!

Saint Patrick's Prayer

I bind to myself today
God's Power to guide me,
God's Might to uphold me,
God's Wisdom to teach me,
God's Eye to watch over me,
God's Ear to hear me,
God's Word to give me speech,
God's Hand to guide me,
God's Way to lie before me,
God's Shield to shelter me,
God's Host to secure me...



Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left...

Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks to me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I bind to myself today
The strong virtue of an invocation of the Trinity,
I believe the Trinity in the Unity
The Creator of the Universe.
Amen.