



IMMACULATE CONCEPTION

Elementary School

IC What's Happening!!

February 2, 2024

KINDERGARTEN COUNTDOWN Come see what makes our kindergarten classroom special at our upcoming Countdown to Kindergarten event at Immaculate Conception Elementary School on Tuesday, February 6th at 6 p.m. Please RSVP on our website.

BOOK FAIR You are invited to check out the Immaculate Conception Elementary School Book Fair from February 5 - 9. It will be open 8 a.m. to 4 p.m. Monday - Thursday and 8 a.m. to 12 p.m. on Friday in the Oak Room.

FIRST COMMUNION MEETING There will be a First Communion meeting on February 27th in Father Klink Hall at 6:30. All 2nd grade students receiving communion should attend.

FEBRUARY 23/EARLY RELEASE AT 1:30

(No buses or after school daycare program on this day)

February 22 | NO SCHOOL

(Staff Development & Parent/Teacher Conferences)

February 23 | NO SCHOOL

Sign up details will be emailed to parents on Monday.

FREE THROW CONTEST Knights of Columbus Free throw Championship for boys and girls ages 9-14 being held on March 10th in the Immaculate Conception gym. Registration will be at 11:30; Start time beginning at 12:00 and Districts beginning at 1:00.

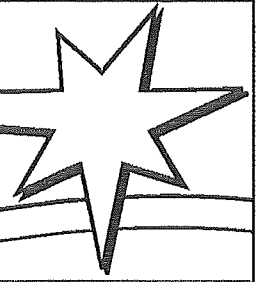
Our Valentine Day parties will be held on Tuesday, February 13th as we will have mass at 9:00 on Ash Wednesday, February 14th.

Thank you to our parents, Home and School Association and staff for celebrating our Catholic schools!

Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of *Living Faith, Accepting Responsibility, Promoting Teamwork, Achieving Excellence, and Inspiring Leadership.*

Partners in FAITH™



Helping our children grow in their Catholic faith.

February 2024

Regis Catholic Schools



Thoughtful Moments

St. Josephine Bakhita

St. Josephine Bakhita was a young girl in Darfur, Sudan when she was captured and sold into slavery. Despite serving under cruel masters for many years, she remained sweet and kind. Eventually, the Michielis, who treated her very kindly, bought her. While in Italy, they introduced her to the Canossian Sisters of Charity. She joined in 1893. She spent the rest of her time there as a cook and sacristan. She also helped to prepare young sisters.



Unconditional love

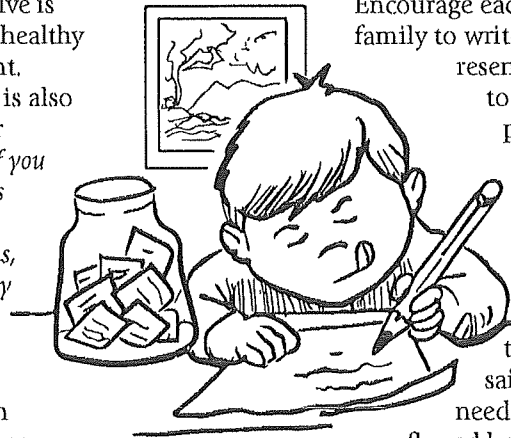
Children learn about God's love by experiencing love from their parents. Children who feel unconditionally loved by their parents are less likely to fear failure or judgment and more likely to look at their parents as advocates rather than adversaries. They are also more likely to be open to a relationship with a loving God as Father.

"A wise son hears his father's instruction, but a scoffer does not listen to rebuke"
(Proverbs 13:1).



Forgiveness leads to holiness

In family life, conflict may be commonplace as children learn to navigate relationships but learning how to forgive is essential to healthy development. Forgiveness is also essential for holiness. *"If you forgive others their transgressions, your heavenly Father will forgive you"* (Matthew 6:14). Teach children how:



Say the words. Encourage children to say, "I'm sorry," "I was wrong," when they have hurt someone. Asking for forgiveness starts the process of recognizing when they have transgressed and understanding that amends must be made. When someone says the words, immediately offer forgiveness by saying, "I forgive you."

Release grudges. Old resentments keep us from fully experiencing God's love and forgiveness. Encourage each member of the family to write at least one grudge or resentment they are ready to let go of on a piece of paper and put it into a "grudge jar." Then, take out all the grudges, rip them up, and move on. Practice humility. Humility reminds us that we're saints-in-progress who need God's mercy. We are flawed beings who make

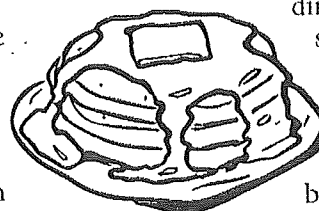
mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

Pray for each other. Praying together as a family opens us up to much-needed graces. Plus, it's hard to stay mad at someone for whom you pray!

Why Do Catholics Do That ?

Why do Catholics serve pancakes on Fat Tuesday (Mardi Gras)?

In the early Church, it was customary to give up rich foods and meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would rush to empty the pantry of the



forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts). In several countries, it is even called "Pancake Tuesday." It was meant to be one final celebration of feasting before the Lenten fast.

The positive power of penance

Children of all ages know that if we make a mess, we must clean it up and try not to do it again. Penance is a lot like that – it helps us clean up our sin and avoid repeats. Help children appreciate penance.

Self-denial. Suggest small sacrifices that are age appropriate - skipping a favorite TV show, foregoing an hour of video games, or passing on dessert. Then suggest that the discomfort can be offered to God as an apology for past wrongs.

Acts of kindness. Our sin affects others,

so helping others also helps us make up for our sins.

Assisting a neighbor, volunteering at church, or showing kindness to a friend, can be offered to God as penance.

"Do I have to?" When you ask your child to do something he doesn't have to do and may not enjoy, remind him that it can be offered as penance. Visiting elderly relatives, playing patiently with younger siblings, doing homework without reminders are sacrifices that can be offered as penance.

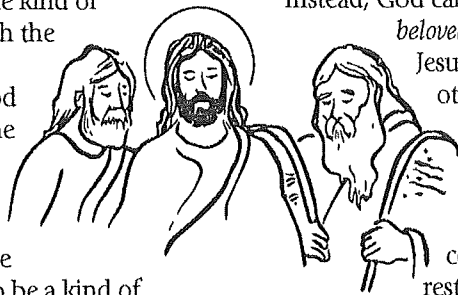


Scripture LESSON

Mark 9:2-10, Transformation, not restoration

Ancient Jews imagined that the Messiah would free Israel to be the kind of people it already was with the religion and structure it already had. After all, God had set Moses aside as the lawgiver and liberator, and Elijah was the first great prophet to foretell the coming of Christ. The Messiah was predicted to be a kind of repairman to restore it all.

So, when Jesus was transfigured with Moses and Elijah, the apostles figured God was revealing Him as the expected Messiah. Peter thought he was complimenting Jesus by offering to build tents for each of them, putting Jesus on



the same level as Moses and Elijah. Instead, God called Jesus, "my beloved Son," exalting Jesus above every other human hero. What can a parent do? Jesus' apostles thought He had come simply to restore Israel, but

Jesus came to transform us and give us new life. The Transfiguration was to prepare Jesus' followers for a surprising truth: He would accomplish this victory by dying on the Cross and rising from the dead, thus conquering death itself.

Feasts & Celebrations

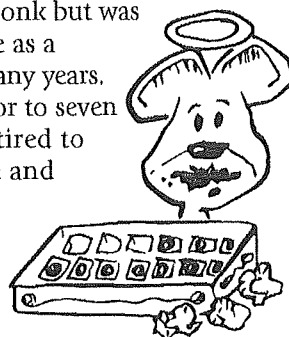
February 2 – The Presentation of the Lord. In accordance with the Law of Moses, Mary and Joseph brought Jesus to the Temple forty days after His birth, and Simeon praised God for revealing the long-awaited Savior.

February 2 – St. Catherine of Ricci (1590). Against her father's wishes, St. Catherine gave up her wealthy life and joined the Dominicans when she was twelve. She received visions of the Lord's Passion, which she experienced every Friday.

February 14 – Ash Wednesday. The

first day of Lent. Ashes of old palms are placed on the forehead, as a sign of penance. It's also a day of abstinence from meat and fasting – one regular meal and two small meals that together don't equal a full meal.

February 21 – St. Peter Damian (1072). St. Peter Damian became a disciplined monk but was called to serve as a bishop for many years. He was advisor to seven popes. He retired to monastic life and died in the care of his brother monks.



Parent TALK

I had stopped praying. My father had a heart attack last summer and I was helping Mom care for him while



working and caring for my own family. Then my father-in-law was diagnosed with lung cancer and needed care. Finally, Ken lost his job for the second time in

three years and we had used up our savings the first time. Obviously God wasn't listening.

A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening, Amen." Then she went to sleep. Standing outside her room, I realized Kara didn't tell God what to do. She asked for help, trusted that it would come, and left it to God.



I prayed for the first time in weeks and ended with, "Thanks for listening, Amen." I realized God is always listening. I was the one who had stopped talking.

Our Mission

To help parents raise faithful Catholic children
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<http://www.partnersinfaith.com>

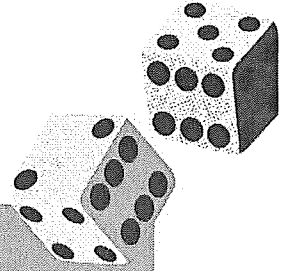
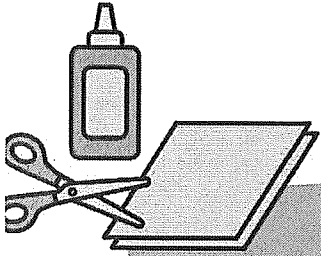
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

Family Lent Calendar 2024

 = a day of fasting and abstinence from meat
 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 "Bury the Alleluiah." Write the word, "alleluiah," on a piece of paper. Put it in a bag and bury it in the ground until Easter.	19 Resolve to only use kind words today.	20 Pick a person or situation in the news and pray for them at dinner.	21 Put out an empty "Donations" box. Fill it with unused clothes or toys in good condition throughout Lent.	22 <i>St. Peter's Chair</i> Offer extra prayers for the intentions of the Holy Father.	23 Attend a Stations of the Cross service or pray through the Stations together at home. Find them here: www.usccb.org .	24 Set out a "Lenten good deed jar" and add a jelly bean every time someone does a good deed. Enjoy at Easter.
25 After Mass, stay and light a candle for someone who passed away recently.	26 At dinner, have everyone name one thing for which they're grateful.	27 Check out Catholic Relief Services and see if you can help support any of their projects at https://www.crs.org .	28 Practice patience – a much-needed form of forgiving.	29 Enjoy pretzels – a traditional Lenten snack because they were originally shaped into crossed prayer arms.	1 <i>March</i> Attend daily Mass together or make time later today to visit Jesus in the Blessed Sacrament.	2 Pray a family Rosary together in honor of Mary's Immaculate Heart.
3 After Mass, go over the homily with children. Discuss practical ways to "clean the temple" of your hearts.	4 Stop by the parish office and ask if there are any upcoming events you can volunteer to help with.	5 Encourage children to give up a favorite toy or game – just for today, just for God.	6 Tonight, have everyone think of someone they don't get along with and share three good things about them.	7 Pray the Chaplet of Divine Mercy together for souls in need. See details here: www.thedivinemercy.org .	8 Attend a parish fish fry together.	9 Show Jesus you're trustworthy and work on a project you've been putting off.
10 <i>Lactare Sunday</i> Go out for a small treat to celebrate the midpoint of Lent.	11 Encourage everyone to refresh any Lenten commitments.	12 Look for signs of God's love and presence today. Have everyone share two of them at dinner.	13 Prepare souls for Easter! Do an examination of conscience, using the Ten Commandments or Eight Beatitudes as a guide.	14 Encourage everyone to do an extra chore and offer it for the souls in Purgatory.	15 <i>Family Night</i> Take the phone off the hook and turn off the TV. Play board games and spend time together.	16 Go to Confession as a family and experience God's mercy.
17 Offer special prayers for catechists and anyone else who teaches the Faith.	18 Go for a walk together and look for signs of Spring.	19 <i>St. Joseph's Day</i> Today is a solemnity! See if your parish has a "St. Joseph's Table" or enjoy pastries at home to celebrate.	20 Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	21 Bring your donations box to its destination.	22 Have a screen fast (from recreational use) from noon to 3, honoring the time Jesus hung on the Cross.	23 The King is coming! Tidy up the house to prepare for the holiest week of the year.
24 <i>Palm Sunday</i> Display palm branches – signs of victory – around the images of Jesus in your home to mark the start of Holy Week.	25 At dinner, offer extra prayers for everyone coming into the Church at Easter.	26 Go on a water fast today. Drink only water and pray for those for whom accessible drinking water is difficult.	27 Get up 15 minutes early to pray as a family.	28 <i>Holy Thursday</i> Attend a Holy Thursday liturgy or read John 13:1-11. What would you say if Jesus offered to wash your feet?	29 <i>Good Friday</i> Pray the Stations of the Cross together, recalling Jesus' greatest act of love for us.	30 <i>Holy Saturday</i> Light a candle and renew your baptismal vows together as a family.

RHS PARENT'S NIGHT OUT



Regis' Junior Class is offering the kids time to play while parents have a night away!
Kids K-5 can join us on February 10th, 5-8pm for games, crafts, a bouncy house, pizza, and a movie.

Price: \$25 for 1 child, \$15 for each additional sibling (pre-registered)
\$30 flat fee for walk-ins

Please bring exact change or check made out to Regis Catholic Schools.

Location: 2100 Fenwick Ave - auditorium doors

Check in 5-5:30pm, check out 7:30-8pm

Scan QR code below to register!



SCAN ME

Email rlawrence@regiscatholicschools.com with questions

