

OLV Rel. Ed. Newsletter



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February 2023: Love



February Dates to Remember

Feb. 3: Feast of St. Blaise

Feb. 14: Feast of St. Valentine

Feb. 16: Class Session 3

Feb. 22: Ash Wednesday

Feb. 26: First Sunday of Lent

*see our bulletins for Mass times:

<https://olveasthampton.org/bulletins/>

As we begin the season of Lent this month, we contemplate the limitless love of God that led Christ to cross. God's love is redemptive: in saving us from our sins, Christ cleanses our hearts, opening them to love even more. Jesus and Mary are examples of selfless love. Jesus' Sacred Heart and Mary's Immaculate Heart are always open to us, inviting us to be near.

The root of love is sacrifice. It is possible to make sacrifices because of love. Our challenge this month is to reflect on how we are seeking to grow in our love for God this Lent, and to work on fulfilling our spiritual intentions through Lenten sacrifice. In Lent, we make sacrifices to show our love for God, and to better understand the love of Christ that led Him to sacrifice for us. We may choose to give something up, or to add something, such as spending more time in prayer or spiritual reading, to deepen our love for God this season.

We memorialize St. Valentine, a patron saint of love, on February 14, whose story shows us what it means to truly love God and others, living out the Christian life with bravery, dedication, and staunch faith, a heart open to growing ever more in love for Christ. Lent is a special time for amazing transformation. I pray that you will be greatly blessed this Lent!

-Katie Sadakierski

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<https://olveasthampton.org/religious-education/>

Prayer for the Start of Lent

Lord, please show me what I should give up for Lent,
And when I've given it up,
Remind me to pray to You instead
To thank You,
To love You,
To hear from You,
Each and every day in Lent. Amen.

Prayer Source: Lord's Prayer Words.com



Ash Wednesday and love: the ashes on our forehead remind us of our dependence on God: we come from dust, and to dust, we shall return, but in the eternal God, our souls live forever. It is only because of His love that this is possible. Wearing the ashes on our foreheads is a sign of our faith in Him.

Scripture Spotlight:
“Let all that you do be
done in love.”

-1 Corinthians 16:14

Song of the Month:
“Adoro te Devote” (“I
devoutly adore You”)



Saint Spotlight: St. Valentine

The name “Valentine” comes from the Latin word “valens,” meaning “strong” (think “valor” or “valiant”). For St. Valentine, this name is quite appropriate, as he is known for his bravery in living out the Christian life, in loving devotion to God. One of the miracles attributed to St. Valentine was the healing of a blind child. St. Valentine’s life teaches us that looking at the world through a lens of love for God helps us to truly see; our spiritual sight is restored through love. Leading others to Christ was everything to St. Valentine, an Italian priest who risked his life to bring the sacraments to people at a time when Christians were persecuted by the Romans in power (the 3rd century A.D.). Spreading the word of God, Valentine preached and celebrated the sacraments, marrying Christian couples (causing him to be deemed the patron saint of love), which was illegal in the non-Christian Roman empire. St. Valentine was eventually imprisoned for these actions, and was martyred when he refused to deny his faith in Christ. He demonstrates truly selfless Christian love modeled after Jesus. We remember St. Valentine on February 14, celebrating our love for God and others. One way to honor God’s love on this day is to consecrate your home to the Sacred Heart of Jesus and the Immaculate Heart of Mary. Learn how here: Home consecration prayers to the Sacred Heart of Jesus and the Immaculate Heart of Mary: <https://teachingcatholickids.com/celebrate-the-feasts-of-the-sacred-heart-of-jesus-and-the-immaculate-heart-of-mary/>