

2022

TRADITIONAL CATHOLIC PLANNER FOR

*mothers*



**2022**

*weekly*  *planner*  
*for mothers*

TRADITIONAL CATHOLIC CALENDAR  
BASED ON THE 1962 MISSAL

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_



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*Dedicated to  
Our Lady of Fatima*

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# 2022

## January

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30	31					

## February

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## April

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## June

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## July

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## August

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## September

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## October

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30	31					

## November

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## December

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25	26	27	28	29	30	31	

# 2022

JANUARY


FEBRUARY


MARCH


APRIL


MAY


JUNE


JULY


AUGUST


SEPTEMBER


OCTOBER


NOVEMBER


DECEMBER


## Joyful Mysteries

(Monday and Thursday; and the Sundays from 1st Sunday of Advent until Lent.)

1. The Annunciation to Mary
2. The Visitation of Mary
3. The Birth of our Lord Jesus Christ
4. The Presentation of the Child Jesus in the Temple
5. The Finding of Our Lord in the Temple

## Sorrowful Mysteries

(Tuesday and Friday; and the Sundays of Lent.)

1. The Agony of Christ in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord on the Cross

## Glorious Mysteries

(Wednesday and Saturday; and the Sundays from Easter until Advent.)

1. The Resurrection of Our Lord
2. The Ascension of Our Lord
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of the Blessed Virgin Mary into Heaven
5. The Coronation of Our Lady as Queen of Heaven and Earth

## The Apostles' Creed

Crédo in Déum Pátrém omnipoténtem,  
Creatórem cáeli et térræ.

Et in Iésum Chrístum, Fílium éius unícum, Dóminum nóstrum: qui concéptus est de Spírítu Sáncto, nátus ex María Vírgine, pássus sub Póntio Piláto, crucifíxus, mórtuus, et sepúltus: descéndit ad ínfernos: tértia die resurréxit a mórtuis: ascéndit ad cáelos: sédet ad dexteram Déi Pátris omnipoténtis: índe ventúrus est iudicáre vívos et mórtuos.

Crédo in Spírítum Sánctum, sánctam Ecclésiám Cathólicam, Sanctórum Communiónem, remissiónem peccatórum, cárnis resurrecciónem, vítam ætérnam.  
Amen.

## Fatima Prayer

(TO BE SAID AT THE END OF EACH DECADE, AS  
REQUESTED BY OUR LADY OF FATIMA)

*Oh my Jesus, forgive us our sins.*

*Save us from the fires of Hell*

*And lead all souls into Heaven*

*Especially those who most need of thy Divine Mercy.*

O (mi) Bóne Iésu,

líbera nos a peccatís nóstris;

líbera nos ab ígnibus gehénnae;

perdúc in paradísium ómnes animás præsertim

eas quae plus misericórdia tua indígent!



## Our Father

Páter Nóster, Qui es in cáelis,  
sanctificétur nómen túum.

Advéniat régnum túum, fiat volúntus túa,  
sícút in cáelo et in térra.

Pánem nóstrum quotidíanum da nóbis hódie,  
et dimítte nóbis débíta nóstra,  
sícút et nos dimíttimus debitóribus nóstris.

Et ne nos indúcas in tentatiónem:  
sed líbera nos a málo.

Amen

## Hail Mary

Áve María, grátia pléna,

Dóminus técum. Benedícta tu in muliéribus,  
et benedíctus frúctus véntris túi, Iésus.

Sáncta María, Máter Déi,  
óra pro nóbis peccatóribus,  
nunc, et in hóra mórtis nóstræ. Amen.

## Gloria Be

Glória Pátri, et Fílio, et Spírítui Sáncto.  
Sícút érat in princípío, et nunc, et sémpet,  
et in saécula sæculórum.

Amen.



## PADRE PIO'S 5 RULES OF SPIRITUAL GROWTH



*Weekly Confession*



*Spiritual Reading*



*Daily Communion*



*Meditation*



*Examination of Conscience*

*Send your Guardian Angel to  
Mass when you are unable to  
attend the Holy Sacrifice*



O HOLY ANGEL at my side,  
Go to Church for me,  
Kneel in my place, at Holy Mass,  
Where I desire to be.

At Offertory, in my stead,  
Take all I am and own,  
And place it as a sacrifice  
Upon the Altar Throne.

At Holy Consecration's bell,  
Adore with Seraph's love,  
My Jesus hidden in the Host,  
Come down from Heaven above.

Then pray for those I dearly love,  
And those who cause me grief,  
That Jesus' Blood may cleanse all hearts,  
And suffering souls relieve.

And when the priest Communion takes,  
Oh, bring my Lord to me,  
That His sweet Heart may rest on mine,  
And I His temple be.

Pray that this Sacrifice Divine,  
May mankind's sins efface;  
Then bring me Jesus' blessing home,  
The pledge of every grace. Amen

*In the end, my  
Immaculate Heart will  
triumph.*



## *the need of a rule of life*

Chapter V of Counsels of Perfection  
for CHRISTIAN MOTHERS  
by Monsignor P. Lejeune

Have you a rule of life? Do not say that a rule is possible for a religious, but impossible for the mother of a family. This is an error! Every woman, whatever her lot in life, and whatever her obligations, ought to have a rule of life. Of course, the rule of a religious will be less open to modification, and will entail greater precision and severity than yours. Nevertheless, you must have a rule, otherwise your life will be squandered in thousand follies and futilities.

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Since your rule has been made for God,  
*it is for God that it should be followed out.*

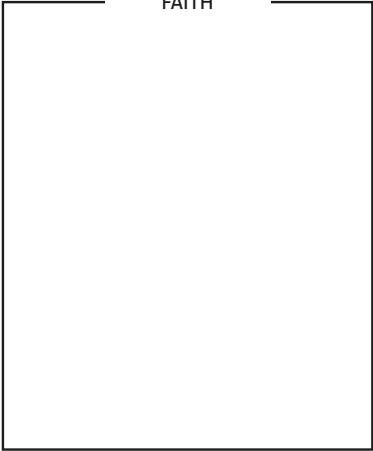
This rule is the expression of the will of God in your regard, which must of necessity be very dear to you.

Bring, then, to the accomplishment of each of these articles, a true spirit of faith, and a truly supernatural motive, and place yourselves a hundred times daily under the eye of God, saying frequently to Him and love:

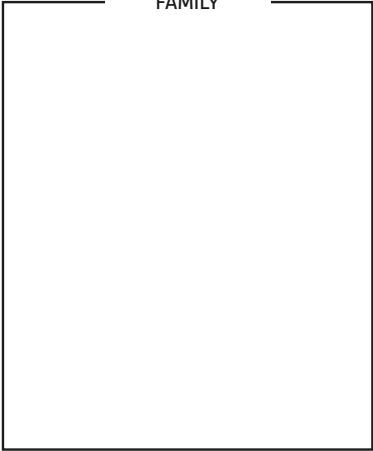
*"All for you. My God."*

# goals this year

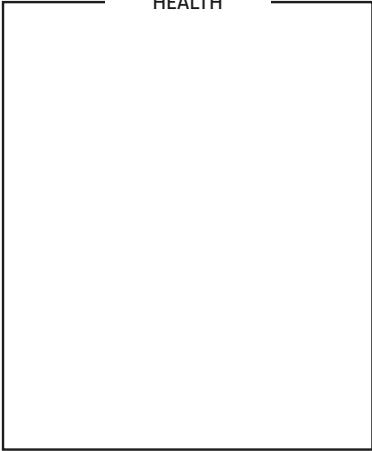
FAITH

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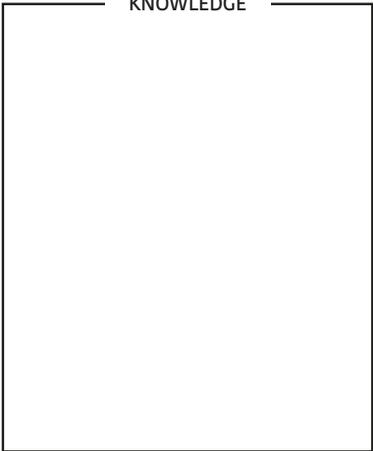
FAMILY

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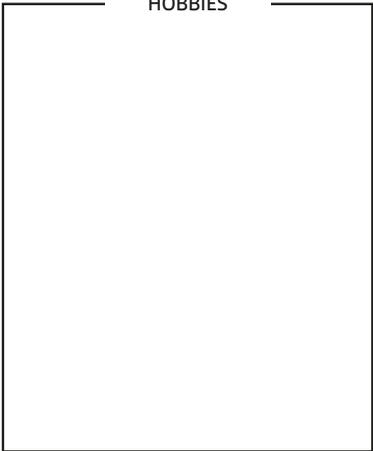
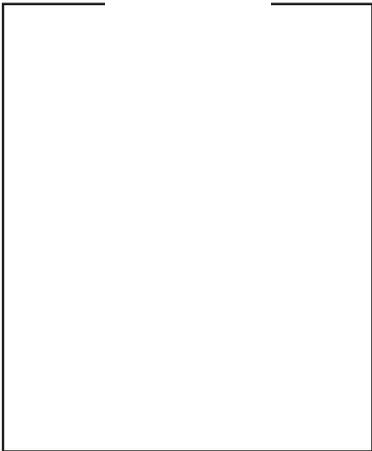
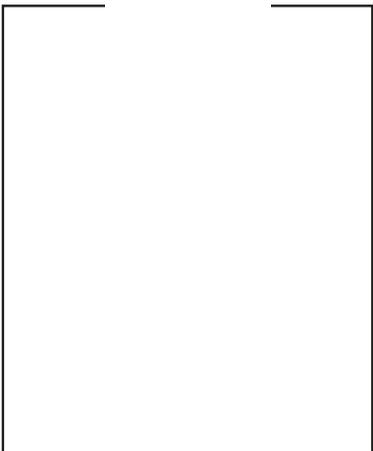
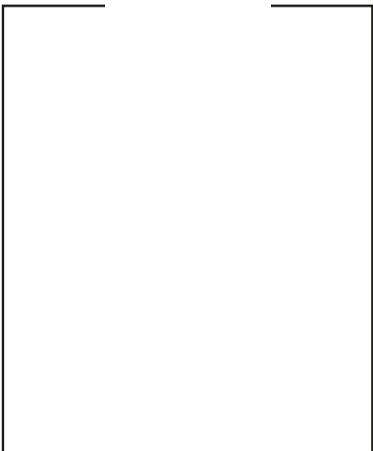
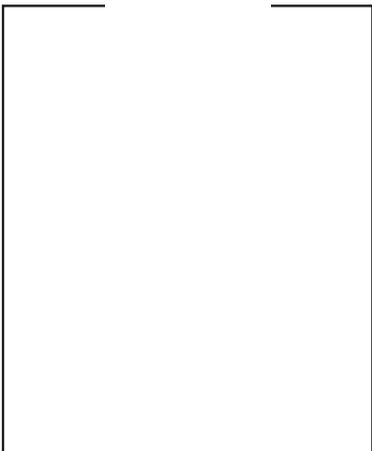
HEALTH

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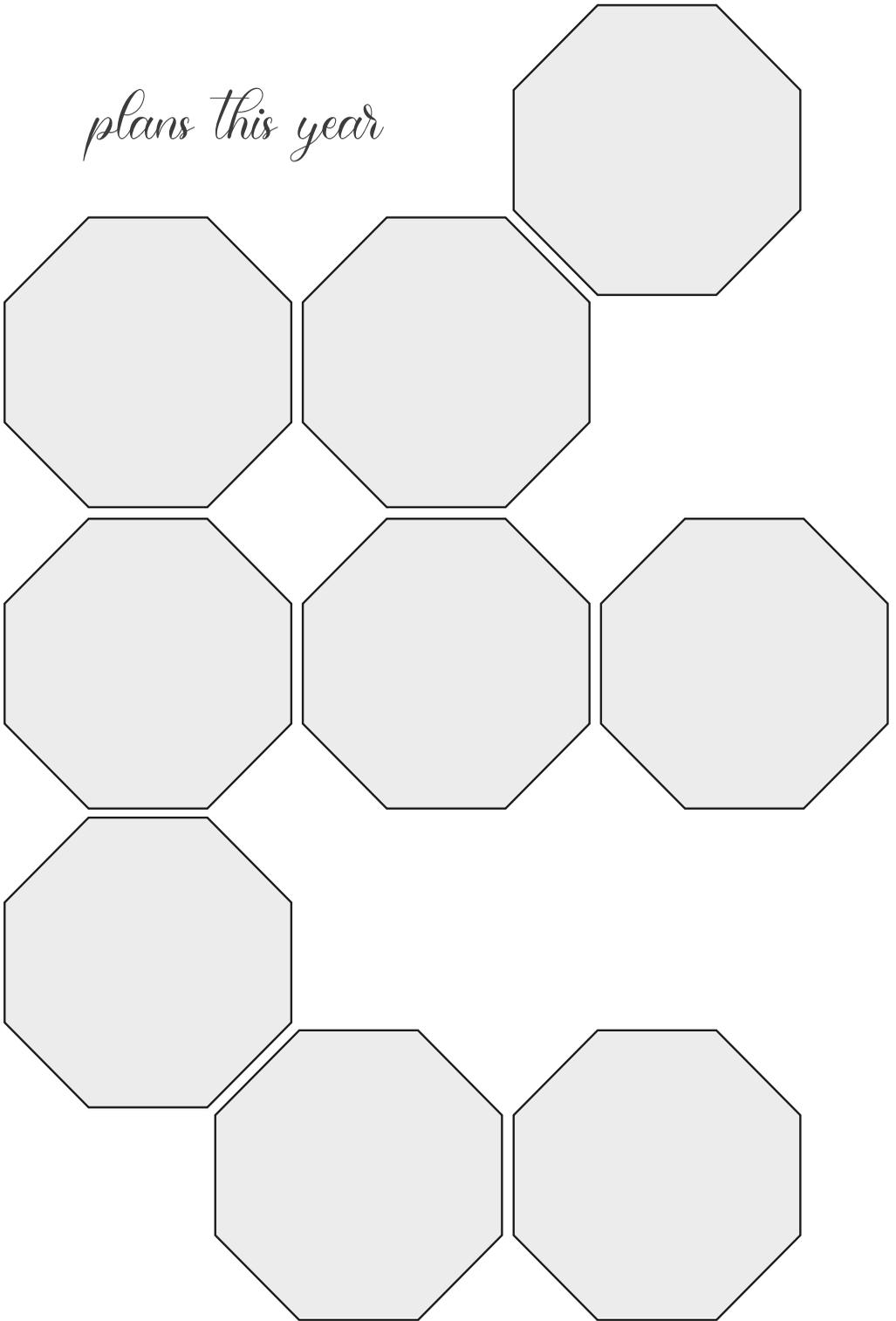
KNOWLEDGE

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HOBBIES

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*plans this year*



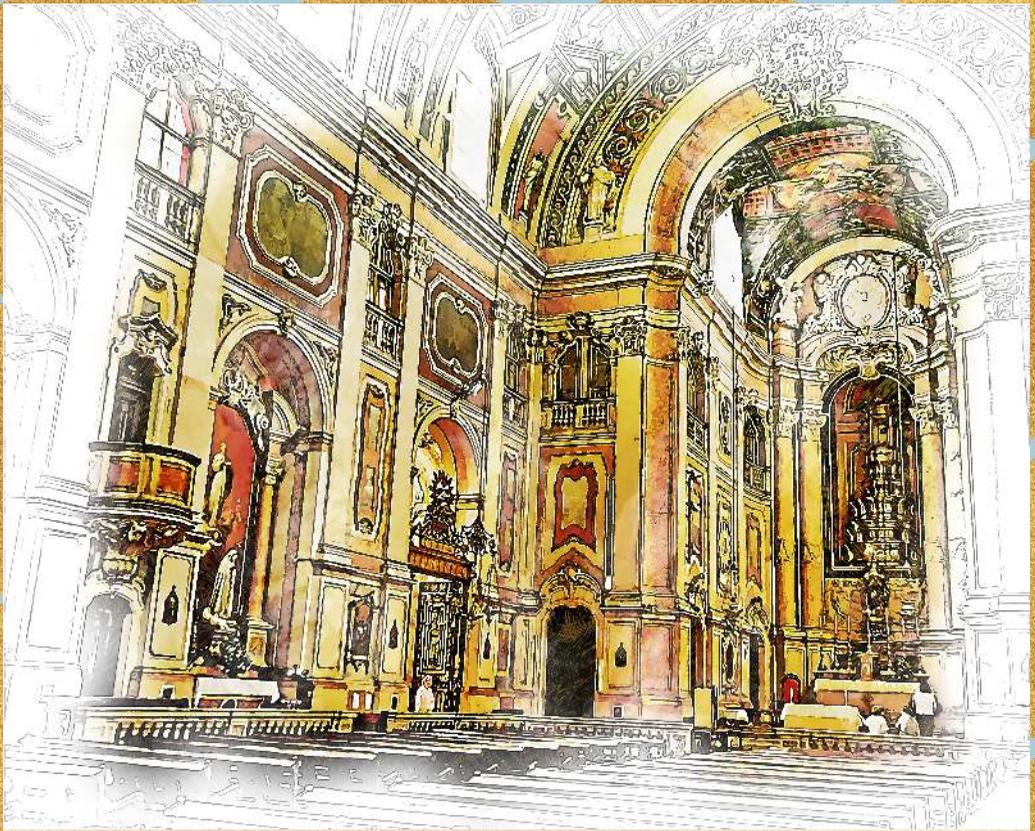


# notes

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# notes

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Keep close to the Catholic Church at all times, for the Church alone can give you true peace, since she alone possesses Jesus, the true Prince of Peace, in the Blessed Sacrament.

PADRE PIO

# December 2021

S	M	T	W
			1 St. Eligius, Confessor, Patron of metalworkers
2nd Sunday of Advent St. Sabbas, Abbot 5	St. Nicholas, Bishop, Confessor 6	Vigil of the Immaculate Conception St. Ambrose, Bishop, Confessor, and Doctor of the Church 7	8 IMMACULATE CONCEPTION Holyday of Obligation
3rd Sunday of Advent "Gaudete" Our Lady of Guadalupe, Empress of the Americas 12	St. Lucy, Virgin, Martyr 13	14	15 Ember Wednesday of Advent   Traditional day of Fast and Partial Abstinence 
4th Sunday of Advent 19	20	St. Thomas, Apostle 21	22
26 Sunday within the Octave of Nativity   St. Stephen, First Martyr	27 St. John, Apostle and Evangelist	28 The Holy Innocents, Martyrs	29 St. Thomas of Canterbury, Bishop and Martyr   Fifth Day within the Octave of Nativity

## MONTH OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY & THE NATIVITY OF OUR LORD

T	F	S
St. Bibiana (Rome), Virgin, Martyr	2 Votive Mass of the Sacred Heart   First Friday  St. Francis Xavier, Confessor, Apostle to the Indies  	3 First Saturday St. Peter Chrysologus, Bishop, Confessor, and Doctor of the Church St. Barbara, Virgin, Martyr  4
9	Our Lady of Loretto, Patroness of Airmen Commemoration of St. Melchisedech, Pope, Martyr  	10 THE HUMILITY OF THE BLESSED VIRGIN MARY St. Damasus, Pope, Confessor  11
St. Eusebius of Vercelli, Bishop, Martyr	16 Ember Friday of Advent   Traditional day of Fast and Abstinence  	17 Ember Saturday of Advent   Traditional day of Fast and Partial Abstinence  EXPECTANCY OF THE BLESSED VIRGIN MARY  
23	Vigil of the Nativity   Traditional day of fast and partial abstinence  	24 NATIVITY OF OUR SAVIOR JESUS CHRIST "Come and behold Him, born the King of angels"  25
Sixth Day within the Octave of Nativity	30 Seventh Day within the Octave of Nativity   Commemoration of St. Sylvester I, Pope and Confessor   "Te Deum"  	31

### GOALS

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### TO DO

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- Abstinence
- Partial abstinence









<b>28</b> SUNDAY	1st Sunday of Advent St. Catherine Laboure, Virgin
<b>29</b> MONDAY	St. Saturninus, Bishop, Martyr
<b>30</b> TUESDAY	St. Andrew, Apostle
<b>1</b> WEDNESDAY	St. Eligius, Confessor Patron of metalworkers
<b>2</b> THURSDAY	St. Bibiana, Virgin, Martyr
<b>3</b> FRIDAY	First Friday Votive Mass of the Sacred Heart St. Francis Xavier, Confessor Apostle to the Indies 
<b>4</b> SATURDAY	First Saturday of Our Lady St. Peter Chrysologus, Bishop, Confessor, and Doctor of the Church St. Barbara, Virgin, Martyr

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Prayers for Husband

Prayers for the Children

Special Intentions

### WEEKLY GOALS

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### TRACKERS

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### WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>5</b> SUNDAY	2nd Sunday of Advent St. Sabbas, Abbot
<b>6</b> MONDAY	St. Nicholas, Bishop, Confessor
<b>7</b> TUESDAY	Vigil of the Immaculate Conception St. Ambrose, Bishop, Confessor, and Doctor of the Church
<b>8</b> WEDNESDAY	IMMACULATE CONCEPTION Holy Day of Obligation
<b>9</b> THURSDAY	
<b>10</b> FRIDAY	Our Lady of Loretto Patroness of Airmen Commemoration of St. Melchiades, Pope, Martyr 
<b>11</b> SATURDAY	The Humility of the Blessed Virgin Mary St. Damasus, Pope, Confessor

S M T W T F S



**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**

### WEEKLY GOALS

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### TRACKERS

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### WEEKLY MEAL PLANNNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>12</b> SUNDAY	<p>Third Sunday of Advent "Gaudete" Our Lady of Guadalupe Empress of the Americas</p>
<b>13</b> MONDAY	<p>St. Lucy, Virgin, Martyr</p>
<b>14</b> TUESDAY	
<b>15</b> WEDNESDAY	<p>Ember Wednesday of Advent Traditional day of Fast and Partial Abstinence</p> 
<b>16</b> THURSDAY	<p>St. Eusebius of Vercelli, Bishop, Martyr</p>
<b>17</b> FRIDAY	<p>Ember Friday of Advent Traditional day of Fast and Abstinence</p> 
<b>18</b> SATURDAY	<p>Ember Saturday of Advent Traditional day of Fast and Partial Abstinence Expectancy of the Blessed Virgin Mary</p> 

S M T W T F S



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## WEEKLY GOALS

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## TRACKERS

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## WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
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## GROCERIES LIST



<b>19</b> SUNDAY	4th Sunday of Advent
<b>20</b> MONDAY	Advent Ferial
<b>21</b> TUESDAY	St. Thomas, Apostle
<b>22</b> WEDNESDAY	
<b>23</b> THURSDAY	
<b>24</b> FRIDAY	Vigil of Christmas Traditional day of Fast and Abstinence
<b>25</b> SATURDAY	CHRISTMAS Birth of our Savior Jesus Christ "Come and behold Him, born the King of angels" Commemoration of St. Anastasia, Martyr (2nd mass)

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**Prayers for the Children**

**Special Intentions**

### WEEKLY GOALS

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### WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>26</b>	St. Stephen, First Martyr
<b>SUNDAY</b>	
<b>27</b>	St. John, Apostle and Evangelist
<b>MONDAY</b>	
<b>28</b>	The Holy Innocents, Martyrs
<b>TUESDAY</b>	
<b>29</b>	St. Thomas of Canterbury, Bishop and Martyr
<b>WEDNESDAY</b>	
<b>30</b>	Mass within the Octave of Christmas
<b>THURSDAY</b>	
<b>31</b>	St. Sylvester I, Pope and Confessor "Te Deum"
<b>FRIDAY</b>	
<b>1</b>	Octave day of the Nativity of our Lord Also known as Circumcision of our Lord "Veni Creator" FIRST SATURDAY
<b>SATURDAY</b>	

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### WEEKLY GOALS

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### WEEKLY MEAL PLANNNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



# notes

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“Do not wish  
to be anything  
but what you are,  
and try to be that  
perfectly.”

ST. FRANCIS DE SALES



# january

2022

S	M	T	W
Most Holy Name of Jesus Octave of St. Stephen 2	Octave of St. John 3	Octave of the Holy Innocents St. Elizabeth Seton, Widow 4	Preface of the Epiphany St. Telesphorus, Pope and Martyr 5
1st Sunday after Epiphany Feast of the Holy Family   Sunday within the Octave of Epiphany 9	10	Commemoration of St. Hyginus, Pope and Martyr 11	12
2nd Sunday after Epiphany 16 St. Marcellus I, Pope and Martyr	St. Anthony Abbot 17	St. Peter's Chair at Rome   Commemoration of St. Prisca, Virgin and Martyr 18	Commemoration of Sts. Marius, Martha, Audifax, and Abachum, Martyrs, and of St. Canute, King and Martyr 19
3rd Sunday after Epiphany 23 THE ESPOUSAL OF THE BLESSED VIRGIN MARY   St. Raymund of Peñafort, Confessor   Commemoration of St. Emerentiana, Virgin and Martyr	St. Timothy, Bishop and Martyr 24	Conversion of St. Paul, Apostle   Commemoration of St. Peter, Apostle 25	St. Polycarp, Bishop and Martyr 26
4th Sunday after Epiphany 30 St. Martina, Virgin and Martyr	St. John Bosco, Confessor 31		

## MONTH OF THE HOLY INFANCY OF OUR LORD

T	F	S
		First Saturday 1 Octave of the Nativity   Circumcision of Our Lord   "Veni Creator"
Epiphany 6	First Friday 7	8
The Baptism of our Lord 13	St. Hillary, Bishop, Confessor, and Doctor of the Church   Commemoration of St. Felix, Priest and Martyr 14	St. Paul, First Hermit, Confessor   Commemoration of St. Maurus, Abbot 15
Sts. Fabian and Sebastian, Pope (St. Fabian) and Martyrs 20	St. Agnes, Virgin and Martyr 21	Sts. Vincent and Anastasius, Martyrs 22
St. John Chrysostom, Bishop, Confessor, and Doctor of the Church 27	St. Peter Nolasco, Confessor   Commemoration of St. Agnes 28	St. Francis de Sales, Bishop, Confessor, Doctor of the Church 29

### GOALS

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### TO DO

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- Abstinence
- Partial abstinence









<b>2</b> SUNDAY	Most Holy Name of Jesus Octave of St. Stephen
<b>3</b> MONDAY	Octave of St. John
<b>4</b> TUESDAY	Octave of the Holy Innocents St. Elizabeth Seton, Widow
<b>5</b> WEDNESDAY	Preface of the Epiphany St. Telesphorus, Pope and Martyr
<b>6</b> THURSDAY	EPIPHANY
<b>7</b> FRIDAY	First Friday 
<b>8</b> SATURDAY	

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Prayers for Husband

Prayers for the Children

Special Intentions

### WEEKLY GOALS

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### WEEKLY MEAL PLANNNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>9</b> SUNDAY	Feast of the Holy Family Sunday within the Octave of Epiphany 1st Sunday after Epiphany
<b>10</b> MONDAY	
<b>11</b> TUESDAY	Commemoration of St. Hyginus, Pope and Martyr
<b>12</b> WEDNESDAY	
<b>13</b> THURSDAY	The Baptism of our Lord
<b>14</b> FRIDAY	St. Hillary, Bishop, Confessor, and Doctor of the Church   Commemoration of St. Felix, Priest and Martyr
<b>15</b> SATURDAY	St. Paul, First Hermit, Confessor Commemoration of St. Maurus, Abbot

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Prayers for Husband

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Prayers for the Children

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Special Intentions

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### WEEKLY GOALS

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### WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>16</b> SUNDAY	2nd Sunday after Epiphany St. Marcellus I, Pope and Martyr
<b>17</b> MONDAY	St. Anthony Abbot
<b>18</b> TUESDAY	St. Peter's Chair at Rome Commemoration of St. Prisca, Virgin and Martyr
<b>19</b> WEDNESDAY	Commemoration of Sts. Marius, Martha, Audifax, and Abachum, Martyrs, and of St. Canute, King and Martyr
<b>20</b> THURSDAY	Sts. Fabian and Sebastian, Pope (St. Fabian) and Martyrs
<b>21</b> FRIDAY	St. Agnes, Virgin and Martyr 
<b>22</b> SATURDAY	Sts. Vincent and Anastasius, Martyrs

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Prayers for Husband

Prayers for the Children

Special Intentions

WEEKLY GOALS

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WEEKLY MEAL PLANNER

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GROCERIES LIST



<b>23</b> SUNDAY	3rd Sunday after Epiphany THE ESPOUSAL OF THE BLESSED VIRGIN MARY   St. Raymund of Peñafort, Confessor   Commemoration of St. Emerentiana, Virgin and Martyr
<b>24</b> MONDAY	St. Timothy, Bishop and Martyr
<b>25</b> TUESDAY	Conversion of St. Paul, Apostle   Commemoration of St. Peter, Apostle
<b>26</b> WEDNESDAY	St. Polycarp, Bishop and Martyr
<b>27</b> THURSDAY	St. John Chrysostom, Bishop, Confessor, and Doctor of the Church
<b>28</b> FRIDAY	St. Peter Nolasco, Confessor Commemoration of St. Agnes 
<b>29</b> SATURDAY	St. Francis de Sales, Bishop, Confessor, Doctor of the Church

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**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**

### WEEKLY GOALS

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### WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>30</b> SUNDAY	4th Sunday after Epiphany St. Martina, Virgin and Martyr
<b>31</b> MONDAY	St. John Bosco, Confessor
<b>1</b> TUESDAY	St. Ignatius of Antioch, Bishop and Martyr
<b>2</b> WEDNESDAY	Purification of the Blessed Virgin Mary Candlemas   The blessing of candles
<b>3</b> THURSDAY	Commemoration of St. Blaise, Bishop and Martyr   Blessing of throats
<b>4</b> FRIDAY	First Friday St. Andrew Corsini , Bishop and Confessor
<b>5</b> SATURDAY	First Saturday St. Agatha, Virgin and Martyr St. Philip of Jesus, Martyr

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**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**



### WEEKLY GOALS

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### WEEKLY MEAL PLANNNER

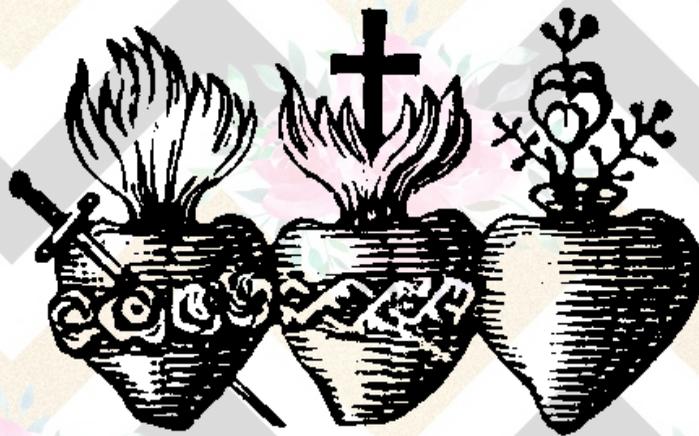
	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



# notes

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And He went down with them,  
and came to Nazareth, and was  
subject to them. And His mother  
kept all these words in her heart.

LUKE 2:51

# February 2022

S	M	T	W
		St. Ignatius of Antioch, Bishop and Martyr 1	Purification of the BVM   Candlemas   The blessing of candles 2
5th Sunday after Epiphany St. Titus, Bishop and Martyr   Commemoration of St. Dorothy, Virgin and Martyr 6	St. Romuald, Abbot 7	St. John of Matha, Confessor 8	St. Cyril of Alexandria, Bishop, Confessor, and Doctor of the Church   Commemoration of St. Apollonia, Virgin and Martyr 9
SEPTUAGESIMA The Holy Martyrs of Japan 13	Commemoration of St. Valentine, Priest, Martyr 14	Commemoration of Sts. Faustinus and Jovita, Martyrs 15	16
SEXAGESIMA 20	In some places (St. Margaret of Cortona, Penitent) 21	Chair of St. Peter at Antioch   Commemoration of St. Paul, Apostle 22	Commemoration of St. Peter Damian, Bishop, Confessor, and Doctor of the Church 23
QUINQUAGESIMA Commemoration of St. Gabriel of Our Lady of Sorrows, Confessor 27	28		

MONTH OF THE HOLY FAMILY

T	F	S
3 Commemoration of St. Blaise, Bishop and Martyr   Blessing of throats	4 First Friday St. Andrew Corsini, Bishop and Confessor	5 First Saturday St. Agatha, Virgin and Martyr   St. Philip of Jesus, Martyr
10 St. Scholastica, Virgin	11 Apparition of the Immaculate Virgin at Lourdes	12 Seven Holy Founders, Confessors (Founders of the Servite Order of the BVM)
17	18 Commemoration of St. Simeon, Bishop and Martyr   St. Bernadette Soubirous, Virgin	19
24 St. Matthias, Apostle	25	26

**GOALS**

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<b>6</b> SUNDAY	5th Sunday after Epiphany St. Titus, Bishop and Martyr   Commemoration of St. Dorothy, Virgin and Martyr
<b>7</b> MONDAY	St. Romuald, Abbot
<b>8</b> TUESDAY	St. John of Matha, Confessor
<b>9</b> WEDNESDAY	St. Cyril of Alexandria, Bishop, Confessor, and Doctor of the Church   Commemoration of St. Apollonia, Virgin and Martyr
<b>10</b> THURSDAY	St. Scholastica, Virgin
<b>11</b> FRIDAY	Apparition of the Immaculate Virgin at Lourdes  
<b>12</b> SATURDAY	Seven Holy Founders, Confessors (Founders of the Servite Order of the BVM)

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**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**

### WEEKLY GOALS

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### WEEKLY MEAL PLANNNER

	BREAKFAST	LUNCH	DINNER
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### GROCERIES LIST



<b>13</b> SUNDAY	SEPTUAGESIMA The Holy Martyrs of Japan
<b>14</b> MONDAY	Commemoration of St. Valentine, Priest and Martyr
<b>15</b> TUESDAY	Commemoration of Sts. Faustinus and Jovita, Martyrs
<b>16</b> WEDNESDAY	
<b>17</b> THURSDAY	
<b>18</b> FRIDAY	Commemoration of St. Simeon, Bishop and Martyr St. Bernadette Soubirous, Virgin 
<b>19</b> SATURDAY	

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**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**

## WEEKLY GOALS

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## WEEKLY MEAL PLANNER

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## GROCERIES LIST



<b>20</b> SUNDAY	SEXAGESIMA
<b>21</b> MONDAY	St. Margaret of Cortona, Penitent (In some places)
<b>22</b> TUESDAY	Chair of St. Peter at Antioch Commemoration of St. Paul, Apostle
<b>23</b> WEDNESDAY	Commemoration of St. Peter Damian, Bishop, Confessor, and Doctor of the Church
<b>24</b> THURSDAY	St. Matthias, Apostle
<b>25</b> FRIDAY	
<b>26</b> SATURDAY	

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**Prayers for Husband**

**Prayers for the Children**

**Special Intentions**

### WEEKLY GOALS

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### WEEKLY MEAL PLANNER

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### GROCERIES LIST



<b>27</b>	<p>QUINQUAGESIMA Commemoration of St. Gabriel of Our Lady of Sorrows, Confessor</p>
<b>28</b>	
<b>1</b>	
<b>2</b>	<p>ASH WEDNESDAY   Beginning of Lent   Blessing of Ashes   Fast and Abstinence de jure</p> 
<b>3</b>	
<b>4</b>	<p>First Friday Commemoration of St. Casimir, Confessor, and of St. Lucius, Pope and Martyr Traditional day of fast and abstinence</p> 
<b>5</b>	<p>First Saturday</p>

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Prayers for Husband

Prayers for the Children

Special Intentions

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### WEEKLY MEAL PLANNER

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### GROCERIES LIST



# notes

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*"Since we all must die, we should cherish a special devotion to St. Joseph that he may obtain for us a happy death."*

ST. ALPHONSUS LIGUORI

# March

2022

S	M	T	W
			1 ASH WEDNESDAY   Beginning of Lent   Blessing of Ashes   Fast and Abstinence de jure 2
			
1st Sunday of Lent Commemoration of Sts. Perpetua & Felicity, Martyrs 6	St. Thomas Aquinas, Confessor, Doctor of the Church 7	Commemoration of St. John of God, Confessor 8	Ember Wednesday of Lent   Traditional day of fast and partial abstinence 9  Commemoration of St. Frances of Rome, Widow
			
2nd Sunday of Lent 13	14	15	16
3rd Sunday of Lent 20	St. Benedict, Abbot 21	St. Catharine Flisca Adorna, Widow 22	23
4th Sunday of Lent Commemoration of St. John Damascene, Confessor and Doctor of the Church 27	St. John of Capistrano, Confessor 28	29	30

## MONTH OF SAINT JOSEPH

T	F	S
3	First Friday Commemoration of St. Casimir, Confessor, and of St. Lucius, Pope and Martyr Traditional day of fast and abstinence 	4 First Saturday 5
10 Commemoration of the Forty Holy Martyrs	10 Ember Friday of Lent   Abstinence de jure; also a traditional day of fast 	11 Ember Saturday of Lent   Traditional day of fast and partial abstinence Commemoration of St. Gregory the Great, Pope and Doctor of the Church 
17 Commemoration of St. Patrick, Bishop and Confessor	18 Commemoration of St. Cyril of Jerusalem, Bishop, Confessor, and Doctor of the Church 	19 ST. JOSEPH, Spouse of the Blessed Virgin Mary, Confessor
24 Commemoration of St. Gabriel, Archangel	25 ANNUNCIATION of the Blessed Virgin Mary 	26
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### GOALS

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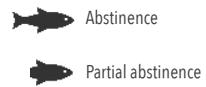
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*raisinghearts*

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