

# ABVM FAITH FORMATION NEWSLETTER

February 2026

Lent begins Wednesday  
February 18



## Ash Wednesday Masses

7:00am - Service @ ABVM  
10:00am - Mass @ ABVM  
1:30pm - Mass @ St. Stanislaus  
7:00pm - Mass @ ABVM

*Lent - time for family  
prayer, giving, fasting and  
feasting*

Watch for Lenten family resources coming home with your child/ren on Feb. 8. Hang the attached calendar and plan your Lent with family.



This will be our **parish service project and almsgiving effort** during Lent.

What - a meal-packing event, packing 25,000 meals for our local food pantries

When - Sat. March 14  
(9:00am - 12:00 noon)

Where - ABVM gym

SEE REVERSE FOR HOW YOU CAN HELP.

## Class & Activity Reminders

**Sun. February 1** - Gr. K-11 Class

**Sun. February 8** - Gr. K-2, 4-10 Class

Gr. 3 - Parents & Students

Journey Together 1<sup>st</sup> Communion prep - in school cafe

Gr. 11 students & sponsors meet in St. Francis Hall

**Sun. Feb. 22** - Gr. K-11 Class

Annual Safe Environment lesson for Grades 1, 2, 4 & 5. These are required by our Diocese

## 1<sup>ST</sup> COMMUNION & CONFIRMATION UPDATES

**Sun. Feb. 8 - 9:15am** - 1<sup>ST</sup> Communion Journey Together sessions begin for all parents & students who anticipate receiving 1<sup>st</sup> Communion in April - see your letter for more information.

**Sun. Feb. 8 - 9:15am** - Grade 11 Confirmation student and sponsor meeting - St. Francis Hall

## Contact Info

Email: [deanne.wilinski@abvm.org](mailto:deanne.wilinski@abvm.org)

Phone: (920)822-5650

find schedules, forms, etc. at [abvmcast.org/growinginfaith](http://abvmcast.org/growinginfaith)



+ Mardi Gras, or "Fat Tuesday," is celebrated the day before Ash Wednesday. In the past, people would clean out their cupboards removing all of their sugar, fat, and lard to prepare for the forty days of fasting ahead. Make a luscious Mardi Gras dinner or dessert and talk about what you will do as a family to draw closer to Jesus this Lent.

### Prayer:

God, this month we are reminded to tell those we love how we feel. So here it goes... God, we love you! We enjoy getting to know you better through all of the wonders around us! We see you in Valentine hugs, snowflakes, and quiet moments by the fire. We are so happy to belong to you. Amen.



# FEBRUARY

## LOVE, LOVE, LOVE

This is my commandment, that you love one another as I have loved you. - John 15:12

### Teaching:

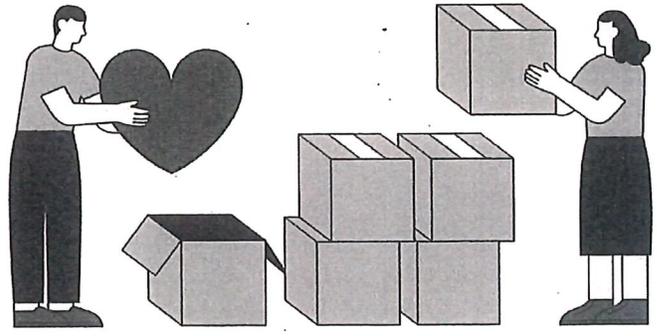
Why do we attribute love to the heart? Love begins in our brain, but the feeling can actually change the rate and rhythm of our heartbeat. As a family, spend time creating paper hearts and string them all over the house - think paper snowflakes, but heart style! Let's keep our heart rate healthy by loving others all month long.

### Faith + Family Tips:

+ Not much is known about St. Valentine, but there is proof that he existed. An interesting legend tells of him being imprisoned for marrying Christian couples during a time when Christians were being persecuted. The story continues that he was sentenced to death. On the day he died, he left a note for a young blind girl that he had previously helped, and signed the note: "Your Valentine." This is why we write cards for our loved ones on Valentine's Day. Make a few Valentine's Day cards for your neighbors and other members of your community who may not receive one otherwise, and sign them: "Your Valentine."

## Pulaski and Surrounding Areas

# MEALS OF HOPE



**A MEAL PACKING EVENT TO FIGHT THE HUNGER EPIDEMIC IN OUR COMMUNITIES**

**LOOKING TO:**

JOIN MEETINGS?

VOLUNTEER

DONATE?

**Ran by:**  
A newly formed non-profit committee comprised of local churches, food pantries, and volunteer groups.

**Goal:**  
Raise \$9,500 in order to pack 25,000 meals

Contact Cheyenne Krueger  
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For more information visit our facebook page:  
Pulaski Meals Hope