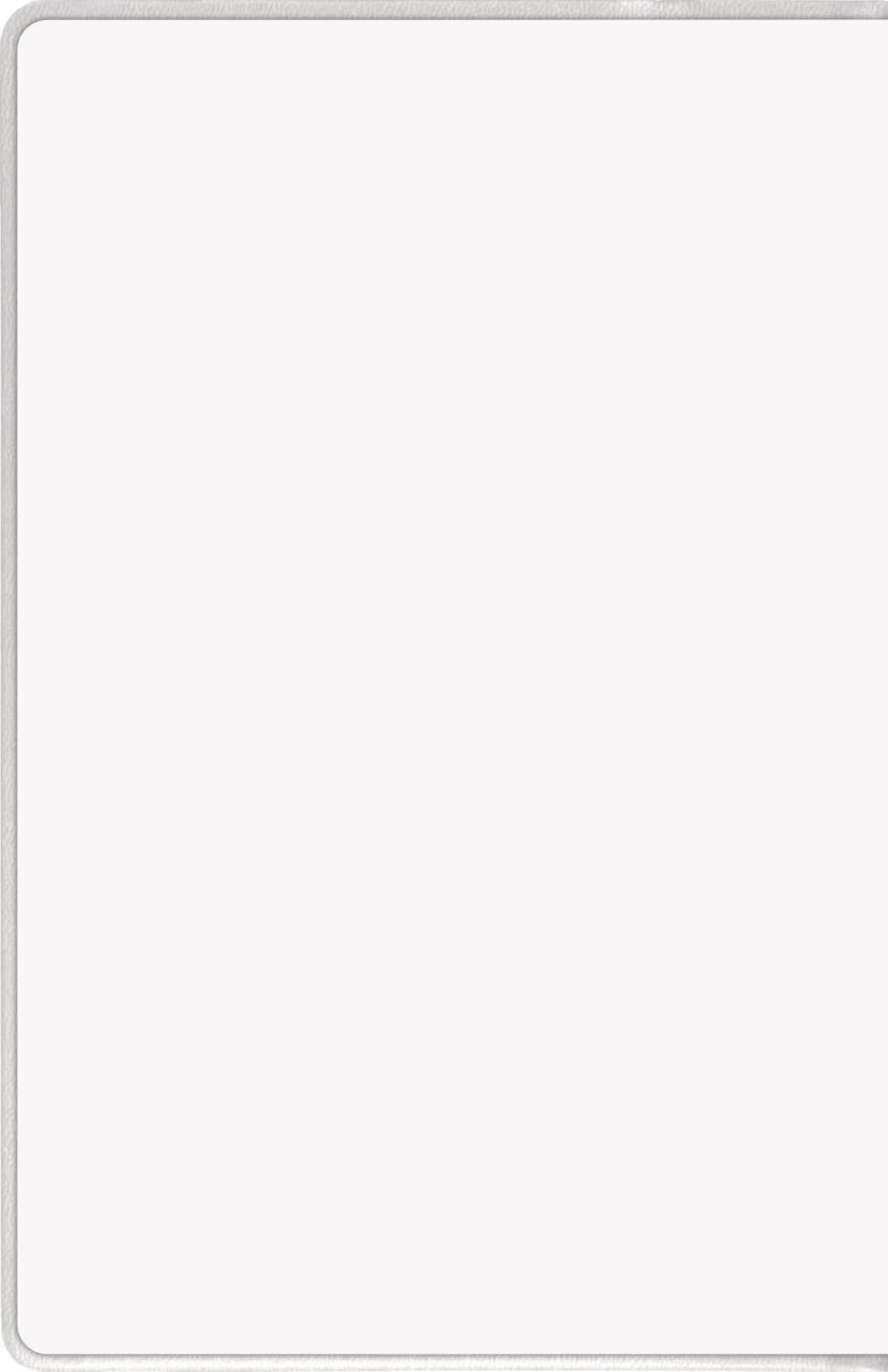




THE SAINTMAKER
CATHOLIC LIFE PLANNER



WINTER 2023



T H E S A I N T M A K E R
CATHOLIC LIFE PLANNER

In case of loss, please return to:

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Financial reward: \$.....

QUICK START GUIDE

Our goal has always been to give Catholics everything they need to make consistent spiritual growth and vocational success inevitable. That's why we're committed to giving you everything you need to make the most of The Saintmaker.



**TRAINING &
TUTORIALS**



**USER'S
GUIDE**



**LIKE-MINDED
COMMUNITY**

For free bonus resources including online tutorials, additional free downloads, and opportunities for advanced training, go to:

[THESAINTMAKER.COM/GET-STARTED](https://thesaintmaker.com/get-started)

You'll also discover opportunities for in-person and virtual community with other Catholics who use The Saintmaker every day to reignite their faith, excel in their vocations, and achieve true spiritual freedom.

A CATHOLIC LIFE

A CATHOLIC DAY

Priests, religious, and some lay faithful pray from the Breviary (the Divine Office or the Liturgy of the Hours) during each of the eight liturgical hours of the Catholic day. At the hours of Prime, Sext, and Vespers (6 am, 12 noon, and 6 pm), the Angelus is also prayed.

Here is a typical day of devotions for both Western Rite laypeople and religious:

	6 am	9 am	12 pm	3 pm	6 pm	9 pm	12 am	3 am
Religious	<ul style="list-style-type: none"> • Trad.: Office of Prime • Mod.: Morning Prayer 	<ul style="list-style-type: none"> • Trad.: Office of Terce 	<ul style="list-style-type: none"> • Trad.: Office of Sext • Mod.: Daytime Prayer 	<ul style="list-style-type: none"> • Trad.: Office of None 	<ul style="list-style-type: none"> • Trad.: Office of Vespers • Mod.: Evening Prayer 	<ul style="list-style-type: none"> • Trad.: Office of Compline • Mod.: Night Prayer 	<ul style="list-style-type: none"> • Trad.: Office of Matins • Mod.: Office of Readings 	<ul style="list-style-type: none"> • Trad.: Office of Lauds
Laiety	<ul style="list-style-type: none"> • Angelus • Morning offering • Prayer to Guardian Angel • Three Hail Marys devotion 		Angelus		Angelus	<ul style="list-style-type: none"> • Rosary with family or alone • Evening Examen • Three Hail Marys devotion 		

Throughout the day, Catholics can practice the habit of praying very brief prayers called "ejaculations" (or "aspirations"), which serve to bring attention back to God in the midst of trouble, stress, or moments of success and gratitude.

A CATHOLIC WEEK

In broad strokes, a Catholic week looks like this (as with all devotions, personal, familial, parish, and regional devotions will vary):

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Themes	<ul style="list-style-type: none"> • Resurrection • The Holy Trinity 	<ul style="list-style-type: none"> • The Holy Ghost • The Souls in Purgatory 	<ul style="list-style-type: none"> • The Holy Angels 	<ul style="list-style-type: none"> • St. Joseph • The Most Chaste Heart of St. Joseph 	<ul style="list-style-type: none"> • The Blessed Sacrament • Christ's Wounds 	<ul style="list-style-type: none"> • Christ's Passion • The Sacred Heart of Jesus 	<ul style="list-style-type: none"> • The Blessed Virgin • The Immaculate Heart of Mary
Rosary Mysteries Prayed	<ul style="list-style-type: none"> • Traditional: Joyful (Advent–Epiphany); Sorrowful (Septuagesima–Lent); Glorious (Easter–Time after Pentecost) • Modern: Glorious 	Joyful	Sorrowful	Glorious	<ul style="list-style-type: none"> • Traditional: Joyful • Modern: Luminous 	Sorrowful	Glorious
Devotions	<ul style="list-style-type: none"> • Sunday obligation to attend Holy Mass • Day of rest and feasting 		<ul style="list-style-type: none"> • Honor the Holy Face • Novena to St. Anthony • Novena to St. Martha 	<ul style="list-style-type: none"> • Nine First Wednesdays Devotion 	<ul style="list-style-type: none"> • Six First Thursdays Devotion • Holy Hour of Adoration 	<ul style="list-style-type: none"> • Abstinence from meat, or another penance to commemorate Good Friday • Nine First Fridays Devotion 	<ul style="list-style-type: none"> • Five First Saturdays Devotion

A CATHOLIC YEAR

Each month of the Catholic year includes a specific spiritual focus. The seasons and feasts of the liturgical year bring us into contact with the lives of Christ, Mary, the angels and the saints.

January	The Holy Name and Childhood of Jesus	July	The Most Precious Blood
February	The Holy Family	August	The Immaculate Heart of Mary
March	St. Joseph	September	The Seven Dolours (Sorrows) of Mary
April	The Blessed Sacrament	October	The Holy Rosary (also, the Holy Angels)
May	Mary	November	The Poor Souls in Purgatory

COMMEMORATION

TO BE RECITED BEFORE MASS...

COMMEMORATION OF THE LIVING

REMEMBER, OH LORD, *these Thy servants and handmaids:*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

...on whose behalf we offer to Thee this sacrifice of praise for the good of their souls, for their hope of salvation and deliverance from all harm...

COMMEMORATION OF THE DEAD


ALSO REMEMBER, OH LORD, *these Thy servants and handmaids:*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

...who have gone before us with the sign of faith. Grant them Thy eternal light and peace. Through Christ our Lord.

You can also say this prayer before Mass: "Eternal Father, I unite myself with the intentions and affections of our Lady of Sorrows on Calvary, and I offer Thee the sacrifice which Thy beloved Son Jesus made of Himself on the Cross, and now renews on this holy altar: (1) To adore Thee and give Thee the honor which is due to Thee, confessing Thy supreme dominion over all things, and the absolute dependence of everything upon Thee, Who art our one and last end. (2) To thank Thee for innumerable benefits received. (3) To appease Thy justice, irritated against us by so many sins, and to make satisfaction for them. (4) To implore grace and mercy for myself, for . . . , for Thy Church, for all afflicted and sorrowing, for poor sinners, for all the world, and for the holy souls in purgatory."

PRAYER INTENTIONS

	PERSON OR GROUP	PRAYER INTENTION	RESULTS
<input data-bbox="104 170 141 211" type="checkbox"/>			
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<input data-bbox="104 342 141 383" type="checkbox"/>			
<input data-bbox="104 428 141 469" type="checkbox"/>			
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<input data-bbox="104 686 141 727" type="checkbox"/>			
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NOVENAS

Start Date	Novena Title	Feast/Event	Feast Date	Opening Words
SEASONAL NOVENAS				
December 20 (O.F.) / December 29 (E.F.)	Novena to the Holy Family	Feast of the Holy Family	December 30 (O.F.) / January 8 (E.F.)	"Jesus, Mary, and Joseph, bless us and grant us..."
December 23	Novena to the Holy Name	Feast of the Holy Name of Jesus	January 2	"O Merciful Jesus, Who didst in Thy early infancy..."
January 12	Novena to St. Agnes	Feast of St. Agnes	January 21	"O singular example of virtue, glorious Saint Agnes..."
January 23	Novena to St. Brigid	Feast of St. Brigid	February 1	"O Glorious St. Brigid, Patroness of Ireland..."
January 24	Novena to Our Lady of Good Success	Candlemas / Feast of the Purification	February 2	"Hail Mary Most Holy, Beloved Daughter of God the Father..."
January 25	Novena to St. Blaise	Feast of St. Blaise	February 3	"Almighty and eternal God! With lively faith..."
January 27	Novena to St. Agatha	Feast of St. Agatha	February 5	"O glorious St Agatha, who remained faithful..."
February 1	Novena to Our Lady of Lourdes	Feast of Our Lady of Lourdes	February 11	"Be blessed, O most pure Virgin..."
February 5	Novena to St. Valentine	St. Valentine's Day	February 15	"O glorious advocate and protector, Saint Valentine..."
February 25	Novena to St. Thomas Aquinas	Feast of St. Thomas Aquinas	March 7	"He who loves father or mother more than me..."
March 4-12	Novena of Grace (in honor of St. Francis Xavier)	Anniversary of canonization of St. Francis Xavier and St. Ignatius of Loyola	March 12	"O Jesus, answer our petitions as we kneel before Thee..."
March 8	Novena to St. Patrick	Feast of St. Patrick	March 17	"Blessed saint Patrick, glorious Apostle of Ireland..."
March 10	Novena to St. Joseph	Feast of St. Joseph	March 19	"O glorious descendant of the kings of Judah..."
March 12	Novena to St. Benedict	Feast of St. Benedict	March 21	"O glorious St. Benedict, sublime model..."
March 15	Novena to St. Gabriel the Archangel	Feast of St. Gabriel the Archangel	March 24	"O blessed Archangel Gabriel, we beseech thee..."
SPECIAL NOVENAS				
Anytime	Novena to the Holy Face	--	--	"O Lord Jesus Christ, in presenting ourselves..."
Once an hour for nine hours on one single day	Novena to the Infant of Prague	--	--	"O Jesus, who has said ask and you shall receive..."
Anytime	Novena to Our Lady of Perpetual Help	--	--	"O Mother of Perpetual Succour, behold me..."
Anytime	Unfailing Novena to St. Joseph	--	--	"O St. Joseph, whose protection is so great..."
Anytime	Novena to St. Pio of Pietrelcina (Padre Pio)	--	--	"Dear God, Thou hast generously blessed Thy servant..."
During times of sickness	Novena to St. Roch	--	--	"O blessed Saint Roch, patron of the sick..."
Anytime	Novena for the Holy Souls in Purgatory	--	--	"Jesus, my Saviour I have so often deserved to be cast..."

ANNUAL GOALS

✓	#	GOAL TITLE / DESCRIPTION	SEASON
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<input data-bbox="107 272 146 305" type="checkbox"/>			
<input data-bbox="107 357 146 389" type="checkbox"/>			
<input data-bbox="107 441 146 474" type="checkbox"/>			
<input data-bbox="107 526 146 558" type="checkbox"/>			
<input data-bbox="107 610 146 643" type="checkbox"/>			
<input data-bbox="107 695 146 727" type="checkbox"/>			
<input data-bbox="107 779 146 812" type="checkbox"/>			
<input data-bbox="107 863 146 896" type="checkbox"/>			
<input data-bbox="107 948 146 980" type="checkbox"/>			
<input data-bbox="107 1032 146 1065" type="checkbox"/>			
<input data-bbox="107 1117 146 1149" type="checkbox"/>			
<input data-bbox="107 1201 146 1234" type="checkbox"/>			
<input data-bbox="107 1286 146 1318" type="checkbox"/>			
<input data-bbox="107 1370 146 1403" type="checkbox"/>			
<input data-bbox="107 1455 146 1487" type="checkbox"/>			

SEASONAL JOURNAL

GOAL REVIEW

Evaluate your progress on seasonal goals and explain setbacks and success.

1:

% DONE



Keep/Cancel: {✓/×}

2:

% DONE



Keep/Cancel: {✓/×}

3:

% DONE



Keep/Cancel: {✓/×}

4:

% DONE



Keep/Cancel: {✓/×}

5:

% DONE



Keep/Cancel: {✓/×}

SEASONAL REVIEW

Describe themes, events, activities.

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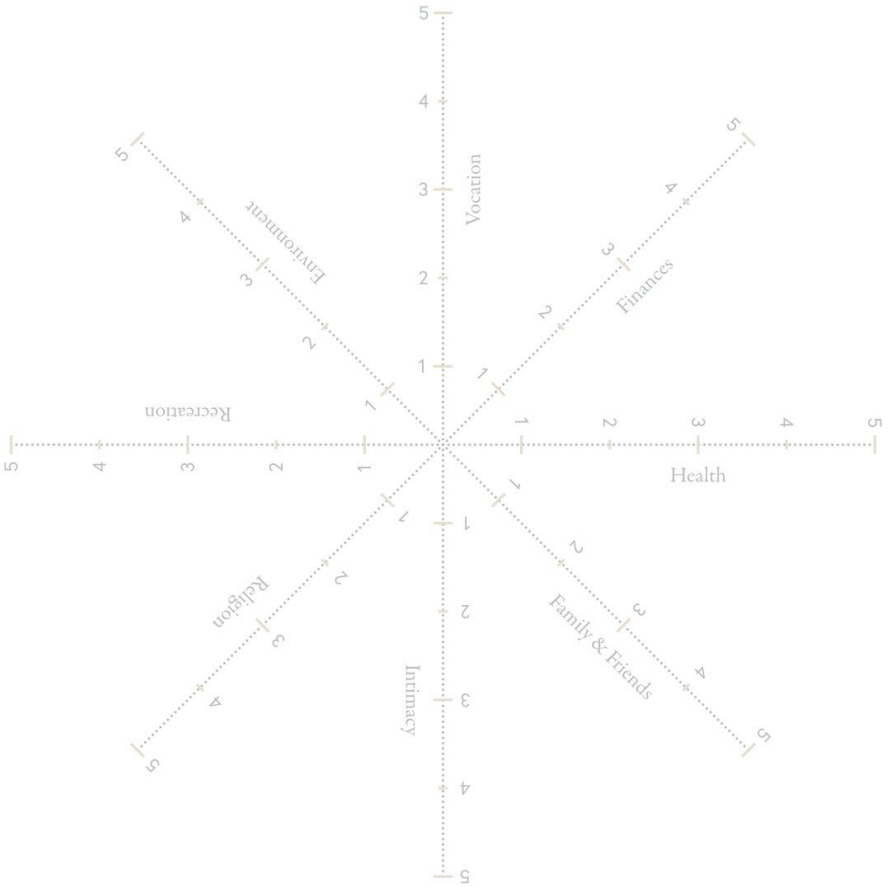
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SEASON CHECKLIST

- Complete Goal Review
- Do Seasonal Review
- Fill out Life Baseline
- List seasonal Blessings
- List Sins and Shortcomings
- Complete Discernment
- Do Prayer Examination
- Design Ideal Week
- Create new Goal Plans
- Update Annual Goals

LIFE BASELINE

Rank yourself 1–5 in all areas of your life.



BLESSINGS

Reflect on blessings and God-given challenges of this season.

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SINS & SHORTCOMINGS

Describe major patterns of sin and shortcomings this past season.

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WEEKLY RULE OF LIFE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6							Prime
7							
8							
9							Terce
10							
11							
12							Sext
1							
2							
3							None
4							
5							
6							Vespers
7							
8							
9							Compline
10							
11							
12							Matins
1							
2							
3							Lauds
4							
5							

GOAL PLAN | GOAL: _____

GOAL SUMMARY

Describe your S.M.A.R.T. goal.

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- HEALTH FAMILY & FRIENDS INTIMACY RELIGION
- RECREATION ENVIRONMENT VOCATION FINANCES

MOTIVATIONS

Write down what motivates you about this goal.

- ✓
- ✓
- ✓

MILESTONES

Write subgoals that you will have to hit to accomplish your goal.

- 1** DUE: ___ / ___ / ___
- 2** DUE: ___ / ___ / ___
- 3** DUE: ___ / ___ / ___

TASK LIST

List the actions that will allow you to hit your milestones and achieve your goal.

Based on Milestone #1

- 1
- 2
- 3

Based on Milestone #2

- 1
- 2
- 3

Based on Milestone #3

- 1
- 2
- 3

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
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GOAL PLAN | GOAL: _____

GOAL SUMMARY

Describe your S.M.A.R.T. goal.

.....

.....

.....

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- HEALTH FAMILY & FRIENDS INTIMACY RELIGION
- RECREATION ENVIRONMENT VOCATION FINANCES

MOTIVATIONS

Write down what motivates you about this goal.

- ✓
- ✓
- ✓

MILESTONES

Write subgoals that you will have to hit to accomplish your goal.

- 1** DUE: ___/___/___
- 2** DUE: ___/___/___
- 3** DUE: ___/___/___

TASK LIST

List the actions that will allow you to hit your milestones and achieve your goal.

Based on Milestone #1

- 1
- 2
- 3

Based on Milestone #2

- 1
- 2
- 3

Based on Milestone #3

- 1
- 2
- 3

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
---------	----------	---------	----------	--------------------------

GOAL PLAN | GOAL: _____

GOAL SUMMARY

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- ✓
- ✓

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- 1** DUE: ___ / ___ / ___
- 2** DUE: ___ / ___ / ___
- 3** DUE: ___ / ___ / ___

TASK LIST

List the actions that will allow you to hit your milestones and achieve your goal.

Based on Milestone #1

- 1
- 2
- 3

Based on Milestone #2

- 1
- 2
- 3

Based on Milestone #3

- 1
- 2
- 3

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
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GOAL PLAN | GOAL: _____

GOAL SUMMARY

Describe your S.M.A.R.T. goal.

.....

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.....

.....

- HEALTH FAMILY & FRIENDS INTIMACY RELIGION
- RECREATION ENVIRONMENT VOCATION FINANCES

MOTIVATIONS

Write down what motivates you about this goal.

- ✓
- ✓
- ✓

MILESTONES

Write subgoals that you will have to hit to accomplish your goal.

- 1** DUE: ___ / ___ / ___
- 2** DUE: ___ / ___ / ___
- 3** DUE: ___ / ___ / ___

TASK LIST

List the actions that will allow you to hit your milestones and achieve your goal.

Based on Milestone #1

- 1
- 2
- 3

Based on Milestone #2

- 1
- 2
- 3

Based on Milestone #3

- 1
- 2
- 3

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
---------	----------	---------	----------	--------------------------

GOAL PLAN | GOAL: _____

GOAL SUMMARY

Describe your S.M.A.R.T. goal.

.....

.....

.....

.....

- HEALTH FAMILY & FRIENDS INTIMACY RELIGION
- RECREATION ENVIRONMENT VOCATION FINANCES

MOTIVATIONS

Write down what motivates you about this goal.

- ✓
- ✓
- ✓

MILESTONES

Write subgoals that you will have to hit to accomplish your goal.

- 1** DUE: ___ / ___ / ___
- 2** DUE: ___ / ___ / ___
- 3** DUE: ___ / ___ / ___

TASK LIST

List the actions that will allow you to hit your milestones and achieve your goal.

Based on Milestone #1

- 1
- 2
- 3

Based on Milestone #2

- 1
- 2
- 3

Based on Milestone #3

- 1
- 2
- 3

SETTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
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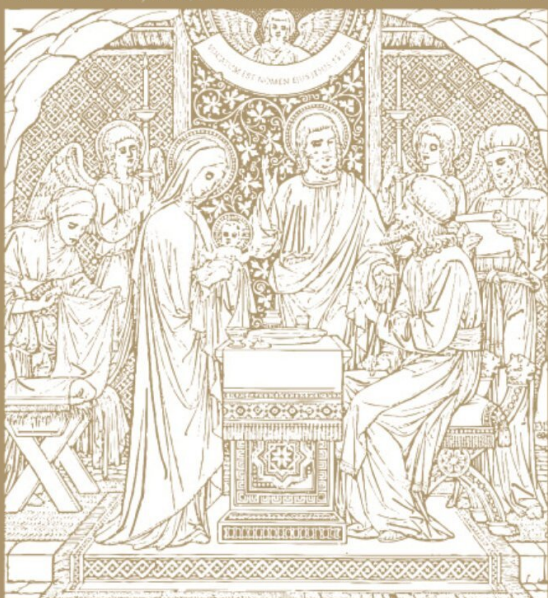
JANUARY 2023

MONTH OF THE HOLY NAME

MOSES CALLED JOSUE, AND SAID TO HIM BEFORE ALL ISRAEL TAKE COURAGE, AND BE VALIANT FOR THOU SHALT BRING THIS PEOPLE INTO THE



VOCAVIT MOSES JOSUE, ET DIXIT EI . . . CONFORTARE ET . . . Deut 31: 7



ET DIE OCTAVO CIRCUMCIDETUR INFANTULUS. Lev 12: 3



LAND WHICH THE LORD SWORE HE WOULD GIVE TO THEIR FATHERS (Deut 31: 7). ALL THE MALE KIND OF YOU SHALL BE CIRCUMCISED. (Gen 17: 10)

The month of January is dedicated to the Holy Name of Jesus, celebrated on January 2nd or 3rd. January ends Christmas and brings in Ordinary Time on the new calendar.

Set a spiritual intention to unite yourself with the Church's intention for the month.

MONTHLY PLANNING

FEAST & PRAYER PLAN

Plan your main feast day devotions and make a prayer plan.

1: _____ **DATE** _____

.....

.....

2: _____ **DATE** _____

.....

.....

3: _____ **DATE** _____

.....

.....

4: _____ **DATE** _____

.....

.....

PRAYER PLAN

Morning	Afternoon	Evening
---------	-----------	---------

GOAL PLAN

Plan progress on your Seasonal Goals.

1:	2:	3:
.....
.....
.....
.....

4:	5:
.....
.....
.....
.....

MONTHLY REVIEW

WEEK:	1	2	3	4	+	WEEK AVG.
Monthly Intention						
Feast Day Devotions						
Prayer Plan						
Virtue Tracker						
Goal Plan						

MONTHLY REFLECTION

Describe major events, themes, activities of the past month.

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BLESSINGS

Reflect on blessings and God-given challenges of this month.

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.....

SINS & SHORTCOMINGS

Describe patterns of sin and shortcomings this past season.

.....

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.....

LESSONS LEARNED

List lessons learned. Thank God!

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DISCERNMENT

What is God calling you to next month?

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MONTH CHECKLIST

























Start of Month

- Set Monthly Intention
- Plan Feast Day Devotions
- Make a Prayer Plan
- Add parish/local feasts to Monthly Calendar
- Create a Goal Plan to make progress on your seasonal goals
- Use Monthly Calendar to plan your month
- Set up Virtue Tracker bookmark

End of Month








- Do Monthly Review

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1st FA   <small>1 hour / 3+ hours</small>	2 	3 	4 
Octave of the Nativity of the Lord [I]	Holy Name of Jesus [II]	Feria of Christmas [IV]	Feria of Christmas [IV] / St. Elizabeth Ann Seton [C]
Solemnity of Mary, The Holy Mother of God [S]	Ss. Basil the Great and Gregory Nazianzen [M]	Christmas Weekday / Most Holy Name of Jesus [OM]	St. Elizabeth Ann Seton [M]
8 FA   <small>1 hour / 3+ hours</small>	9 	10 	11 
Holy Family of Jesus, Mary, and Joseph [II]	Feria of the Epiphany [IV]	Feria of Epiphany [IV]	Feria of Epiphany [IV] / St. Hyginus [C]
The Epiphany of the Lord [S]	The Baptism of the Lord [F]	Weekday	Weekday
15 FA   <small>1 hour / 3+ hours</small>	16 	17 	18 
Second Sunday after Epiphany [II]	St. Marcellus I [III]	St. Anthony [III]	Feria [IV] / St. Prisca [C]
Second Sunday in Ordinary Time	Weekday	St. Anthony [M]	Weekday
22 FA   <small>1 hour / 3+ hours</small>	23 	24 	25 
Third Sunday after Epiphany [II]	National Day of Penance for Roe v. Wade [USA] St. Raymond of Penafort [III] / St. Emerentiana [C]	St. Timothy [III]	The Conversion of St. Paul [III]
Third Sunday in Ordinary Time	Day of Prayer for the Legal Protection of Unborn Children / St. Vincent [OM]	St. Francis de Sales [M]	The Conversion of Saint Paul the Apostle [F]
29 FA   <small>1 hour / 3+ hours</small>	30 	31 	
Fourth Sunday after Epiphany [II]	St. Martina [III]	St. John Bosco [III]	
Fourth Sunday in Ordinary Time	Weekday	St. John Bosco [M]	

THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>Feria of Christmas [IV] / St. John Neumann [C] St. John Neumann [M]</p>	<p>6 CA</p> <p>The Epiphany of the Lord [I] Christmas Weekday / St. André Bessette [OM]</p>	<p>7</p> <p>Our Lady on Saturday [IV] Christmas Weekday / St. Raymond Penyafort [OM]</p>
<p>12</p> <p>Feria of Epiphany [IV] Weekday</p>	<p>13 CA</p> <p>The Commemoration of the Baptism of our Lord Jesus Christ [II] Weekday / St. Hilary [OM]</p>	<p>14</p> <p>St. Hilary [III] / St. Felix [C] Blessed Virgin Mary [OM]</p>
<p>19</p> <p>Feria [IV] / St. Canute / Ss. Marius et. al. [C] Weekday</p>	<p>20 CA</p> <p>Ss. Fabian and Sebastian [III] Weekday / St. Fabian / St. Sebastian [OM]</p>	<p>21</p> <p>St. Agnes [III] St. Agnes [M]</p>
<p>26</p> <p>St. Polycarp [III] Ss. Timothy and Titus [M]</p>	<p>27 CA</p> <p>St. John Chrysostom [III] Weekday / St. Angela Merici [OM]</p>	<p>28</p> <p>St. Peter Nolasco [III] / St. Agnes (Second) [C] St. Thomas Aquinas [M]</p>

KEY

-  Holy day of obligation
- 1²** Octave day
- FA** Fasting (with suggested times)
1 hour / 30 hours
- CA** Complete or partial abstinence
- FA** Fasting or feasting
- FE** Fasting or feasting
-  Ember days
-  Rogation days
-  First Wednesdays
-  First Thursdays
-  First Fridays
-  First Saturdays
-  Rosary Tracker

JANUARY FEASTS AND DEVOTIONS

1ST CL./SOLEMN. | JANUARY 1

MARY MOTHER OF GOD/OCTAVE DAY OF CHRISTMAS

Three feasts converge on this day: Mary Mother of God (N.O.), the Octave Day of Christmas, and the Circumcision.

- ✓ Attend Mass
- ✓ Share New Years' resolutions as a family
- ✓ Cook a meal of suckling pig or black-eyed peas, collards, corn bread, and ham
- ✓ Read from *The Liturgical Year*
- ✓ Gain a plenary indulgence by reciting or singing the hymn *Veni Creator Spiritus**

2ND CLASS | JANUARY 2

HOLY NAME OF JESUS

Devotion to the Holy Name is deeply rooted in the sacred scriptures, especially in the Acts of the Apostles.

- ✓ Attend E.F. Mass
- ✓ Gather around the creche and recite the Litany of the Holy Name of Jesus
- ✓ Explain to children why we bow when the Holy Name is spoken and why we say acts of reparation when it is taken in vain
- ✓ Read St. Bernard of Clairvaux's "The Holy Name of Jesus"
- ✓ Pray the Novena to the Holy Name

JANUARY 5

TWELFTH NIGHT (EPIPHANY EVE)

The Eve of the Feast of the Epiphany is the twelfth day of Christmas, and tonight is known as "Twelfth Night".

- ✓ Attend E.F. Mass and the blessing of water, salt, chalk, and incense
- ✓ Bring the three Magi to the creche and adorn the child Jesus with a crown, ermine, and gold or purple cloth
- ✓ Drink "Lamb's Wool" after a candlelit meal with incense
- ✓ Cook and eat "Three Kings Cake" and celebrate Three Kings Cake festivities

1ST CL./SOL. | JANUARY 6/8

EPIPHANY OF THE LORD

Epiphany celebrates the adoration of the Magi, the baptism of Christ, and the first miracle at the wedding feast of Cana.

- ✓ Attend Mass
- ✓ Give a gift to commemorate the Magi (Epiphany is known as "Little Christmas")
- ✓ Bless house and write chalk inscription above the door: 20 + C + M + B + (year), (or ask a priest)
- ✓ Read from *The Liturgical Year*
- ✓ Pray the Novena to the Magi

EPIPHANY - SHROVE TUESDAY

CARNIVAL

A joyous time dedicated to dancing, celebrating, and games—especially in Latin and European countries.

- ✓ Host frequent parties and gatherings with friends and families
- ✓ Organize a parish group to learn one folk dance per week from your ethnic traditions and host weekly parties in the parish hall to share what you learn!
- ✓ Learn a new folk song or hymn weekly
- ✓ Set aside nightly time for playing games and learning new ones with loved ones

DEVOTION IDEAS

- ✓ Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily Mass
- ✓ Attend the T.L.M. four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession (~monthly)
- ✓ Increase tithing or almsgiving
- ✓ Other forms of penance or mortification

*An indulgence is granted for devotions marked with one chi rho; ** Two chi rhos indicate an indulgence can be gained multiple times in one day.

JANUARY FEASTS AND DEVOTIONS

2ND CL./FEAST | JAN. 8/DEC. 30

THE HOLY FAMILY

Today is the feast day of the Holy Family, and every family, since the Holy Family is the model of all Christian families.

- ✓ **Attend E.F. Mass**
- ✓ Consecrate your family to the Holy Family
- ✓ Renew marriage vows and bless children
- ✓ Spend time reflecting on how you can be a more holy member of your family
- ✓ Read St. Bernard of Clairvaux's *The Feast of the Holy Family*
- ✓ Pray the Novena to the Holy Family

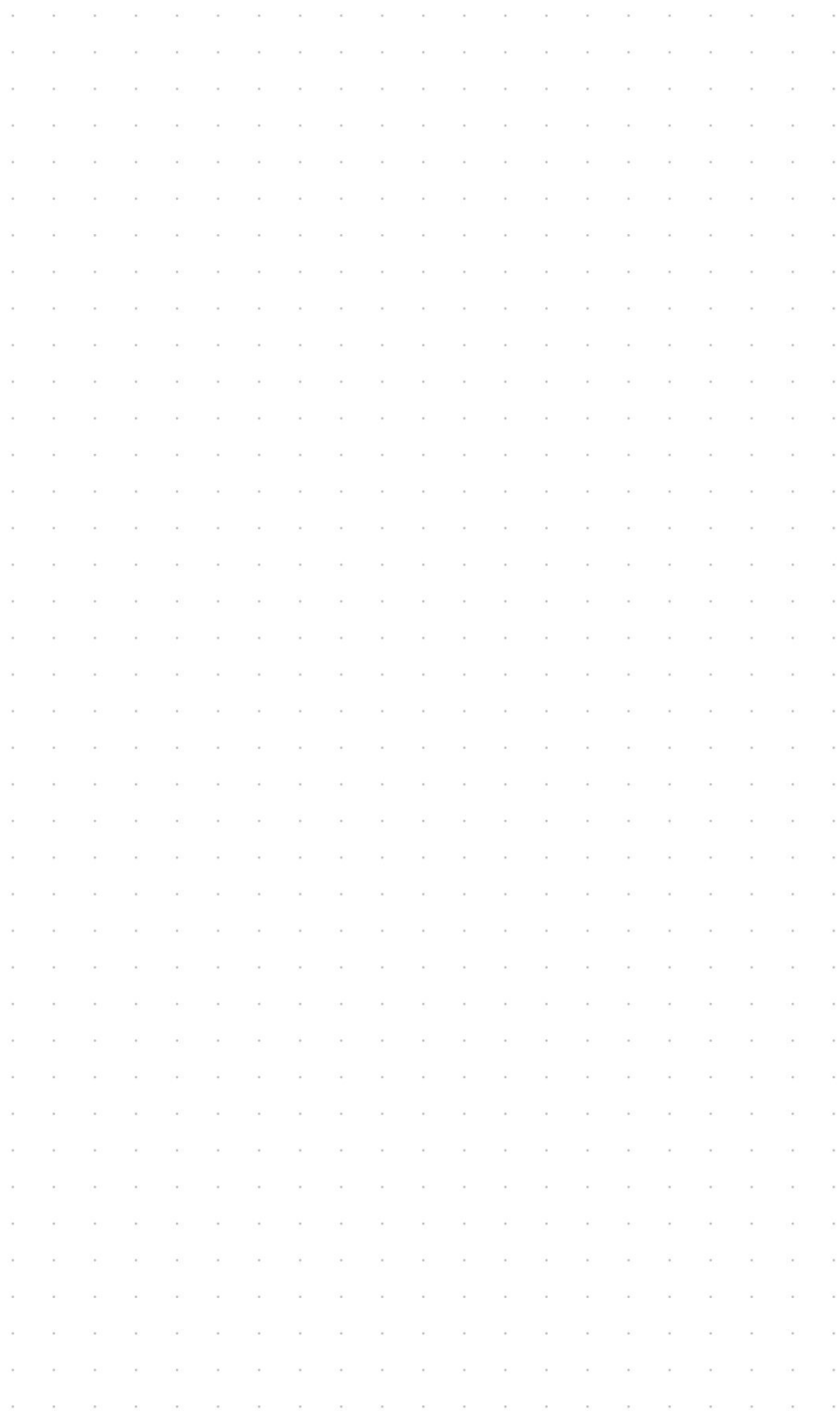
2ND CL./SOL. | JANUARY 13/9

BAPTISM OF OUR LORD

The Baptism of Christ is the feast day commemorating the baptism of Jesus in the Jordan River by John the Baptist.

- ✓ **Attend E.F. Mass**
- ✓ Renew baptismal vows for children: 1) light baptismal candles, 2) pray baptismal prayer, 3) repeat baptismal vows as family, 4) sing a Christmas song
- ✓ Serve punch and Initial Cookies and/or Christ's Diapers Cookies
- ✓ Read St. Ephrem's *Hymn Concerning Our Lord and St. John*

NOTES



MEDITATION JOURNAL

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- ✓ **2m** – Petition God (based on subject, then make general petitions)
- ✓ **30s** – Make a single practical resolution for the day and keep it!

RESOLUTION

Make a strong spiritual resolution based on your meditation that you will keep.

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EVENING EXAMEN JOURNAL

PREPARATION FOR EVENING EXAMEN

Most holy and adorable Trinity, one God in three Persons, I believe that Thou art here present. I adore Thee with the deepest humility; and render to Thee with my whole heart, the homage which is due to Thy sovereign Majesty.

GRATITUDE

List benefits received from God. Remember to thank Him even for your challenges.

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EXAMEN

Examine your thoughts, words, actions, and omissions in light of virtues, vices, God's will.

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Resolve to become a saint. Identify one practical step that you can take tomorrow.

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DAILY CROSS

What difficulty can you confront or carry?

.....

DEVOTIONS

What devotions will you perform today?

FA / FE: _____ CA / PA: _____

- 1
- 2
- 3

TO DO LIST

What do you need to do in your vocation?

#	ABC	TASK	✓ → ⊙ ×

NOTES

Any notes or issues to keep track of?

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APPOINTMENTS

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..... Terce
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..... Sext
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 6

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..... Matins (midnight) / Lauds (3 am)

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Dotted line for resolution.

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EXAMEN

Examine your thoughts, words, actions, and omissions in light of virtues, vices, God's will.

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WEEKLY EXAMINATION

FOLLOW JESUS

Did you follow our Lord's example?

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STEWARDSHIP

Were you a good steward of God's gifts?

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GOD'S WILL

Did you do God's will or your own?

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CHARITY

Were you charitable towards others?

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PRAYER

Did you say your prayers with care?

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FEAR OF GOD

Did you live in "fear" or awe of God?

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THE FLESH

Did you deny lust and respect your body?

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THE TONGUE

Did you guard your tongue carefully?

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TRUST IN GOD

Did you trust in God?

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GRATITUDE

Were you grateful to God for His gifts?

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MASS PREP

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday propers and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

MASS INTENTION

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MASS REVIEW

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EXAMINATION OF CONSCIENCE

Recall that this confession may be the last of your life. Pray for the grace to prepare yourself as if you were lying sick upon your deathbed, on the edge of the grave.

PRAYER BEFORE EXAMINATION

Most merciful God, Father in heaven, relying on Thy goodness and mercy, I come to Thee with filial confidence to confess my sins and to implore Thy forgiveness. Thou wilt not despise a contrite and humble heart. Bless me and receive me again into Thy favor. I acknowledge that I have been most ungrateful, but I sincerely repent and detest the wrong I have done, and I desire to walk in the way of perfection in accord with Thy holy will.

O Jesus, my Savior, my good Shepherd, I have strayed far from the path that Thou hast marked out for me; I did not follow in Thy footsteps; I wandered into forbidden places. Repentant and sorrowful, I beg to be admitted into the fold of Thy faithful followers. I want to confess my sins with the same sincerity as I should wish to do at the moment of my death. My Jesus, I look to Thee with confidence for the grace to examine my conscience well.

O Holy Ghost, come, enlighten my mind and strengthen my will that I may know my sins, humbly confess, and amend my life. Holy Mother, immaculate Spouse of the Holy Ghost, refuge of sinners, intercede for me. Angels and saints of God, pray for me. Amen.

Begin by examining yourself on your last confession. Have you forgotten a sin due to a poor examination, or concealed a sin out of shame? Did you confess without true sorrow or without the intention to change your behavior? Have you repaired evils done to your neighbor? Did you say your penance without voluntary distraction? Have you neglected your confessor's counsel?

EXAMINATION CHECKLIST

- Ten Commandments
- Commandments of the Church
- Seven Deadly Sins
- Four Sins which Cry to Heaven for Vengeance
- Nine Ways of Being Accessory to Another Person's Sin
- Seven Spiritual Works of Mercy
- Seven Corporal Works of Mercy

SINS AND SHORTCOMINGS

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Describe any spiritual advice given.

As you approach the confessional, do so with the same heartfelt recollection and reverence that you would if Christ our Lord were there Himself ready to hear your confession. Be assured: a Catholic priest really is the representative of Christ.

ACT OF CONTRITION

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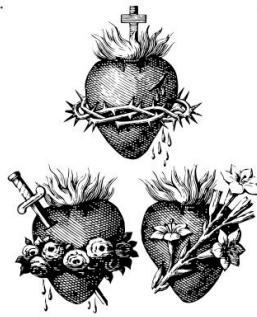
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CHURCH COMMANDMENTS

1. To assist at Mass on Sundays and holy days of obligation
2. To fast and abstain on the days appointed
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4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

- | | |
|-------------------|----------------------|
| 1. Pride | Humility |
| 2. Avarice | Liberality |
| 3. Lust | Chastity |
| 4. Anger | Meekness |
| 5. Gluttony | Temperance |
| 6. Envy | Brotherly love |
| 7. Sloth | Diligence |



FOUR SINS WHICH CRY TO HEAVEN

- | | |
|--------------------------------|--|
| 1. Willful murder | 4. Defrauding the laborer of his wages |
| 2. Non-procreative sexual acts | |
| 3. Oppression of the poor | |

NINE WAYS TO BE ACCESSORY TO SIN

- | | |
|-----------------------|-------------------|
| 1. By counsel | 6. By concealment |
| 2. By command | 7. By partaking |
| 3. By consent | 8. By silence |
| 4. By provocation | 9. By defense |
| 5. By praise/flattery | |

WORKS OF MERCY

SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

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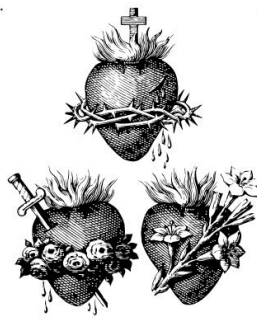
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3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth



- Humility
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WORKS OF MERCY

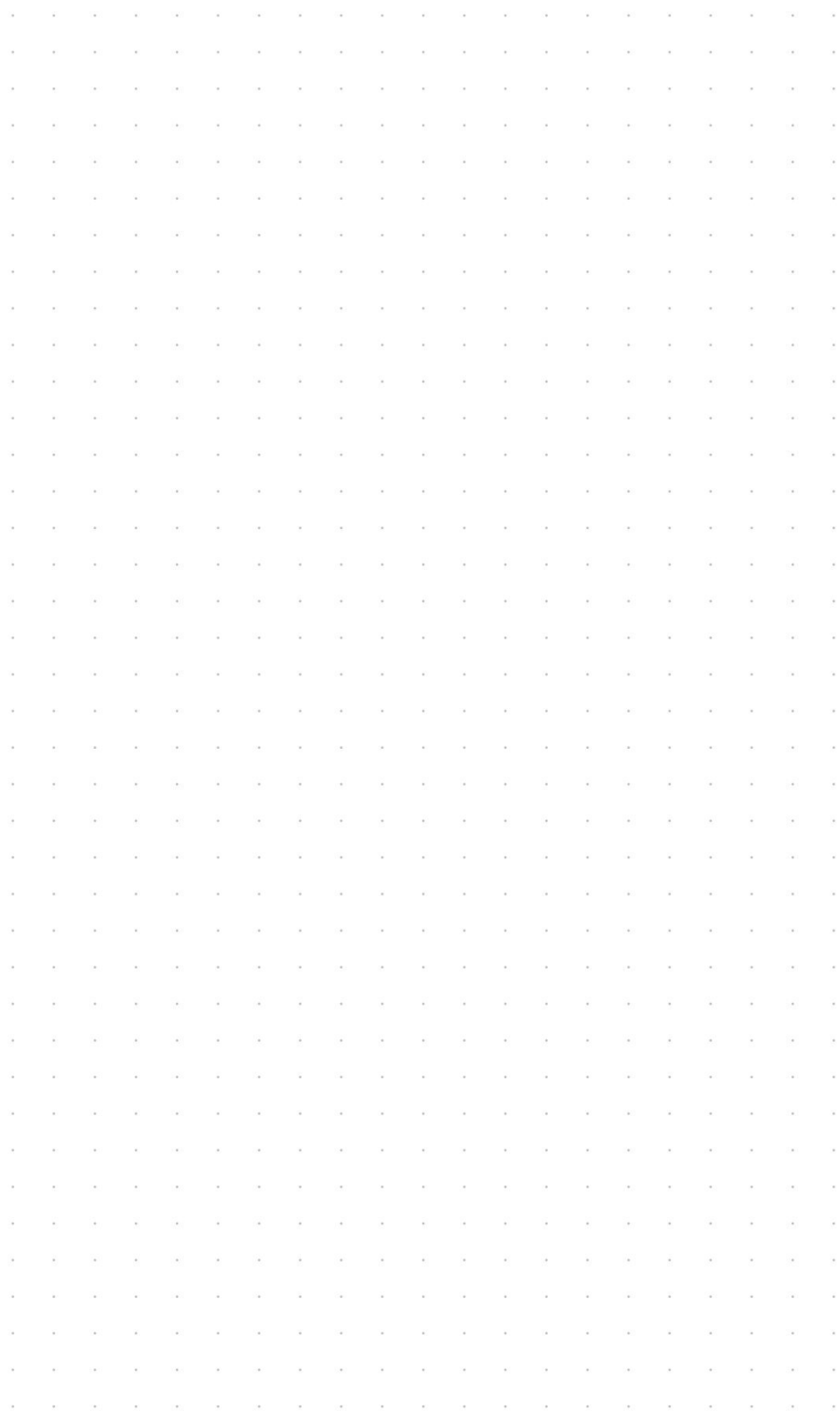
SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

NOTES



DISCERNMENT JOURNAL

INQUIRY

What is the object of your inquiry? Describe the decision you are deliberating.

PREPARATION FOR DISCERNMENT

Pray for the grace to "try to be like a balance at equilibrium, without leaning to either side" (Spiritual Exercises). Try not to prefer one option to the other but only desire to do God's will. To help maintain focus and perspective, keep the ultimate goal of your existence clearly in mind: to glorify God and to save yourself. Pray for God to enlighten and move you to seek only what is most conducive to God's service and praise.

EXAMINATION

Weigh the two options that you are considering by the light of reason.

	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
CHOICE 1	*	*	*	*
	*	*	*	*
	*	*	*	*
	*	*	*	*
CHOICE 2	*	*	*	*
	*	*	*	*
	*	*	*	*
	*	*	*	*

COUNSEL

What counsel would you give another whose salvation was of concern to you?

DEATH

Imagine you are at the moment of death. How would you wish to decide?

JUDGMENT

At the time of final judgment, what choice would you hope to have made?

FINAL OFFERING

The choice being made, offer it to God in prayer, and beg of Him, if it is agreeable, to receive it and confirm you in it.

REFLECTIONS

Note any final reflections on this process and thank God for its fruits.

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	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
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	*	*	*	*
	*	*	*	*
	*	*	*	*
CHOICE 2 <input type="radio"/>	*	*	*	*
	*	*	*	*
	*	*	*	*
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	*	*	*	*
	*	*	*	*
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CHOICE 2	*	*	*	*
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SEASONAL PREVIEW | SPRING 2023

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SEASONAL PREVIEW | SUMMER 2023

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SEASONAL PREVIEW | FALL 2023

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SEASONAL PREVIEW | WINTER 2024

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