



JANUARY 31 – FEBRUARY 6, 2021

CANDLEMAS

Joseph and Mary present Jesus at the Temple in Jerusalem for the first time, and St. Simeon prophesies Jesus is the Light of the World. As Family Champions, your challenge is to spend time together, one day, with no electric lights. Pray a decade of the Rosary together, or the whole Rosary, around candle light (with adult supervision). For information on how to pray the Rosary visit: www.marian.org/mary/rosary/howto.php



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FEBRUARY 7–13, 2021

YEAR OF ST. JOSEPH

This is the Year of Saint Joseph, the husband of Mary and earthly father to Jesus. Family Champions so many people today need your prayers — those unemployed, the sick and dying, the lost and forgotten. This week pray together the "Our Father, Hail Mary, and Glory Be" keeping the needs of others in mind. Challenge each other to pray every day. For prayers visit: vermontcatholic.org/wp-content/uploads/2020/07/Prayers-for-Families-Basic-Vocal-Prayers.pdf



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FEBRUARY 14–20, 2021

LENT BEGINS

Praying, fasting, and almsgiving — what will that mean to you, Family Champions? Discuss what makes each of you a better person and what might get in your way to being the holy person God has planned you to be. Make a plan on how to pray together, what to fast from, and how to give to others bringing you closer to God. Maybe your plan is to have dinner as a family with no electronics, at least twice a week.



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FEBRUARY 21–27, 2021

FIRST FULL WEEK OF LENT

It's the first full week of Lent, Family Champions. Your challenge this week is to post a list: I Should, I Should Not, If I am bored I can. Start with one or two things for each: I should not leave my shoes in the doorway, I should do something nice for someone every day, If I am bored I can read or look at a book.



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FEBRUARY 28 – MARCH 6, 2021

WORLD DAY OF PRAYER

Family Champions this week is World Day of Prayer. Spend time together thanking God for what you are each grateful for and pray for others. Post sticky notes with names of people (or pictures) of people who need your prayers.



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