

ST. JOSEPH OF CUPERTINO CATECHETICAL MINISTRY

Family Letter—February 2012

Dear Families,

Lent begins on February 22, Ash Wednesday. On that day, we begin a season of doing special forms of charity and being especially generous (almsgiving); of being more conscientious about prayer; and of fasting. During Lent, our relationship with Jesus grows stronger as we prepare to celebrate the joy of the Resurrection of the Lord.

We don't often think about preparing for Lent, though. Yet, preparing for something is one way to ensure that we get the most out of it. Talk with your child about the season of Lent and the things you might do as a family during Lent. We talk about these things in class as well. Perhaps on Ash Wednesday Eve, you could gather as a family and read the Gospel that will be proclaimed at Mass the next day: Matthew 6:1-6, 16-18. You will hear Jesus teaching about almsgiving, praying, and fasting.

Then throughout Lent, share moments of generosity, prayer, and fasting with your child. Together, we can help your child have a meaningful Lent.

Yours in Christ,

Tam Tran
Director of Catechetical Ministry

Huong Tran
Administrative Assistant

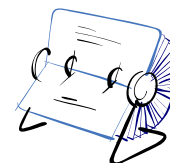


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Lent begins on Wednesday, February 22. As the three practices of Lent are prayer, fasting, and almsgiving, the Catechetical Ministry Office attempts to provide such opportunities for the families in our program.

During this Lent, the Catechetical Ministry program will again participate in **Operation Rice Bowl (ORB)**. ORB is the Lenten solidarity program of Catholic Relief Services. We join in the traditional practices of Lent and **pray** as a community, **fast** in solidarity with those who are hungry, and **give** concrete assistance to those most in need.

Parishes throughout the Diocese of San Jose participate in this program and 25% of the money collected will stay within the Diocese, to help fight hunger and poverty locally. A Lenten calendar and rice bowl will be sent home with each child on February 26 and 29 (JH).

**NO CATECHETICAL CLASSES on
SUNDAY, FEBRUARY 19 and WEDNESDAY, FEBRUARY 22.**

Sacrament Preparation

Family Retreat

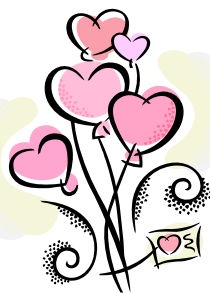
All families of children celebrating the sacraments of Confirmation and/or First Eucharist are **expected** to participate in the family retreat. At least one parent/guardian should be in attendance with all the children preparing for the sacraments this year—sponsors and siblings are welcome to attend! **The family retreat is scheduled for Saturday, March 17, from 9:30 am—12 pm in the Parish Hall.** Further details about the retreat will be sent home end of February.



Children's Preparation for the Sacrament of Confirmation and Eucharist

In their catechetical sessions, the second graders are beginning to look at the meaning of our Eucharist Celebration and how we come together to celebrate the Mass as a community each Sunday. They will learn about the parts of the Mass, in order to help them participate more fully and meaningfully each week when you go to Mass as a family.

One of the most important gifts you can give your child is your family's attendance at Mass together on a regular basis. During this time of preparation, take the time during the Mass to answer any of your child's questions. Help them follow along in *Breaking Bread* so that they may participate in the responses. Help them turn to the songs when appropriate. The focus during the Catechetical sessions is the liturgy and what we do as members of the celebrating community when we gather each week. ***If the children do not experience this celebration, it is almost impossible for them to follow along.*** St. Joseph of Cupertino offer the following mass times: Saturday at 5pm, Sunday at 8am, 9:30am, 11am, and 5pm. There is a Children's Liturgy of the Word at the 9:30 a.m. where children leave during the Liturgy of the Word to hear the readings proclaimed in their own language.

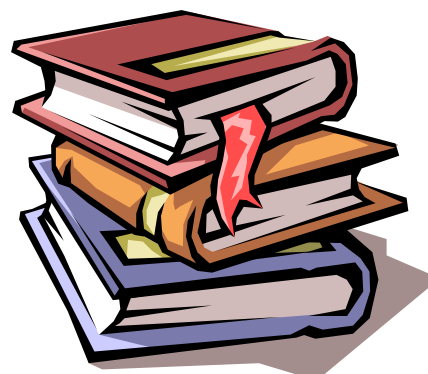


Early Childhood Education News

This month the Three year olds are celebrating God's love and gift of Family And friends, the Four year olds will learn about praying and God's love, and the Kindergarteners are exploring about being loving and a good helper and finish up their unit on senses. Our first graders are celebrating God's gift of the Holy Spirit.

Books for Asia

Fliers were sent home on January 29 asking all families in the Catechetical Program to donate gently-used books to support literacy in Asia. Our 3rd grade catechist, Juanita Desouza, is spear-heading this book drive at Cupertino High School and when I heard about this outreach, I asked for our families to participate. The Asia Foundation is asking for children's books, fiction, non-fiction, textbooks, board books, and even encyclopedias/dictionaries. They just ask that none of the content be religious or supernatural. Families can drop-off their donations in my office from Feb. 5-19. This will replace our Easter Alviso outreach this spring. Any questions, please email Juanita directly at tino.unitednations@gmail.com. The flier can be viewed at www.stjoscup.org/cm/bookdrive.pdf.



This Month's Dates to Remember

Sunday, February 5	Sunday Catechetical Classes in session 9:30 am liturgy with special emphasis on children
Wednesday, February 8	Junior High Field Trip, 7-9pm
Sunday, February 12	Sunday Catechetical Classes in session
Sunday, February 19	NO CATECHETICAL CLASSES—Winter Break
Wednesday, February 22	NO JUNIOR HIGH MEETING—Winter Break
Sunday, February 26	Sunday Catechetical Classes in session

***Junior High will meet every Wednesday night from 7:30pm-8:45pm except for February 8 & 22.**



WOMEN & SPIRIT: Catholic Sisters in America reveals the mystery behind a small group of independent American women who helped shape

the nation's social and cultural landscape. First arriving in America nearly 300 years ago, throughout periods of struggle and controversy, sisters established schools, hospitals, and colleges, and provided other social services that have served millions. Through their enduring legacy and persistent vision, the nation's promise of equality and opportunity continues to be extended to all Americans, regardless of faith, color, nationality, or economic status. Meet women who corresponded with President Thomas Jefferson, talked down bandits and roughnecks, lugged pianos into the wilderness, and provided the nation's first health insurance to Midwestern loggers. Discover sisters' quiet courage during many dramatic moments in U.S. history, including the Civil War, the Gold Rush, the San Francisco Earthquake, the Influenza Epidemic, the Civil Rights Movement, and Hurricane Katrina.

The California Museum (www.californiamuseum.org) in Sacramento will have this exhibit now until June 3, 2012. Perhaps your family can visit and learn more about these women that shaped the nation's social and cultural landscape. Visit www.womenandspirit.org for more information. Brochures are available in my office.

PLEASE SUPPORT OUR DIOCESE AND OUR PARISH BY DONATING TO THE ANNUAL DIOCESAN APPEAL

The ministries and services funded by the appeal include:

- Seminarian education
- Institute for Leadership in Ministry
- Youth and young adult ministry
- Priests' retirement
- Campus ministries (high school and college)
- Hospital chaplain ministries
- Detention ministry



**St. Joseph's goal this year:
\$143,004**

No matter what amount you can give, please return your completed pledge form and envelope. Every dollar collected above our goal will come back to St. Joseph of Cupertino.



Guidelines for FAST and ABSTINENCE during Lent:

Abstinence: Penitential practice consisting of refraining from the consumption of meat and is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, Good Friday and the Fridays during Lent are days of abstinence. Pastors and parents are encouraged to see that children who are not bound by the obligation to fast and abstain are led to appreciate an authentic sense of penance.

Fast: In addition to abstinence, fasting is to be observed by all Catholics between the ages of 18-59 years. On days of fasting, one full meal is allowed. Two smaller meals sufficient to maintain strength, may be taken according to one's needs, but together they should not equal to another full meal. Eating between meals is not permitted, but liquids are allowed. Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.

Fast From-Feast On

- Fast from judging others; Feast on the Christ dwelling in them.
- Fast from emphasis on differences; Feast on the unity of life.
- Fast from apparent darkness; Feast on the reality of light.
- Fast from thoughts of illness; Feast on the healing power of God.
- Fast from words that pollute; Feast on phrases that purify.
- Fast from discontent; Feast on gratitude.
- Fast from anger; Feast on patience.
- Fast from pessimism; Feast on optimism.
- Fast from worry; Feast on divine order.
- Fast from complaining; Feast on appreciation.
- Fast from negatives; Feast on affirmatives.
- Fast from unrelenting pressures; Feast on unceasing prayer.
- Fast from hostility; Feast on non-resistance.
- Fast from bitterness; Feast on forgiveness.
- Fast from self-concern; Feast on compassion for others.
- Fast from personal anxiety; Feast on eternal truth.
- Fast from discouragements; Feast on hope.
- Fast from facts that depress; Feast on verities that uplift.
- Fast from lethargy; Feast on enthusiasm.
- Fast from thoughts that weaken; Feast on promises that inspire.
- Fast from shadows of sorrow; Feast on the sunlight of serenity.
- Fast from idle gossip; Feast on purposeful silence.
- Fast from problems that overwhelm; Feast on prayer that [strengthens].



—William Arthur Ward (American author, teacher and pastor, 1921-1994.)