



CONTENTS :

Valentines from Sacred Scripture

<i>God is Love</i>	1
<i>My Best Friend</i>	1
<i>Story of Our Lady of Lourdes</i>	2
<i>Q & A What is Candlemas?</i>	2
<i>January, February, and March Dedications</i>	3
<i>Jubilee 2025 Year of HOPE!</i>	3
<i>AHF Winter Activities</i>	4

“How precious is Your never failing Love, O GOD!”- Psalm 36:7

“You, LORD, are forgiving and good, abounding in Love to all who call to you.” - Psalm 86:5

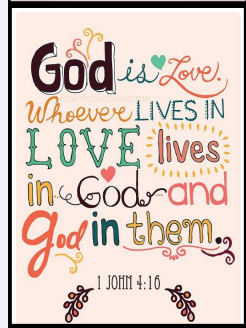
“But you, O LORD, are a GOD merciful and gracious, slow to anger and abounding in steadfast Love and faithfulness.” - Psalm 86:15

“Give thanks to the GOD of heaven, for His steadfast Love endures forever.” - Psalm 136:26

“The LORD your GOD is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His Love; He will exult over you with loud singing.” - Zephaniah 3:17

“For GOD so Loved the world, that He gave His only SON, that whoever believes in

GOD
Designed me.
Created me.
Blesses me.
Heals me.
Defends me.
Forgives me.
Loves me.

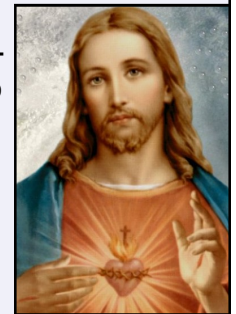


Him should not perish but have eternal life.” - John 3:16

“As the FATHER has Loved Me, so have I Loved you. Abide in My Love. If you keep My commandments, you will abide in My Love, just as I have kept My FATHER’s commandments and abide in His Love. These things I have spoken to you, that My joy may be in you, and that your joy may be full. This is My commandment, that you Love one another as I have Loved you. Greater Love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from My FATHER, I have made known to you. You did not choose Me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the FATHER in My name, He may give it to you. These things I command you, so that you will Love one another.” - John 15:9-17

“Love is patient, Love is kind. It does not envy, it does not boast, it is not proud...it always protects, always trusts, always hopes, always perseveres.” - 1 Corinthians 13:4-8

“GOD shows his Love for us in that while we were still sinners, CHRIST died for us.” - Romans 5:8



My Best Friend: *Jesus is the best friend you will ever know. He will never let you down. He will always be there for you. You can lean on Him when you are feeling weak. You can talk to Him about anything and He will understand. He loves you unconditionally. He will help you with any problem you may have. He will always have the right answer for you. He will build you up when you are feeling down. He will guide your every step. Jesus is the best friend you will ever know.*

Question & Answer



Why is the Mass on the Feast of the Presentation called Candlemas?

On February 2, the Church celebrates the Feast of the Presentation of the Lord, forty days after Christmas. This is considered a “Christmas feast,” even though it is not part of the Christmas season. This the last feast of the liturgical calendar that we commemorate Christ still as an infant child. It is on this day that candles are blessed; hence, Candlemas. The blessing of candles represents Christ the light of the world, whose birth illumined a world shrouded in darkness.

St. Joseph and our Lady entered the temple, unnoticed among the crowd. The baby Jesus, the “desired of all nations” came to the house of His Father in his Mother’s arms.

Saint Alphonsus Liguori in the *Glories of Mary*, II, 6, makes this commentary: “Saint Simeon received a promise from God that he should not die until he had seen the Messiah born... But he did not receive this grace except by means of Mary, for he did not see the Savior until he saw him in the arms of Mary. ... Let us, then go to this Divine Mother if we wish to find Jesus; and let us go with great confidence.” Mary always brings our prayers to Jesus.

The Story of Our Lady of Lourdes

“Each year over 2 million people make their way through the mountainous country of southeastern France to Lourdes. They come seeking cures, hoping to find answers, believing, and praying. At Lourdes, people recall the Lady dressed in white, with a blue sash, yellow roses at her feet, and a Rosary on her arm—the Blessed Virgin Mary



“On February 11, 1858, Mary appeared to 14-year-old Bernadette Soubirous. This was the first of 18 visits, many of them with 20,000 people present. When Bernadette asked the Lady’s identity, she replied, “I am the Immaculate Conception.” Just four years earlier, the pope had proclaimed it a dogma that Mary was conceived immaculate without original sin. The Blessed Virgin, through Bernadette, had come to call sinners to a change of heart. Her message was a request for prayer and penance. She also instructed Bernadette to tell the priests that a chapel was to be built on the site and processions held.

“On February 25, 1858, the Lady told Bernadette to dig in the dirt and drink of the stream. Bernadette began to dig, and after several attempts she was able to find the water to drink. The water continued to flow from where she had dug with her hands until it was producing over 32,000 gallons of water a day—as it still does. There have been many cures recorded. Most of these have taken place during the blessing with the Blessed Sacrament.

“... We may never travel to Lourdes and join in the processions, but we can know always that we have a Mother to help us and lead us to her Son, Jesus. And so we pray to her: ‘Grant us, O merciful God, protection in our weakness, that we, who keep the Memorial of the Immaculate Mother of God, may, with the help of her intercession, rise up from our iniquities. Through our Lord Jesus Christ, your Son, Who lives and reigns with you in the unity of the Holy Spirit, One God, forever and ever. Amen.’ (Collect Prayer from the feast of Our Lady of Lourdes)” Source—www.loyolapress.com



Mary, My Mother, My Confidence!

VOLUME 10 ISSUE 1

January is Dedicated To The Holy Name of Jesus!
February is Dedicated To The Holy Family!
March is Dedicated To Saint Joseph!
Here is a Prayer to the Holy Family:

“DEAR JESUS, I humbly implore You to grant Your special graces to our family. May our home be the shrine of peace, purity, love, labor and faith. I beg You, dear Jesus, to protect and bless all of us, absent and present, living and dead.

“MARY, loving Mother of Jesus, and our Mother, pray to Jesus for our family, for all the families of the world, to guard the cradle of the newborn, the schools of the young and their vocations.

“BLESSED SAINT JOSEPH, holy guardian of Jesus and Mary, assist us by your prayers in all the necessities of life. Ask of Jesus that special grace which He granted to you, to watch over our home and all our loved ones, so that with Mary and with you, heaven may find our family unbroken in the Sacred Heart of Jesus, through the Immaculate Heart of Mary. AMEN.

“HOLY FAMILY OF NAZARETH, WE PRAY FOR PEACE AND HEALING FOR OUR FAMILY, AMEN.” Source: V-Catholic.com

Pope Francis officially declared 2025 a Year of Jubilee with a papal bull, “Spes Non Confundit.” This means: “Hope Does Not Disappoint.” The following quotes will help you to keep your focus on HOPE throughout 2025:

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” – Isaiah 40:31

“Three things are necessary to everyone: truth of faith which brings understanding, love of Christ which brings compassion, and endurance of hope which brings perseverance.” – St. Bonaventure

“Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you.” — St. Thomas Aquinas

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” – Romans 15:13

“Those whose hearts are enlarged by confidence in God run swiftly on the path of perfection. They not only run, they fly; because, having placed all their hope in the Lord, they are no longer weak as they once were. They become strong with the strength of God, which is given to all who put their trust in Him.” — St. Alphonsus Liguori



Academy of the Holy Family Winter Activities

Upcoming AHF Events: The Students and Sisters will again be participating in the National March for Life from January 23-24, 2025 in Washington DC. This year's theme is "Life: Why We March" which seeks to unify, encourage and strengthen pro-life advocates in this next phase of the battle for life. The Students will celebrate Catholic schools week: January 27 to January 31. Students observe the week with Masses, assemblies, events to join the celebration around what makes Catholic schools stellar. February 10 is the date for the Academy of the Holy Family National Honor Society (NHS) Induction. The NHS is a national organization for high school students that seeks to honor students who demonstrate excellence in the areas of scholarship, leadership, service and character. The students will be on February break from Feb. 13th to Feb. 18th. Feb. 21 is the date for the NHS Talent show.

MARCH FOR LIFE

Life: WHY WE MARCH
THE 2025 MARCH FOR LIFE



Catholic Schools
United in Faith and Community

Discover Your Future at the Academy of the Holy Family

Where friends become family. Come join us!



Open House

Saturday, Feb. 8, 2025

Snow date: Feb. 22

10:00am - 12:00pm

54 W. Main Street, Baltic, CT
ahfbaltic.org 860-822-9272

A Catholic, college preparatory day and boarding High School
for U.S. and international students
empowering young women to make a difference in the world.

Register to attend!

Scan the QR code
or call the Academy: 860-822-9272



Excellence in education. Strong in faith and values. Affordable!

Students at the Academy of the Holy Family (AHF) are part of a tradition that stretches back over 150 years and has produced hundreds of strong women in society. Each young woman is encouraged to develop her faith, to be part of the AHF community and to serve others as she strives for the excellence in academics, arts and athletics. The Academy of the Holy Family offers a wide variety of opportunities for each young woman to grow in knowledge, experience and maturity. Clubs and organizations, sports teams, music ensembles, service opportunities, social events, liturgies and school activities allow each student to reach her potential in body, mind and spirit. Here, each girl tries new things, takes risks, discovers inspiration in her triumphs and is strengthened by her learning experiences. She will mature in an environment of high standards, ethics and empathy. She will emerge an independent and resilient young woman, tenacious in her commitment to herself, her family and her community. At AHF, we get to know each student and help unlock her potential, to better her life and her world.

The Sisters of Charity of Our Lady Mother of the Church wish you blessings this Winter Season. *Mary's Handmaids* is a newsletter for teenage girls. *No Charge.* To receive newsletters, contact srmarijacinta@gmail.com