



A WEEKLY NEWSLETTER FOR THE KIDS OF ST. AMBROSE

Sunday, February 12, 2023

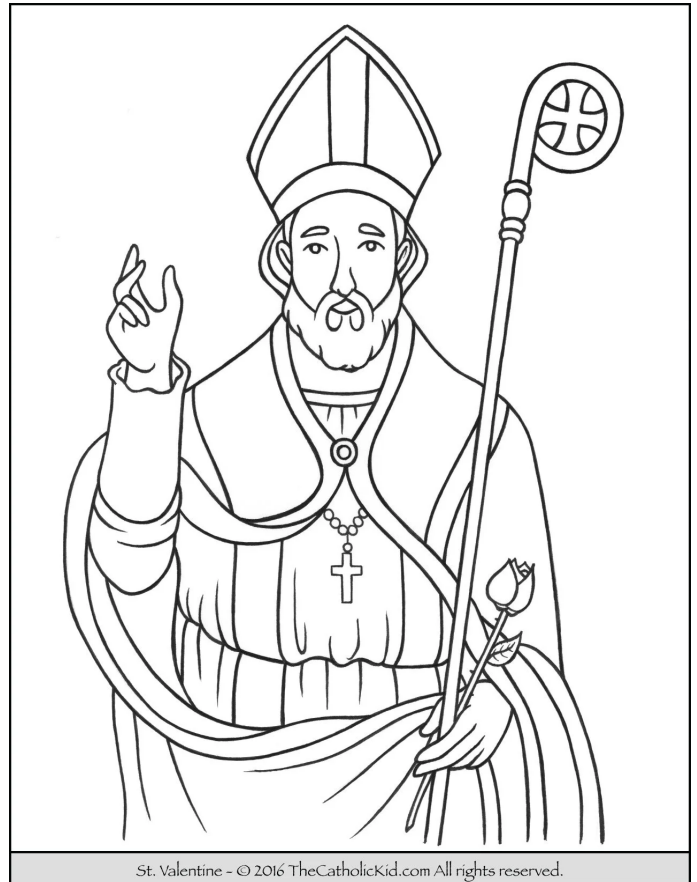
Gospel: Matthew 5:17-37

Although there is not a great historical record of **Saint Valentine**, there are numerous accounts of priests and bishops named Valentine who have done remarkable things. One of the most well-known accounts recalls St. Valentine, a Roman bishop in the third century who was imprisoned under Emperor Claudius for marrying Christian couples and helping other persecuted Christians. It is said that, while imprisoned, he healed the jailer's blind daughter, leaving a note behind before he was executed signed, "Your Valentine." St. Valentine is the patron saint of happy marriages, beekeepers, engaged couples, and epilepsy, among others. While his feast day on February 14th has also become a secular holiday, we should remember the story of St. Valentine reminds us of Christ-like, sacrificial love. St. Valentine, pray for us!



**"You are rewarded not according to your work or your time but according to the measure of your love."**

- St. Catherine de Ricci  
(Feast Day February 13th)



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## FAMILY TIME

*At the dinner table,  
in the car,  
we talk about our faith,  
wherever we are!*



In today's Gospel Jesus advises his disciples (and us!) how to keep God's commandments.

**LITTLE ONES:** Jesus says, "Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.'" This means we should do what we say we are going to do. Ask your parents if there is anything you can do for them today, say "Yes!" and follow through with the task.

**BIGGER ONES:** In today's Gospel, Jesus says, "whoever is angry with his brother will be liable to judgment...go first and be reconciled with your brother, and then come and offer your gift." Do you have a brother, sister, friend, or classmate that you need to reconcile with? If you are having difficulty, pray for the humility to do so.

**FAMILY CHALLENGE:** This week's Gospel is connected to the 10 Commandments. Review them together as a family and perhaps use it as an examination of conscience for confession.

Psalm 119: "Blessed are they who follow the law of the Lord!"

### *Looking Toward Lent*

Lent is a time to reflect on the death and resurrection of Christ and to renew our own baptismal vows. As Catholics, we follow three main observances during Lent: prayer, fasting, and almsgiving.

This year, Let begins on February 22nd, on Ash Wednesday. As preparation for Lent, it might be helpful to focus on these three aspects:

**Prayer:** Think of how much time you spend talking with your best friend. How might you find more time to talk with God? Try to prioritize this during Lent.

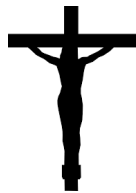
**Fasting:** Is there a distraction in your life right now that you can abstain from in order to spend more time with God?

**Almsgiving:** Can you find little ways to give to others without them knowing? Make a list of people you could bless this Lent.



DILIGENTLY  
BLAMELESS  
COMMANDED  
STATUTES

OBSERVE  
DECREES  
SERVANT  
WONDERS



HEART  
FIRM

**Pray & Color:** The feast day of St. Valentine is on February 14th! Color a Valentine greeting for Jesus!

