

# **Our Lady of the Valley Religious Education**

## **February 2026 Activity Packet**

### **Grades 3-6**



**Name:** \_\_\_\_\_

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## February 2026 Overview: Grades 3-6

**Theme:** Month of the Holy Family

**Litany of the Holy Eucharist Title:** Sacred Host, Sacrament of love

**Sixth Office of the Sacred Heart:** Suppliant of Our Lord

**Invocation of the Sixth Choir of Holy Angels:** By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil.

**Sixth Aspiration to the Sacred Heart:** Heart of Jesus, perfect model of meekness, inspire my heart with this salutary virtue.

### Thematic Guiding Questions, 3-6:

- ✠ Who is in the Holy Family?
- ✠ Why do you think we honor the entire Holy Family, and not only the individual members?
- ✠ How do the holy angels help us to serve God and each other well in our families? How may we be more like the holy angels?
- ✠ What is something unique you love about each member of the Holy Family? What do all of the members of the Holy Family have in common; what brings them together as a family?
- ✠ How can you be more like each of the members of the Holy Family?

**Saint of the Month: St. Bernadette Soubirous** was a young woman visited by Our Lady in Lourdes, France in the 1850s. Our Lady asked for a chapel to be built on the site where she visited. Springs of water were underneath this area. Now, people visit the shrine (church) at Lourdes to be healed by this holy water in the place graced by Our Lady's presence. Like all those who develop a devotion to Our Lady of Lourdes, St. Bernadette was very inspired by Mother Mary, and became a nun in the religious community called the Sisters of Charity. She led a holy life honoring Our Lady. When Our Lady appeared to St. Bernadette, she prayed the Holy Rosary with her, only saying the "Glory Be" to give glory to God. Our Lady did not pray the "Our Father," because as a sinless person, she could not pray to be led away from sin (in the "Our Father," we say, "lead us not into temptation"). She also could not pray the "Hail Mary," because in her humility, she would not salute herself, nor would she ask to "pray for *us* sinners," when she was without sin, and therefore, not among sinners (but when *we* ask Our Lady to pray for us, she certainly will). With the holy angels, Our Lady and all of the saints give glory to God, and with all that we do in this month, we strive to do the same.

**Monthly Challenge:** Use holy water to bless the members of your family. (You might use the holy water that was blessed at Epiphany.) Say a special prayer asking Our Lady, Queen of Families to intercede for your family. Pray that the guardian angel of each family member would help them to become closer to Our Lady so that they may become closer to Jesus. Ask Our Lady, Queen of the Angels to watch over each of you, and to help you each to grow more like the holy angels, in developing a special friendship with God every day, as His beloved children. Offer your Holy Communion, or your spiritual communion, to the holy angels to honor them. They

delight in being offered Holy Communion, since they cannot receive It themselves, being purely spiritual, and not material, beings.

Practice the sixth Office of the Sacred Heart. Serve as a suppliant by bringing special petitions to Our Lord when you visit Him in the Blessed Sacrament. Unite with the holy angels in bringing special intentions of your friends and family members to Jesus, offering prayers on their behalf, as you deliver their messages to Our Lord. Then unite your prayers with the Hearts of Jesus and Mother Mary, that Mother Mary may deliver graces from the Heart of Jesus to those for whom you pray. Pray to imitate the enduring love of Jesus, the Eternal High Priest, Who makes constant intercession for us, as you develop a prayer plan going forward, keeping special intentions in your daily prayers.

**Overall Learning Goals:** This month's overall goal is to further understand how God communicates His love to us not only through revelation in both Sacred Scripture and Tradition, but in every part of our lives, especially within our families.

**Summary of Activities:** Our activities will help us to learn more about God's love by exploring how God has revealed His great love through the lives of Jesus, Mary, St. Joseph (the Holy Family) and the saints in the universal Church family. We will learn about how God reflects His love in the people around us, and about how we can reflect God's love through our own words and actions. Through discovering more about the richness of Catholic traditions in celebrating feast days, observing the liturgical season of Lent, and receiving the sacraments, we will come to see how God's love is always with us.

**Suggested Mealtime (Grace) Prayer:** "Our Heavenly Father, kind and good, we thank You for our daily food. We thank You for Your love and care. Be with us Lord, and hear our prayer. Amen."

**Suggested Prayer starter (for personal prayer):** "God, you created me to know, love, and serve you."

**Additional Learning & Enrichment Ideas:** Please see the enclosed 2026 Lenten calendar. You can use this to track your Lenten resolution (what you choose to practice as a sacrifice for Lent, or what you choose to add for spiritual growth in this season). Each day that you live out what you have dedicated yourself to doing for God can be colored in purple (the liturgical color for penitential seasons like Lent), and pink on Laetare Sunday, the fourth Sunday of Lent. You could set Lenten goals to work on together as a family rather than individually.

- ♥ Eucharistic Adoration is an excellent devotional practice to love and praise God. In the peace of an adoration chapel, we can come to more deeply love Christ's Presence in the Holy Eucharist. If you cannot attend in person, you can see a video of Eucharistic Adoration at the Shrine of Our Lady of Czestochowa in Jasna Gora, Poland, here: [https://www.youtube.com/watch?v=fi\\_UnrvGJ6E&list=PLv-YpudlA7842bOzEGRHB-6Ky-CDkziqp&index=44&pp=gAQBIAQB8AUB](https://www.youtube.com/watch?v=fi_UnrvGJ6E&list=PLv-YpudlA7842bOzEGRHB-6Ky-CDkziqp&index=44&pp=gAQBIAQB8AUB) (the video features the singing of the "Gorzkie Zale" Polish Lenten hymns, the "Bitter Lamentations," during Adoration)
- ♥ In our "valentines for saints" activities, continue the conversation by talking about what you love about the saints. What did they do that inspired you? How can we emulate their actions during Lent?





## Lenten Calendar 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 18 Day 1 Ash Wednesday Meatless Day	February 19 Day 2	February 20 Day 3 Meatless Friday	February 21 Day 4
February 22 First Sunday of Lent (Little Easter)*	February 23 Day 5	February 24 Day 6	February 25 Day 7 Ember Day**	February 26 Day 8	February 27 Day 9 Ember Day Meatless Friday	February 28 Day 10 Ember Day
March 1 Second Sunday of Lent (Little Easter)	March 2 Day 11	March 3 Day 12	March 4 Day 13	March 5 Day 14	March 6 Day 15 First Friday Meatless Friday***	March 7 Day 16 First Saturday
March 8 Third Sunday of Lent (Little Easter)	March 9 Day 17	March 10 Day 18	March 11 Day 19	March 12 Day 20	March 13 Day 21 Meatless Friday****	March 14 Day 22
March 15 Fourth Sunday of Lent, Laetare Sunday (Little Easter) *	March 16 Day 23	March 17 Day 24	March 18 Day 25	March 19 Day 26	March 20 Day 27 Meatless Friday	March 21 Day 28
March 22 Fifth Sunday of Lent, Passion Sunday (Little Easter)	March 23 Day 29	March 24 Day 30	March 25 Day 31	March 26 Day 32	March 27 Day 33 Meatless Friday	March 28 Day 34
March 29 Sixth Sunday of Lent, Palm Sunday (Little Easter)	March 30 Day 35	March 31 Day 36	April 1 Day 37 Holy Wednesday	April 2 Day 38 Holy Thursday	April 3 Day 39 Good Friday Meatless Friday	April 4 Day 40 Holy Saturday
April 5 Easter Sunday						



\*Sundays: Little Easters; Lenten fast lifted. Therefore, these are not counted as part of the 40 days of Lent. The full Lenten fast ends on Easter Sunday, April 5 this year

\*\*Though no longer required by the Church in the new rite/liturgical calendar, Ember Days were traditionally penitential days of fasting and abstinence from meat (partial on the Wednesday and Saturday Ember Days), which continue to be observed by a number of Catholics today. Ember Days take place during the spring, summer, fall, and winter. Spring Ember Days are those on the Wednesday, Friday, and Saturday after the First Sunday of Lent. Since the First Sunday of Lent falls on February 22 this year, the Spring Ember Days are February 25, 27, and 28. These are excellent days to go to Confession and make reparations

\*\*\*First Fridays during each month are dedicated to the Sacred Heart. It is traditionally a day to go to Holy Mass and ask for reparations, praying for God's mercy

\*\*\*\*Ash Wednesday and all Fridays in Lent are meatless. Some Catholics choose to abstain from meat on Fridays year-round, not only during Lent, in observance of the day that Jesus died (a Friday, the day we commemorate on Good Friday, April 3 this year)

\*Laetare Sunday: pink vestments are worn as a celebration of joy. "Laetare," meaning "rejoice," comes from the first word of the Latin Introit (the first Proper, or changing reading, of the Holy Mass said on this day), chanted when the priest approaches the altar at the beginning of the Holy Mass

### Learning Standards

Grade Level	Week	Activities	Learning Standards
<b>Grade 3</b>	<b>1</b>	<b>“Jesus Loves Us”</b>	<b>3.2</b> God is at the center of life. All of the sacraments point back to Him as the source of all love, all virtue.
	<b>2</b>	<b>“The Theological Virtues”</b>	<b>3.1</b> The theological virtues are faith, hope, and charity (love). Love is the greatest of these virtues. They are known as the “theological virtues” because they come from God (“theo” means “God” in Greek).
	<b>3</b>	<b>“Valentines for Saints”</b>	<b>3.5</b> The process of becoming a saint (a person in Heaven) recognized by the Catholic Church starts with Beatification. In this initial stage of the process, when the cause for sainthood is made, the potential saint’s life, spiritual writing, and practice of virtue are investigated. There must be at least one miracle attributed to the candidate and certified, though certified miracles are not required of martyrs. If the investigation’s results are favorable, the candidate is deemed “Blessed.” After that,

			another investigation takes place. Following this investigation, the Pope may declare the candidate a saint, canonizing them officially.
<b>Grade 4</b>	<b>1</b>	<b>“The Light of God’s Love at Candlemas”</b>	<b>4.4</b> The Church year is called the liturgical year, because it organizes our celebration of the liturgy, the public worship of God (namely, through the Mass). The liturgical seasons reflect Christ’s life.
	<b>2</b>	<b>“Love &amp; Prayer”</b>	<b>4.6</b> Regularly attending Mass helps us to live out our calling, follow Christ, and abide by God’s law. There are two major parts of the Mass: the Mass of the Catechumens and the Mass of the Faithful. Each have different components making them up. The Mass of the Catechumens was traditionally for the unbaptized still learning the Mass, and goes up to the Offertory. The Mass of the Faithful includes Communion, and so it was traditionally for those who had already made their sacraments (rites of initiation),

			going from the Offertory to the end of the Mass. God speaks to us in the first part of the Mass through the readings, and we respond in the second part when we receive Communion, allowing Christ to enter our hearts.
	<b>3</b>	<b>“God’s Love Reflection Journal”</b>	<b>4.8</b> Doing good works is an essential part of the Christian life, as Christ was Himself a servant who lived to care for others, tending to their physical and spiritual ailments.
<b>Grade 5</b>	<b>1</b>	<b>“Lent &amp; the Sacraments”</b>	<b>5.5</b> Though we all have unique callings to live out our love for God, we all can be part of celebrating the traditions of the Church. Sacred Tradition is the living faith that has been transmitted to us by the Church as instituted by Christ... Sacred Tradition encompasses the worship of the faithful, the application of teachings... the tangible practices that are used to express devotion to God. The sacraments comprise Sacred Tradition, because they are encounters with Christ.

			<p>Christ is active in the sacraments.</p> <p><b>5.8</b> Sacraments such as the Eucharist are visible signs of God's love we can encounter today. Throughout His life, Jesus did miraculous things to show us that He is God, and that He will do amazing things out of love for us, to bring us closer to Him. We can read about these miracles in Scripture.</p>
	2	<b>"Lenten Resolutions"</b>	<p><b>5.4</b> We each have a different calling, something that God is asking us to do, by using the special talents and personalities He gave us. We are all made in God's image, but are completely unique... all of us can live out our callings to do good things out of love for God.</p>
	3	<b>"Valentines for Saints"</b>	<p><b>5.4</b> We each have a different calling, something that God is asking us to do, by using the special talents and personalities He gave us. We are all made in God's image, but are completely unique. There is no one else like you. Some are called to Holy Orders,</p>

			and others serve God in different ways, but all of us can live out our callings to do good things out of love for God.
<b>Grade 6</b>	<b>1</b>	<b>“Lenten Preparation Reflection Journal”</b>	<b>6.1</b> Catholics throughout history have used their talents to glorify God, turning away from sin to pursue virtue and make a positive impact on the world, attesting to the greatness of God.
	<b>2</b>	<b>“Our Lady of Lourdes”</b>	<b>6.9</b> Mary, Mother of Jesus, has played an essential role in salvation history... with Her steadfast love, Her role as Mother that will never change... She is a universal Mother... Around the world, Mary has appeared to people according to how their culture would recognize Her.
	<b>3</b>	<b>“New Beginnings at Lent”</b>	<b>6.7</b> In the Catholic Bible, there are 46 books in the Old Testament, and 27 books in the New Testament, making up 73 books in total. The Old Testament tells the stories of the people who lived before Jesus. Their stories hint at His coming. Jesus’ life is the focus of the New Testament, which

			shows how He fulfilled the Jewish prophecies of the Old Testament. The Pentateuch consists of the first five books of the Old Testament: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy...
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## February 2026 Lesson Pacing Guide (Suggested Schedule)

## Grade 3-6

Week Number/Date	Grade Level	Activities
<b>Week 1</b> (February 2, 2026 – February 6, 2026)	<b>Grade 3</b>	“Jesus Loves Us”
	<b>Grade 4</b>	“The Light of God’s Love at Candlemas”
	<b>Grade 5</b>	“Lent and the Sacraments”
	<b>Grade 6</b>	“Lenten Preparation Reflection Journal”
<b>Week 2</b> (February 9, 2026 – February 13, 2026)	<b>Grade 3</b>	“The Theological Virtues”
	<b>Grade 4</b>	“Love and Prayer”
	<b>Grade 5</b>	“Lenten Resolutions”
	<b>Grade 6</b>	“Our Lady of Lourdes”
<b>Week 3</b> (February 16, 2026 – February 20, 2026)	<b>Grade 3</b>	“Valentines for Saints”
	<b>Grade 4</b>	“God’s Love Reflection Journal”
	<b>Grade 5</b>	“Valentines for Saints”
	<b>Grade 6</b>	“New Beginnings at Lent”

Week Number/Date	Grade Level	Words to Practice	Definitions
<b>Week 1</b> (February 2, 2026 – February 6, 2026)	<b>Grade 3</b>	<b>Virtue</b>	A holy quality; something that leads us to greater holiness.
	<b>Grade 4</b>	<b>Liturgical seasons</b>	Special times celebrated during the Church year, such as Lent and Advent, when we remember the events of Jesus’ life.
	<b>Grade 5</b>	<b>Actual sin</b>	Sins that people commit; things they do that do not follow God’s Commandments.
		<b>Original sin</b>	The sin that people inherit from Adam and Eve, our first parents who disobeyed God. Original sin is washed

			away in Baptism, when we become part of God's Family.
<b>Week 2</b> (February 9, 2026 – February 13, 2026)	<b>Grade 3</b>	<b>Theological virtues</b>	Faith, hope, and charity (love), which all come from God. We can be like Jesus by living out these qualities, the greatest of which is love.
	<b>Grade 4</b>	<b>Offertory</b>	The offering of the Sacrifice of the Mass, the bread and wine, which become the Body and Blood of Jesus.
	<b>Grade 5</b>	<b>Vatican</b>	The seat of the Catholic Church, the official headquarters, in Rome, Italy, where the Pope lives.
	<b>Grade 6</b>	<b>Douay-Rheims</b>	The English translation of the Latin Bible.
<b>Vernacular</b>		The common language; what is most frequently spoken in an area. Vulgate: the Latin translation of the Bible completed by St. Jerome.	
<b>Week 3</b> (February 16, 2026 – February 20, 2026)	<b>Grade 3</b>	<b>Patron Saint</b>	A special saint we pray to for a certain cause. We might pray to St. Anthony, for example, if we are trying to find something, because he is the patron saint of lost things.
	<b>Grade 4</b>	<b>Eternity/eternal life</b>	Life that goes on forever, after life on Earth has been lived. Heaven is an example of eternal life, because this is where we may go forever to be with Jesus if we avoid sin.
	<b>Grade 5</b>	<b>Bishop</b>	The next highest rank after Cardinal. Bishops lead dioceses.
	<b>Grade 6</b>	<b>Genesis</b>	The first book of the Pentateuch, telling the story of creation ("genesis" means "beginning," or "origin").

<b>Week Number/Date</b>	<b>Grade Level</b>	<b>Prayers to Practice</b>	<b>Text of Prayers</b>
<b>Week 1</b> (February 2, 2026 –	<b>Grade 3</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>

<b>February 6, 2026)</b>	<b>Grade 4</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 5</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 6</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
<b>Week 2 (February 9, 2026 – February 13, 2026)</b>	<b>Grade 3</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 4</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 5</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 6</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
<b>Week 3 (February 16, 2026 – February 20, 2026)</b>	<b>Grade 3</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 4</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven,</b>

			<b>Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 5</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>
	<b>Grade 6</b>	<b>Fatima Prayer</b>	<b>O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, Especially those in most need of Thy mercy. Amen.</b>

**February 2026 3-6 Activities: Week 1**  
**Grade 3- "Jesus Loves Us"**



In some years, the season of Lent has begun on February 14, since Ash Wednesday, the first day of Lent, is a moveable feast, a feast day whose date changes each year. This year, Lent will begin on February 18, but every year, we can celebrate Lent as a season of love, just as we celebrate love on St. Valentine's Day, February 14. In the weeks leading up to Christmas, we took part in the season of Advent. We waited to celebrate the birthday of Jesus on Christmas, remembering when He came to our world to save us. During Lent, we will wait to celebrate Easter, the day Jesus rose (came back to life) after dying on the Cross. We learn about why Jesus was born: because God loves us. God the Father sent His Son, Jesus, to Earth to give His life to save us. Jesus would help people to get to Heaven.

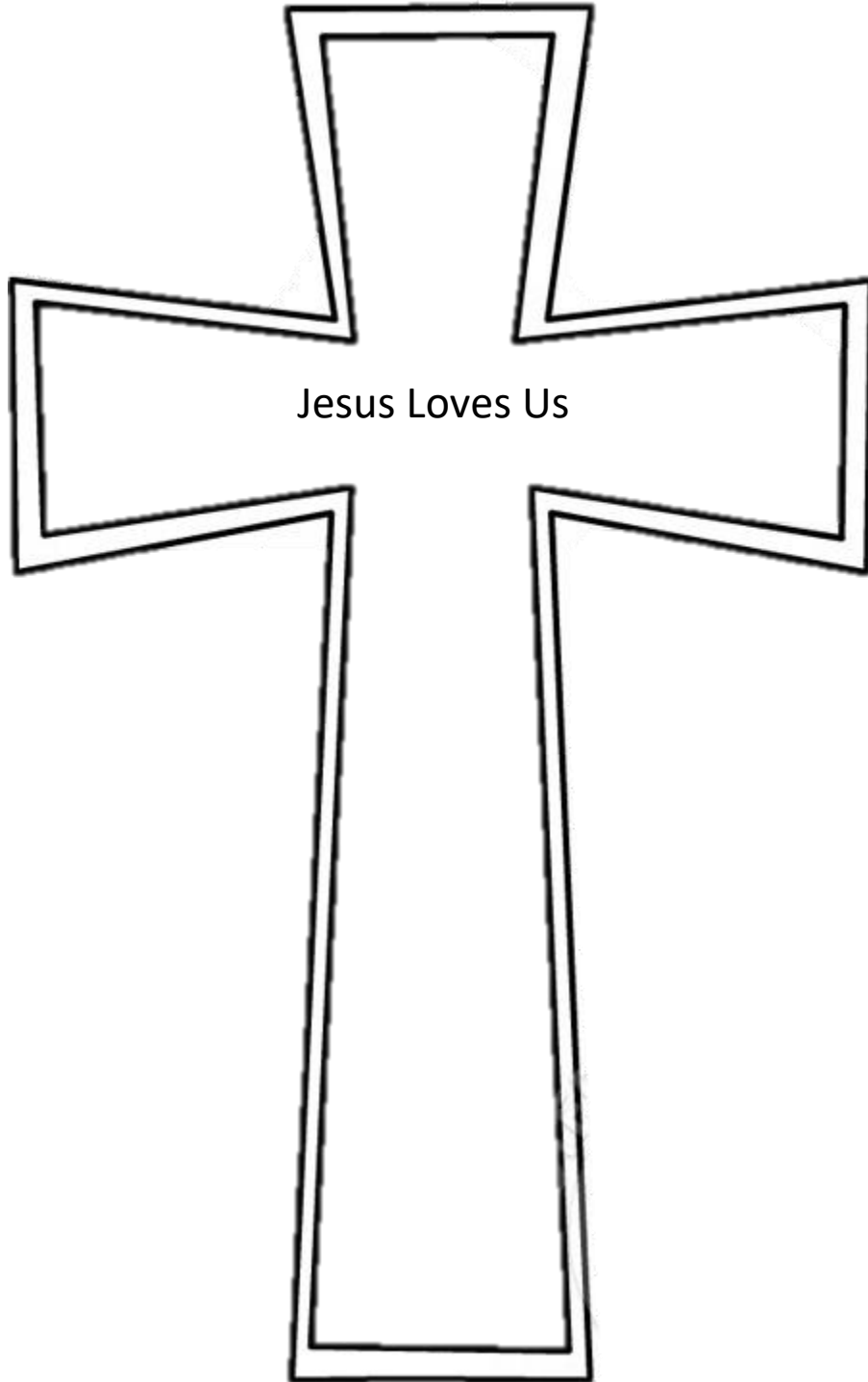
Lent is 40 days. While we wait for Easter, we pray and think of Jesus' Sacrifice, which happens again at every Holy Mass we go to, when the Bread is changed into Christ's Body. We remember how much He loves us, and do something special to thank Jesus for all that He has done out of love for us. God is happy when we do kind things out of love. Just like Advent, Lent is a time when we can learn more about Jesus' life and grow in **virtue** (holiness, goodness), living with love, as Jesus did. Every season throughout the liturgical year, the year of special feast days and holy days in our Church, is a time to celebrate God's love. In church, we see the Crucifix: Jesus on the Cross. When we see the Crucifix, we can say a prayer. We can also keep crucifixes in our houses. The Cross reminds us of Jesus' love.

**On the next page, make your own Lenten Cross that you can cut out and put in a place where you will see it every day. On or around the Cross, write and/or draw three things you love about Jesus. You could also write three ways you have seen His goodness in your life, His love for you. Then, write/draw what you can do to show your love for Jesus this Lent. How will you honor Jesus, and all that you love about Him?**





I Love Jesus



Jesus Loves Us



**February 2026 3-6 Activities: Week 2**  
**Grade 3- "The Theological Virtues"**



The **theological virtues** are virtues that come from God. These virtues are faith, hope, and love. When we have faith, hope, and love, we can become closer to God. When we have faith, we are believing in God. We know that God is with us, and talk to God in our prayers. When we have hope, we are trusting that God will help us. If we are hoping, then we are keeping joy in our hearts, knowing that God will do good things for us because He loves us.

When we love others, we are treating them with kindness. We can love God by listening to Him, loving each other as He has asked us to do. It makes God happy to see us living with faith, hope, and love in our hearts, and using the talents He has given us to share these virtues with others. Love is the greatest, the most special, of all of the virtues. We can have faith and hope because of love. Everything good comes from God's love.

- 1. How can you practice each of these virtues, especially during Lent? Draw and write your ideas below.**

Faith	Hope	Love

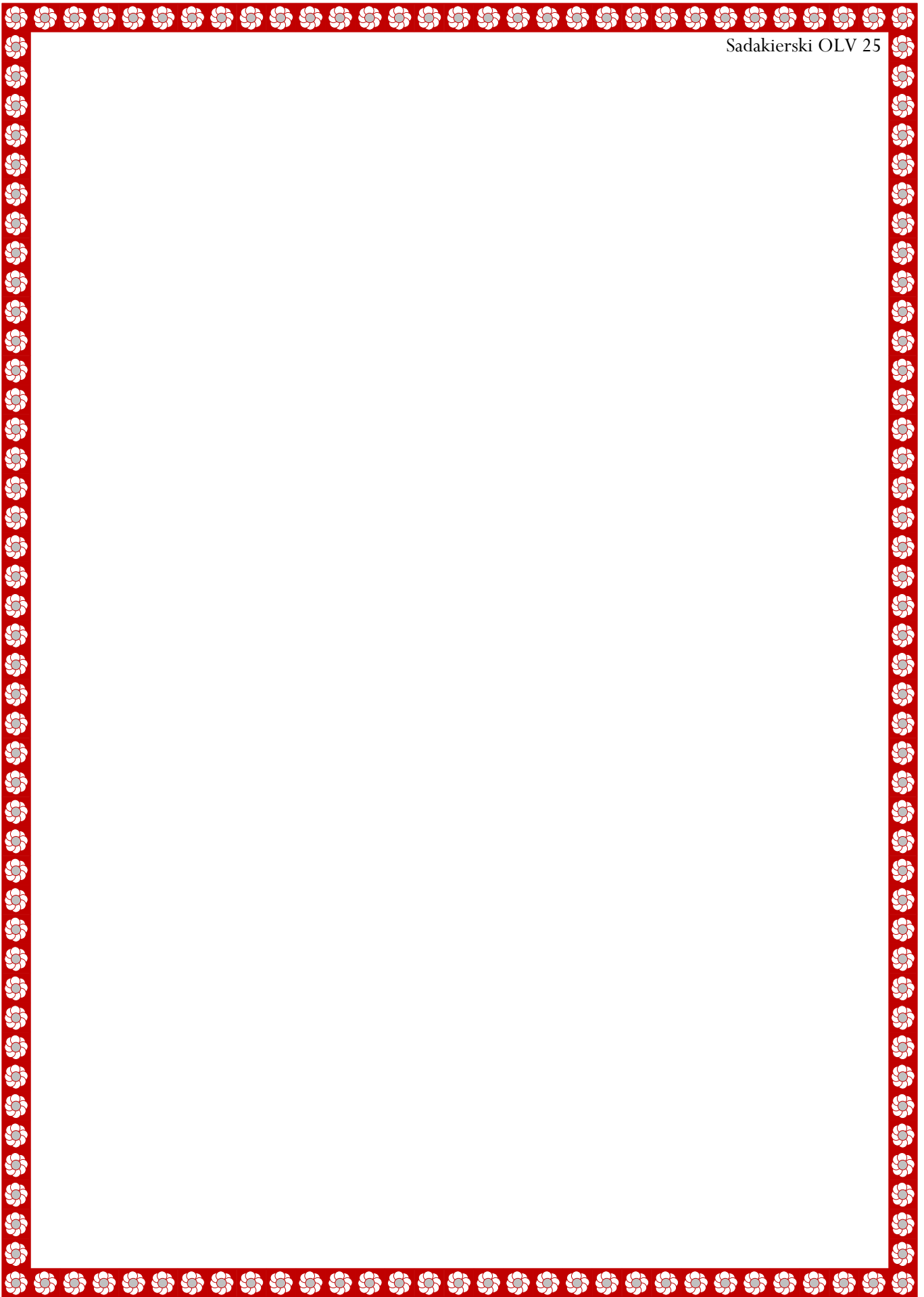
- 2. Why is love the greatest virtue?**

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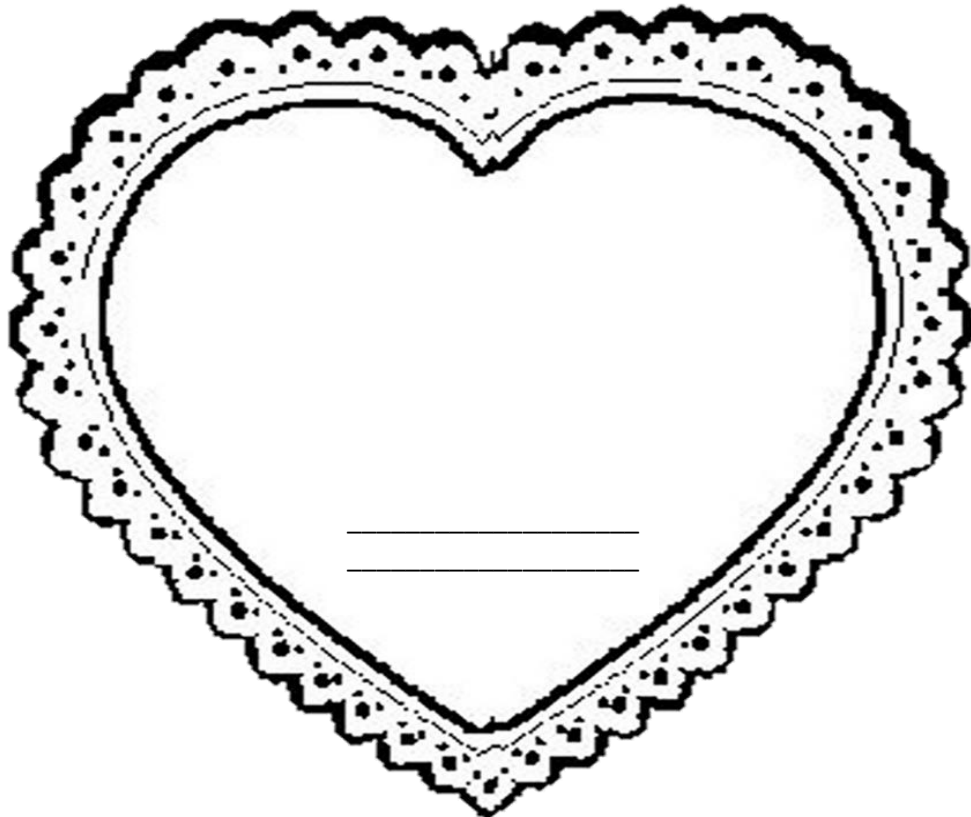


**February 2026 3-6 Activities: Week 3**  
**Grade 3- “Valentines for Saints”**

On February 14, it is a special tradition to share valentines with friends and family to tell them how much we love them. We remember St. Valentine’s love for God, which he showed in how he helped bring others closer to God. Saint Valentine is thought of as the saint of love, but all of the saints, people who are in Heaven, teach us how we can love God and others. All of the saints loved God on Earth, following His Commandments, especially in how they loved each other, using their talents from God to help people. Now, they love God in Heaven.

We can each choose a **patron saint** to pray to, a saint who can become a special friend, and help us use our unique talents. Your patron saint might be the saint you were named after. There are also saints to ask for help with certain things we need. Saint Anthony is the patron saint of lost things. If you lose something, you can ask St. Anthony to help you find it, and he will answer your prayer. This year, you can start a new tradition by sharing a saint valentine with a friend or family member, and praying for the person you gave your valentine to. You can ask your patron saint to intercede, to help, by sending special blessings from God to your loved one.

**Choose a favorite saint to draw on your valentine. Write their name, and what they are the patron saint of, on the lines below. You can ask a family member to help you learn more about a saint by researching them online (try visiting <https://mycatholickids.com/all-the-saints/>), or sharing their favorite stories about the saint with you.**



**Grade 3- “Valentines for Saints” Continued**

**1. What is something special you learned about your saint?**

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**2. How can your saint help you?**

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**February 2026 3-6 Activities: Week 1**  
**Grade 4- “The Light of God’s Love at Candlemas”**



On February 2, we celebrate Candlemas. During Advent, one of the **liturgical seasons**, a special time in the Church year celebrating Jesus’ life, we got ready to welcome baby Jesus, the Light of the World, into our hearts. We learned that when Jesus was born on Christmas Day, He brought light into the world, because He brought hope. He came to save us.

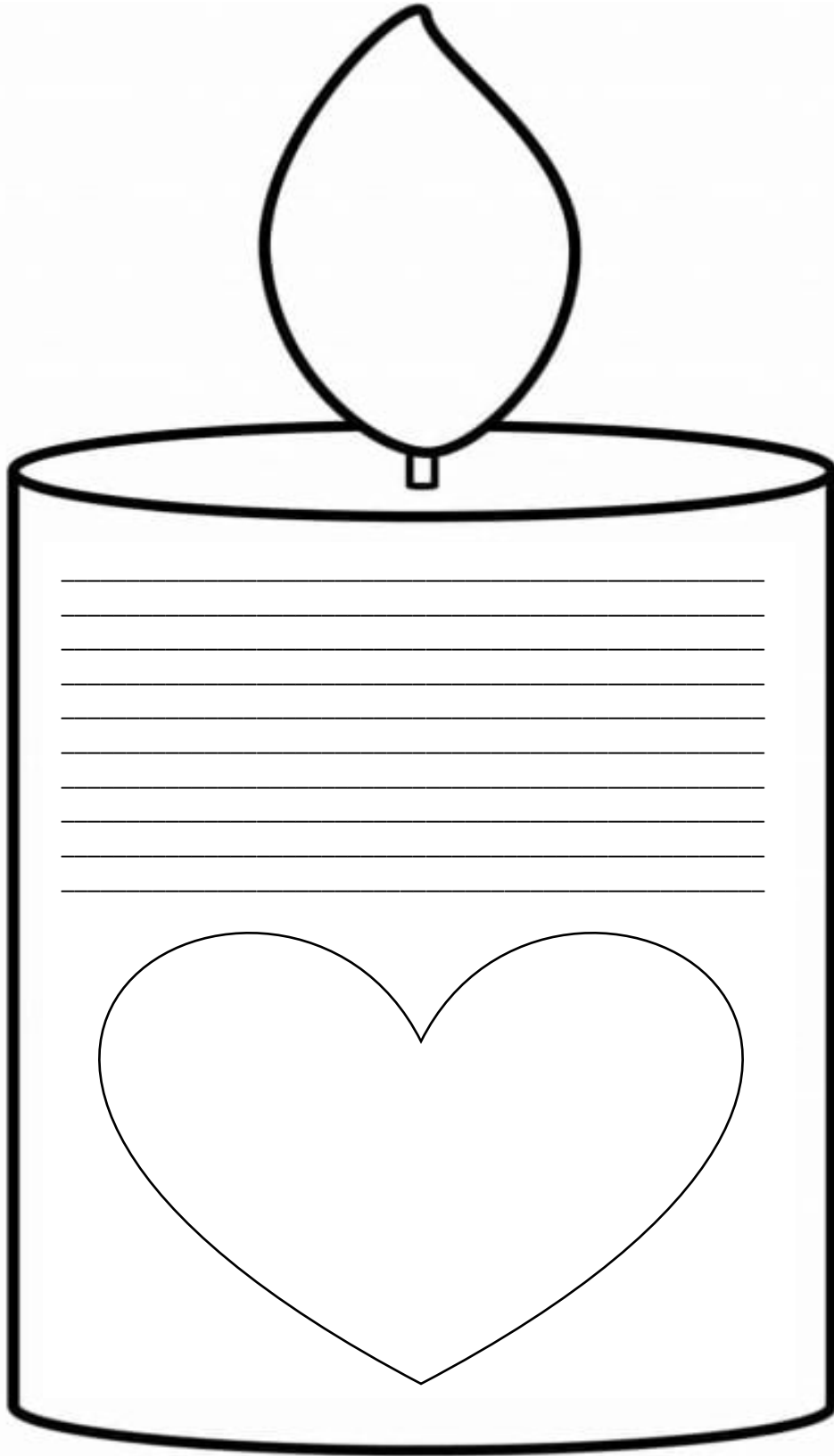
Candlemas is also a day to celebrate the light of Jesus and His Mother, Mary. On Candlemas, we remember the Presentation at the Temple, when the Holy Family (Jesus, Mary, and Joseph) went to the temple, a holy place (like a church) in Jesus’ time. Joseph and Mary brought Jesus just a few weeks after He was born, thanking God for the gift of Jesus’ birth. Today, we honor the light of holiness in Jesus, Mary, and Joseph. Their pure hearts filled with love for God shine His beautiful light, which makes others want to be like Jesus, Mary, and Joseph.



It may be the end of the Christmas season, but we now prepare for Lent, another special liturgical season, when we get ready to celebrate Easter, the day Jesus rose (came back to life) after giving His life on the Cross for us. We can each shine the light God gave us inside, using our talents and sharing our love for God. Shining brightly, we can bring new friends to God’s Church Family.

1. **What is a popular Candlemas tradition (something people do every year to celebrate this day)? You can research traditions around the world, or write about a church tradition at our parish. Write your findings on the next page.**
2. **How can you shine your light for God? You can draw your ideas in the heart on the next page, or write them. You can start thinking about what you can do for Lent to honor Jesus.**





**February 2026 3-6 Activities: Week 2**  
**Grade 4- "Love and Prayer"**



Our Church is a family in Christ. Holy Mass is where we can share and celebrate God's love as a Church family. We can love each other by praying for each other. Jesus gave us prayers like the "Our Father," because through praying, we can come to better know God and receive His blessings. The **Offertory** of the Holy Mass is when the bread and wine on the altar are offered up to God, just as Jesus offered His Body and Blood on the Cross to save us. The bread and wine are consecrated, becoming His Body and Blood at the Holy Mass. When the priest lifts up the Sacred Host, the consecrated bread, Christ's Body. and the chalice (cup) of Jesus' Precious Blood, we can offer our prayers to God. When we receive the Holy Eucharist, Jesus comes into our hearts.

In our prayers, we can also make a spiritual communion, asking Jesus to come into our hearts when we cannot receive the Holy Eucharist. Every time we go to Holy Mass, and any time throughout the day, we can pray in our hearts, telling God we love Him, thanking Him for giving us the people we love, and asking Him to continue helping us to love each other more every day. God hears our prayers, and can do amazing things to help us and the people we pray for. God is love. He wants to help us, because He loves us. We can offer our hearts to Jesus, letting Him work through us to do good things, by using our talents to help others.

**On the lines below, write a prayer for someone you love. You can cut out your prayer card and keep it with you to pray.**

~ ♥ ♥ ♥ ~

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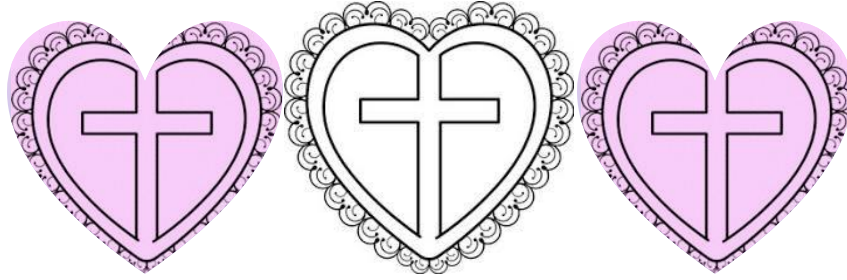
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**February 2026 3-6 Activities: Week 3**  
**Grade 4- "God's Love" Reflection Journal**



We have learned that God is good, joyful, and peaceful. All goodness, joy, and peace in our lives comes from God. God gives us good things, joy, and peace because He loves us. We see this in stories about Jesus' life from the Bible. Jesus healed people who were sick. He made them feel better, not only because He healed their bodies, but because He spent His time with them and showed that He cared about them, which made their hearts happy.

God's love goes on for **eternity**, forever. There is no limit to His love. It is bigger than the whole world. Jesus made His Holy Sacrifice on the Cross, giving His life for us, so that we could someday be loved by Him forever in Heaven. Jesus' Sacrifice on the Cross gave us the hope of Heaven, because He took away sins that would have kept people from going to Heaven. Each day, we can take steps to be more like Jesus, doing good, joyful, and peaceful things out of love for God.

February 14, Valentine's Day, is not the only day to celebrate love, because God's love is with us always. We feel Jesus' love when we go to Holy Mass, when we receive the sacraments of Communion and Confession, and when we are around the people God gave us, including our friends and families. As we prepare for Lent, starting on February 18 this year, we can be thinking about how to thank Jesus for His Holy Sacrifice, and show our love for Him. For the 40 days of Lent, we can give something up, or add something, like reading about the saints each day, to help us grow in our love for Jesus.

**On the next page, write on the lines of the journal about your ideas to grow in and share God's love at Lent. You can use examples from your life and from the Bible/lives of the saints. You can also draw your ideas in the blank spaces. Think about these questions:**

- ♥ What do you love most about God?
- ♥ How has God helped you, showing you that He loves you?
- ♥ How can we be loving like God, and help others to feel better?
- ♥ Why do sacraments like Confession help us feel better?



Grade 4- "God's Love" Reflection Journal continued

A large, light purple rectangular area with horizontal lines, intended for writing reflections. The area is framed by a decorative border of alternating gold crosses and red hearts. The border is set against a red background with a repeating white floral pattern.



**February 2026 3-6 Activities: Week 1**  
**Grade 5- "Lent and the Sacraments"**

In the early days of the Catholic Church, baptisms only took place at Easter. It was rare that infants were baptized. Adults would prepare to be baptized by learning more about Jesus' teachings. The 40 days before Easter were spent being tested in knowledge of the Catholic Faith. People who had already been baptized in past years would help the people preparing for Holy Baptism at Easter. When we are baptized, we are blessed with holy water, and **original sin** is washed away. Original sin is the sin we inherit, receive, from our first parents, Adam and Eve, who disobeyed God, because they did not listen to His rules.

Confession and Holy Baptism both wash away sins that keep us from becoming closer to God. Even though original sin is washed away when we are baptized, and become part of God's family (the Church), we still go to Confession to cleanse our hearts of **actual sin**. Actual sins are the sins we actually commit- things we do that do not follow God's Commandments. We only receive the sacrament of Holy Baptism once, as we become members of God's Family forever, but we go to Confession as often as we can so that we are ready to receive Holy Communion.

Lent is a special time to ask for God's forgiveness, as we remember the Sacrifice on the Cross Jesus made to save us from our sins. When we go to Confession, we open our hearts to God's love and mercy. Clearing away our sins, and making good choices to honor God, helps us to become a closer friend of God. We prepare to receive new life, new hope, in Jesus, not only as we prepare for Easter, but at every Holy Communion, when we receive the Holy Eucharist.

1. How are Baptism and Confession different?

Holy Baptism	Confession
•	•
•	•

2. What do both Holy Baptism and Confession have in common?

Holy Baptism	Confession
•	•
•	•

3. Why is Lent a season of new life, new beginnings?

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4. What is something you can start doing to become closer to God?

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**February 2026 3-6 Activities: Week 2**  
**Grade 5- “Lenten Resolutions”**

Our Church is one big family brought together by the love of God. God made each person unique, but we share our Catholic Faith. We share our belief in God, and His great love that led Him to give us His only Son, Jesus. People from all around the world are members of the Church. The **Vatican** is the seat of the universal Church, the headquarters for the worldwide Church. Living in Vatican City, which is within Rome, Italy, is the Pope, the leader of the Church on Earth. Our priests lead our parishes, our hometown, local churches, and the Pope watches over the collections of churches in areas all over the world (called dioceses).

The Pope also watches over other leaders who help him build the Church, like bishops and cardinals. Everyone works together to make sure that all of Jesus’ teachings are still being taught to Catholics today, and that Catholics have access to the sacraments, so that they can know God’s love. God’s love is forever. He has written His love on our hearts. It lives in our souls, which cannot die. People in Heaven, and people in Purgatory, whose souls are being cleansed of sins before they can go to Heaven, are all members of the Church, too.

All of us can use our talents to help build the Church, to make sure that Jesus’ love is being shared with people everywhere. We can help bring others into God’s family by teaching them about Him, and showing them His love through doing kind things. In the season of Lent, starting on February 18 this year, we remember that Jesus loves us so much, He died on the Cross to save us from our sins, and open Heaven up to us, so that we can someday be with Him there. During the 40 days of Lent, we can each do something special out of love for God. We can give something up to honor Jesus’ Sacrifice, or we can add something to bring us closer to God, like reading from the Bible every day, or praying more often throughout the day.

**On the heart below, write your Lenten resolution: what you have decided to do during Lent to show your love for Jesus. After cutting out the heart, you can place it somewhere you will see it everyday, and be reminded to keep working on your goal this Lent.**

**My 2026 Lenten Resolution**

This year for Lent, I will:

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**Grade 5- “Lenten Resolutions” Continued**

- 1. Why is it important to do something special during Lent to honor Jesus? What are we remembering during Lent?**

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- 2. How can your Lenten resolution help you to grow in your faith in God?**

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- 3. Why is it important for everyone in the Church to work together, and for each Catholic to use their talents to build the Church?**

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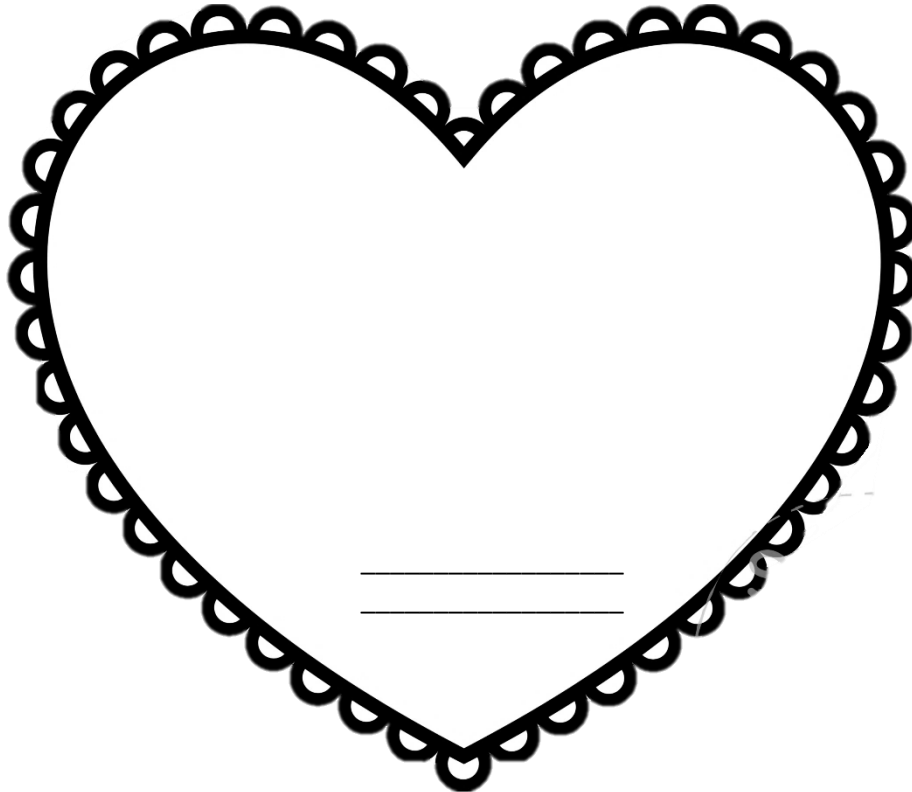
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### February 2026 3-6 Activities: Week 3 Grade 5- "Valentines for Saints"

There are a variety of stories about the life of the Italian saint, Valentine, many of which have to do with his miracles, such as healing the blind. St. Valentine lived out his ministry to bring Christ's love to others at a time when Roman government leaders did not allow Christians to practice their faith. A brave priest, and later, **bishop** (watching over many Catholic churches in an area, guiding the priests at each church), St. Valentine was not afraid to share the good news of God's love with others. Christ's love gave him the strength to keep using his talents to bring people to the Church, and make sure that they had access to the sacraments.

February 14, St. Valentine's Day, is a day to thank God for His love, and all of the people He has given us to love. We can always celebrate God's love, especially at Holy Mass. Throughout the year, there are many feast days on which we can remember all of the unique saints who lived their lives out of love for God. God made you unique, because He loves you. God is truly an artist who created each person in an amazing way. Everyone has a special purpose God has called them to, something He created them to do to honor Him and make the world brighter. We are all called to love God, but we all have our own way of using our knowledge and talents to do so.

**Draw your favorite saint on the heart below. You can research your saint online- try visiting <https://www.loyolapress.com/catholic-resources/saints/saints-stories-for-all-ages/> to read stories of the saints. Write your saint's name, and what they are patron of, on your valentine. After you finish decorating your valentine and cut it out, you can share it with a friend or family member you can ask the saint to pray for.**



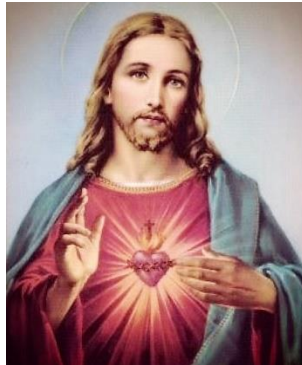




**February 2026 3-6 Activities: Week 1**  
**Grade 6- "Lenten Preparation Reflection Journal"**

In early February, we celebrate several special occasions. First, on February 7, we celebrate the First Saturday of the month. The First Saturday of every month is dedicated to the Immaculate Heart of Mary, which always is celebrated after the Sacred Heart of Jesus on the first Friday, since the Immaculate Heart is so filled with love for Jesus. The Two Hearts are connected.

Looking at a picture of the Sacred Heart of Jesus, we see the Crown of Thorns around His Heart. Jesus' Heart is Sacred, holy, because His Heart is so filled with love for us, that He gave His life to save us, wearing the Crown of Thorns, and going on the Cross. On First Fridays, Catholics can pray for reparations to the Sacred Heart- they pray for God's mercy, praying to make up for sins, which is an important devotion not only on First Fridays of each month, but all during Lent.



Prior to First Saturday, we observe February 3 as the feast day of St. Blaise. Saint Blaise was a bishop who was martyred (died for Christ) in 316 A.D. He was known for healing people, especially for miraculously curing illnesses affecting the throat. It is a tradition in the Church to receive a blessing of the throat for St. Blaise's feast day. The day before St. Blaise's feast day is Candlemas, when candles are blessed. These candles are used on the Feast of St. Blaise to bless throats.

In mid-February, we will be starting the season of Lent, which is an especially important time for opening our hearts to God's mercy and healing. We remember what Jesus went through in His Sacrifice, but also, His love for us that brings us hope, and heals. Loving Jesus by honoring Him at Lent, we can bring joy to His Heart. When we receive the blessing of St. Blaise, we can ask him to help us always speak the goodness of God, using our voices to pray and share with others the good news of Jesus loving and saving us.

**Write your answers to the questions below in your journal on the next page:**

- 1. What can people do to honor the Sacred Heart on First Fridays? Research some First Friday devotions.**
- 2. What is one of the 12 Promises Jesus made to people who have a devotion to His Sacred Heart and observe First Fridays?**
- 3. Why is Lent an important time to remember the Sacred Heart?**
- 4. How can you speak the goodness of God this Lent, using your voice to share the good news of Jesus' love? →**



**February 2026 3-6 Activities: Week 2**  
**Grade 6- “Our Lady of Lourdes”**

People from all over the world, speakers of a variety of languages, are members of the Church. The Bible has been translated into many languages. The **Douay-Rheims** Bible is the English translation of the Latin text. The language the Holy Mass is said in changed during the 1960s. Latin, the language of the Church, our spiritual home, unifies Catholics around the world, who all can come together in their shared love of God, no matter which language they speak. Before the 1960s, the Holy Mass was only said in Latin, but now, it is said in the **vernacular**, the common language- the language most often spoken by the people in an area. Depending on the location, this could be Spanish, English, French, Portuguese, Italian, Polish, or another language. God’s love is the language we all can understand. We can communicate God’s love to each other through the kind, caring, and thoughtful things we do.



On February 11, we celebrate the feast of Our Lady of Lourdes. Mother Mary, Our Lady, has appeared to people all over the world, including St. Bernadette, a young girl from Lourdes, France, in 1858. As our spiritual Mother, She brings us all together in love for Jesus. Catholics in every culture uniquely honor Mary. When Mother Mary asked Bernadette to dig up the ground near where She was standing, a fountain of water sprang up. People still come to Lourdes today to be blessed with holy water from Lourdes, which has brought about miraculous healings.

1. **Holy water, like the water at Lourdes, where Our Lady appeared, reminds us of our Baptism. In Baptism, we are made part of God’s family. How does Our Lady bring together everyone in our Church family?**

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2. **Thinking about the season of Lent that is coming soon, what is something you can do to communicate God’s love? →**

3. The holy water at Lourdes has the power to heal people. Catholics from around the world visit Lourdes to pray for healing. **Read a story from the New Testament, the part of the Bible about Jesus' life, to learn about His healing miracles. Choose from Matthew 9:27-31 ("The Healing of Two Blind Men," <https://bible.usccb.org/bible/matthew/9>), Mark 7:31-37 ("The Healing of a Deaf Man," <https://bible.usccb.org/bible/mark/7>), Matthew 8:5-13 ("The Healing of a Centurion's Servant," <https://bible.usccb.org/bible/matthew/8>).**

**How does the story you chose show God's love?**

4. **Why do you think it is important that we use our actions, and not only our words, to show God's love to the people we meet?**

**February 2026 3-6 Activities: Week 3**  
**Grade 6- “New Beginnings at Lent”**



At Holy Mass, when we hear the Gospel read, we make the Sign of the Cross three times. First, we make the Sign of the Cross on our foreheads, then on our lips, and finally, on our hearts. This reminds us that first, we take the words of the Gospels into our minds, listening to what is being taught, and thinking about the meaning of the reading. Second, we share the good news of the Gospels with other people, telling them what we have learned about Jesus. Finally, we treasure the Word of God in our hearts. This year, Lent starts on February 18, which is when Ash Wednesday will be observed. At the Ash Wednesday Holy Mass, the priest makes the Sign of the Cross on our foreheads with ashes, which come from burnt palms (last year’s Palm Sunday branches).

As the priest distributes the ashes, he says the blessing: “Remember, man, you are dust and unto dust you shall return.” These words come from Genesis 3:19. **Genesis** is the first book of the Old Testament, which tells the story of creation. “Genesis” means “beginning,” and this book is about the start of life as created by God. The Ash Wednesday blessing reminds us why we were created (to love God), and that we need Him to love. So much about life may change, but God is always present. God can never turn to dust. God is love, and His love is forever. God’s love makes everything new. We can always count on Him.

1. Every season throughout the Church year, we remember a part of Jesus’ life. At Lent, we remember Christ dying for us- **but how is Lent also a season of new beginnings?**

2. Lent is a time of fasting from food, like meat on Fridays. It is also a time to fast from what brings us away from God, and to “feast” on the good things that come from God, as we work on being kinder, more patient, and helpful. **How could adding something for Lent, like praying more, or reading about God, help you in this season? What would you consider adding to bring you closer to God?**

3. **Which saint can you look to as an example of loving God and others this Lent? Why did you choose them?**

\*Bonus\*

Venerable Fulton J. Sheen would always write “JMJ” at the top of each page of his notes. “JMJ” stands for “Jesus, Mary, Joseph.” In this way, Fulton Sheen dedicated all his work to Jesus, Mary, and Joseph. By remembering Who he was writing for, Fulton Sheen could do his best work, with all of his words coming from his heart, and being used to honor the Holy Family. Keeping Our Lord first, Sheen allowed God to guide everything he wrote. He kept his heart open to the Holy Spirit’s inspiration, so that God would send him the right words. With your own JMJ stationary, you can devote your heart, mind, and soul to God as you write in His honor. And don’t forget to pray for the canonization of our holy friend, Fulton Sheen, who is currently on the road to sainthood!





+J M J+

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## February 2026 Grades 3-6 Review

Use this review sheet as a reference to track progress and check that learning goals are met.

**Recap:** What did we learn?

All Grades

- The season of Lent is a time to remember Jesus' Sacrifice on the Cross
- Lent reminds us of the greatness of God's love for us
- God's love is with us always, in every season
- During Lent, we can thank Jesus for His Sacrifice and honor God by doing something special to show our love for Him
- We can offer up something for Jesus during Lent, using our time to grow closer to God

Grade 3

- In the season of Lent, we can grow in virtue, holiness, as we live out our love for God
- Saints are people in Heaven. Loving God in their lives on Earth helped them get to Heaven, where they now can be with God and love Him forever
- The theological virtues come from God. They are faith, hope, and love
- Our patron saints are special friends we can ask to help us. They teach us to love God
- Each saint had a unique gift from God they used to help others. Like them, we can use the talents God gave us to show our love for Him

Grade 4

- Candlemas is a day to remember the pure light of love for God in Jesus, Mary, and Joseph
- We can shine our light out of love for God as well
- At every Holy Mass, we remember Jesus' Sacrifice. The Sacrifice is offered up to God
- During the Holy Mass, we offer up our prayers, letting God's love fill our hearts
- God's love is eternal. It goes on forever
- Jesus' Holy Sacrifice opened the door for people to gain eternal life in Heaven
- When Jesus took on our sins and gave His life on the Cross, He showed His love for us
- God the Father was willing to give us His only Son out of love, in order to save us
- God didn't want us to be separated from Him by sin, but wanted us to have the opportunity to one day be with Him in Heaven, loved forever

Grade 5

- Holy Baptism and Confession both take away sin, but Baptism takes away original sin, while Confession takes away actual sin
- God forgives us out of love. Lent is a special season to remember God's mercy and ask for forgiveness in prayer and at Confession
- The Vatican is the headquarters of the Church.
- The Pope, the leader of the Church on Earth, lives in Vatican City, within Rome, Italy
- Priests, cardinals, and bishops help to lead the Church in their parts of the world

- We all can build the Church by sharing God's love with others
- Saint Valentine was a bishop who bravely shared his love for God with others

#### Grade 6

- First Fridays are days to honor the Sacred Heart of Jesus, and ask for reparations
- Lent is also a season to seek God's forgiveness and open our hearts to the love of Jesus
- One way God communicates His love for us is through healing, as we see in the Bible
- Mother Mary has appeared to people around the world, including St. Bernadette in Lourdes
- Our Lady is Mother to everyone in the Church, bringing us all together
- The vernacular is the language most commonly spoken by the people in an area. Depending on the location, this is the language Masses are now said in
- Latin is historically the language of the Church
- Ash Wednesday is the start of Lent. The ashes and blessing said by the priest remind us that we need God, and that we were created to love Him
- As a season to celebrate God's love, Christ redeeming us from sin through His Death on the Cross, Lent reminds us that God's love gives us new life

#### What vocabulary words did we practice?

##### Grade 3

Week 1

Virtue

Week 2

Theological virtues

Week 3

Patron saint

##### Grade 4

Week 1

Liturgical seasons

Week 2

Offertory

Week 3

Eternity/eternal life

##### Grade 5

Week 1

Apostolic succession

Week 2

Actual sin

Original sin

Vatican

Week 3

Bishop

**Grade 6**

Week 1

Douay-Rheims

Week 2

Vernacular

Week 3

Genesis

**What prayers did we practice?**

**Grade 3**

Fatima Prayer

**Grade 4**

Fatima Prayer

**Grade 5**

Fatima Prayer

**Grade 6**

Fatima Prayer

**Checklist: Activity Completion**

**Grade 3**

Week 1: "Jesus Loves Us"

Week 2: "The Theological Virtues"

Week 3: "Valentines for Saints"

**Grade 4**

- Week 1: “The Light of God’s Love at Candlemas”
- Week 2: “Love and Prayer”
- Week 3: “God’s Love Reflection Journal”

**Grade 5**

- Week 1: “Lent and the Sacraments”
- Week 2: “Lenten Resolutions”
- Week 3: “Valentines for Saints”

**Grade 6**

- Week 1: “Lenten Preparation Reflection Journal”
- Week 2: “Our Lady of Lourdes”
- Week 3: “New Beginnings at Lent”

**Quick Check:**

Tell us about your experience with these activities this month! Our February 2026 Google Form for Grades 3-6 is available here: <https://forms.gle/v9uSUadFbUuhcm2L8>