

St. Martha School  
Mrs. Amy B. Martinez, Principal

## Thoughtful Moments

### St. Turibius of Mogrovejo

Born in Mayorga, Spain, St. Turibius studied law at Salamanca and served with distinction as a judge, known for his integrity. King Philip II appointed him archbishop of Peru. After ordination and consecration, he devoted himself to reforming a diocese marked by corruption. Living simply, he traveled extensively on foot, founded schools, seminaries, and hospitals, and worked to defend the dignity and improve the lives of the native people.

### The Father's Heart

In the parable of the Prodigal Son, we often focus on the son's failure, but the heart of the story is the Father. He does not wait with accusations; he runs, embraces, and restores. That is how God receives us in Confession — not with condemnation, but with joy.

"God is everywhere and in everything and we are all His children. When we gather in His name this gives us strength." St. Teresa of Calcutta



## Finding joy in Lent and beyond

In the Sermon on the Mount (Matthew 5-7), Jesus outlined the path to holiness and happiness — the foundation of Lenten practice. When we look past the material world and "seek first the kingdom" (Matthew 6:33), our hearts grow lighter and clearer. Here are five practical ways to live with purpose during Lent and beyond:

**Almsgiving:** Giving to others shifts our focus outward and strengthens charity. Choose a form of love in action. Support a charity with a small weekly family offering. Practice a work of mercy by visiting someone who is alone, cooking a meal, donating clothing.

**Prayer:** Time with God orders family life. Pray with children upon waking.

Read the daily Gospel at dinner. Set a brief daily time for silence.

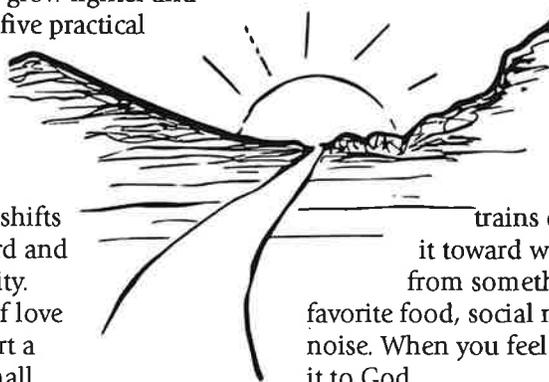
**Forgiveness:** Mercy frees the heart. Jesus says, "If you forgive others ... your heavenly Father will also forgive you" (Matthew 6:14). Forgiveness does

not excuse wrong but does release resentment.

Pray for someone who hurt you.

**Fasting:** Fasting trains desire and directs it toward what lasts. Fast from something concrete — a favorite food, social media, background noise. When you feel the sacrifice, offer it to God.

**Combat worry:** Trust places outcomes where they belong. Jesus tells us God will provide what we need (Matthew 6:25-34). When anxiety arises, write down concerns and entrust them to God.

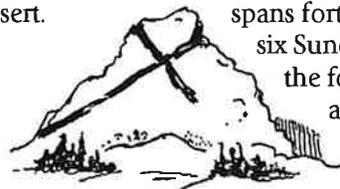


## Why Do Catholics Do That ?

## Why do Catholics observe Lent for forty days?

The season of Lent lasts for forty days (excluding Sundays), recalling Jesus' forty days in the desert. In Scripture, the number 40 signifies a period of testing, purification, and preparation that leads to new life. During Lent, we prepare for the

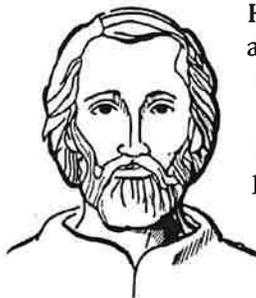
celebration of Christ's Resurrection at Easter. Although the liturgical season spans forty-six calendar days, the six Sundays are excluded from the forty, as every Sunday is a solemnity. Accordingly, Lenten sacrifices may be relaxed on Sundays, if one chooses.



## Look to St. Joseph

St. Joseph holds a cherished place in Catholic family life because he demonstrates what faithful fatherhood, quiet strength, and trust in God look like each day. His life reflects virtues on which strong families are built.

**Charity:** When St. Joseph first learned of Mary's pregnancy, his primary concern was her dignity and well-being. He sought what was best for her and the Child, with little regard for himself. Teach children to practice small acts of kindness at home and to think of and care for others' perspectives.



**Humility:** St. Joseph didn't complain when God asked difficult things of him. He obeyed. Following God's will includes completion of both major tasks and daily duties. Teach children that even small acts matter, such as completing chores or schoolwork promptly, carefully, and with a good attitude.

**Faithfulness:** Joseph trusted God in decisive moments and remained steady in ordinary life. He provided, protected, and stayed present.

Families follow his example through daily prayer, keeping commitments, speaking kindly, and doing what is right even when unnoticed.

### Scripture LESSON

#### Matthew 26:14-27:66, Staying faithful to God's plan

This reading continues Matthew's account of the Passion, beginning with Judas's betrayal for thirty pieces of silver and the institution of the Last Supper. In the Eucharist, Jesus freely gives His Body, Blood, Soul, and Divinity — a gift of total self-giving that stands in stark contrast to Judas's grasping self-interest.

In Gethsemane, Jesus asks His closest friends to remain with Him in His hour of anguish, yet they fall asleep. Judas soon arrives with an armed crowd. Jesus is arrested,



bound, led through a series of unjust trials, falsely accused, mocked, scourged, and ultimately crucified. He is laid in the tomb. The reading ends in silence and apparent defeat — yet we know the silence is not the final word. Resurrection awaits.

**What can a parent do?** The Passion offers a powerful lesson. In suffering, abandonment, and injustice, Jesus remains faithful to His Father's will. Teach children that God's love is not abstract; it is proven in sacrifice. Because Christ endured the Cross for them, they can trust the Father's plan even in hardship.

### Feasts & Celebrations

**March 9 – St. Dominic Savio (1857).** St. Dominic was born to a pious peasant family in Riva, Italy. At age twelve, he joined St. John Bosco's Oratory as a student and founded the Company of the Immaculate Conception to help Don Bosco in his work. He died at home of a lung infection.

**March 17 – St. Patrick of Ireland (461).** Born in Scotland, St. Patrick was kidnapped by pirates and brought to Ireland as a slave. He escaped but later returned to become the first bishop of Ireland. He is credited for having

established the Church there.

**March 25 – The Annunciation of the Lord.** The angel Gabriel visited the Blessed Virgin Mary with the extraordinary news of her role as the mother of God.

**March 29 – Palm Sunday of the Lord's Passion.** We recall Jesus' triumphant entry into Jerusalem, when He was greeted by crowds waving palms and cheering, "Hosanna to the Son of David!" (Matthew 21:9). This Sunday marks the beginning of Holy Week.



### Parent TALK

Mornings in our home were often chaotic. Preparing breakfast, packing lunches, and getting out the door created a constant rush — and frequent meltdowns. We tried strategies to streamline the routine with limited success.

One morning, Tessa said, "Mama, you never give us hugs anymore." In my effort to keep on schedule, I had neglected simple but essential moments — hugging Tessa, asking about Kara's day, saying "Good morning," or "I love you." I had forgotten that what my children needed most was connection.

The lesson was clear: they did not need a more efficient system. They needed my presence. Now I set aside a few intentional minutes each morning — talking with Kara as we get ready and giving Tessa an extra hug before we leave.

Those small moments have changed our mornings. When children begin the day secure in their parents' love, they are better prepared to meet the day ahead.

### Our Mission

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