

# One Family in Mission

Called to Evangelize



Formation



Hospitality



Prayer



Service

## Office of Parish Stewardship

We are pleased to present our February issue of **ONE FAMILY IN MISSION** newsletter. We invite you - as part of that **FAMILY** - to share articles, best practices and any other items that you believe would benefit our community of Stewards. Please send them to [tzalud@drvc.org](mailto:tzalud@drvc.org).

PLEASE LET US KNOW WHAT ELSE YOU WOULD LIKE TO SEE!

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## Called to Evangelize

*Proper diet. Sufficient rest. Minimal stress. Regular checkups. Latest information.* These are just some of the strategies that medical providers will be publicizing during February, the month set aside for raising awareness about the necessity for and ways of maintaining healthy hearts.

Because the bodies God has given us facilitate and participate in our being disciples of Dramatic Missionary Growth (DMG), and because our bodies are privileged to be temples of the Holy Spirit, maintaining the health of our physical hearts is a stewardship responsibility, not only in February, but in every month of the year.

In addition to being aware of the daily needs of our physical hearts, as disciples of DMG, we know that our spiritual hearts demand daily care and attention, too! In fact, they demand even more care and attention! After all, while medical practitioners remind us that unless our physical hearts pump life-sustaining blood throughout our bodies death will ensue, Jesus told us (cf John 6:53) that without receiving His Body and Blood in the Eucharist, we have no life within us.

Throughout the month of February, we can promote the health of our physical and spiritual hearts by exercising our four pillars of stewardship—especially in connection with the following five memorable dates.

- Feb. 2: On the *Feast of the Lord's Presentation*, also known as *Candlemas Day*, we can extend **hospitality** to someone in emotional need by gifting them with a newly blessed candle as a sign of hope in the Lord.
- Feb. 3: We can perform the **service** of standing in for someone unable to come to Church to receive the traditional throat blessing on the *feast of St. Blaise*.

- Feb. 4: On or before *First Friday*, so that we can respond fully and well to questions about why we are wearing red that day, we can access **formation** resources about the Sacred Heart devotion, the Holy Sacrifice of the Mass, and/or the Holy Eucharist.
  - Feb. 11: We can **pray** for physical and spiritual healing for ourselves and others on the *feast of Our Lady of Lourdes, the World Day of Prayer for the Sick*.
  - Feb. 14: We can show **hospitality** and **service** to those in material need by donating on *St. Valentine's Day* heart-healthy nonperishable groceries to food pantries and/or new socks and warm clothing to shelters.
- So, for the month of February, take some time to learn about how you can be healthier (especially, heart healthy) throughout 2022-- for our bodies are temples of the Holy Spirit! But also remember that our spiritual health should always be first and foremost and never neglected. May God bless you this month and every month!

## An Opportunity for Young People to Come Together Before God

The Diocese of Rockville Centre's Office of Youth Ministry will be hosting a series of nights filled with Eucharistic Adoration, games and community for our youth! The next and final nights are in April! For more information on this series-- called INSPIRE-- please click [HERE!](#)

### Formed Stewardship Content of the Month

Each month, our office suggests Stewardship content from Formed.org that will help you grow in the faith! If you are not signed up with Formed.org, check with your parish to see if they have a subscription. This month, we recommend a an audio titled "*Jesus and the Jewish Roots of the Eucharist*"

**JESUS**  
AND THE JEWISH ROOTS  
OF THE EUCHARIST



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May God bless you and your loved ones!

Connect with us

