



A Prayer of Gratitude

Thanks be to God for his love and mercy.

Thanks be to God for his boundless grace.

Thanks be to God for the hearts that love us.

Thanks be to God for each friendly face.

Thanks be to God for strength in suffering.

Thanks be to God for joys we've known.

Thanks be to God for the hope he gives us

of rest eternal beside his throne.

Connie Carlson

family MATTERS

THE MONTH OF *November*

The month of November can be a very busy month, fall activities are often in full swing as well the Thanksgiving holiday and some people even start to get ready for Christmas (thankfully, Advent doesn't begin until December 3rd this year). November is also full of feast days. Unfortunately, many Catholic families don't celebrate solemnities and feast days throughout the liturgical year, except for maybe Christmas and Easter. Celebrating the feast days of the church helps direct our spiritual growth and can be just plain fun! Being Catholic offers us opportunities for penance and reflection, but also gives us many reasons to "party", and this is where solemnities and feast day celebrations can fit into family life.



If you are not already celebrating feast days with your family at home, here are some simple suggestions to get you started.

1. **Decide which feast days you will make a special effort to celebrate at home.**
2. **Put those feast days on your calendar and plan ahead.**
3. **Research and learn about the solemnity or feast you will be celebrating.**
4. **Prepare for your feast day celebration and shop for supplies.**
5. **Now, celebrate the feast. Make a big deal about the feast day or solemnity that you've prepared for. Treat it like the holiday (holy day) it is!**

November 1st - All Saints Day- Saints are recognized by the Church as role models. Saints are part of our family in heaven, pray to them for help with specific things, go to Mass as a family, All Saints day is a holy day of obligation.

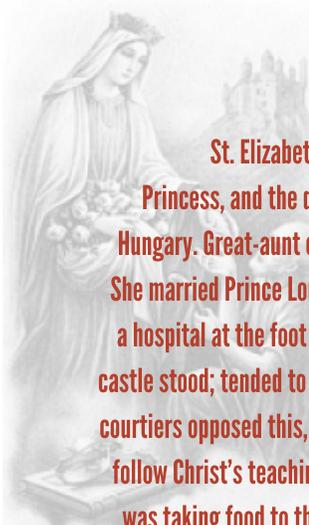
November 2nd - All Souls Day - A day to remember loved ones who have died. Pray for their soul, visit and spruce up their grave site, do a favorite activity you enjoyed doing with them before they passed away.

November 17th - St. Elizabeth of Hungary - If you have little girls, they will love this saint, she is a genuine princess. Because of her story, bake bread today and decorate your home with roses.

November 21st - Presentation of the Blessed Virgin Mary - Celebrate Mary's continual commitment to God and her holiness. Pray a decade of the rosary.

November 22nd - St. Cecilia/Thanksgiving Day - In honor of this patroness of musicians, sing songs during your Thanksgiving day feast. Invite a friend over who is alone to share in your feast.

November 30th - Andrew the Apostle - Patron Saint of Scotland, and great fisherman. Eat fish this evening, or maybe float goldfish crackers in your soup.



St. Elizabeth of Hungary was a Princess, and the daughter of King Andrew of Hungary. Great-aunt of Saint Elizabeth of Portugal. She married Prince Louis of Thuringa at age 13. Built a hospital at the foot of the mountain on which her castle stood; tended to the sick herself. Her family and courtiers opposed this, but she insisted she could only follow Christ's teachings, not theirs. Once when she was taking food to the poor and sick, Prince Louis stopped her and looked under her mantle to see what she was carrying; the food had been miraculously changed to roses. Upon the death of Louis, Elizabeth sold all that she had, and worked to support her four children. Her gifts of bread to the poor, and of a large gift of grain to a famine stricken Germany, led to her patronage of bakers and related fields.