

We bless your name, O Lord,  
for sending your own incarnate Son,  
to become part of a family,  
so that, as He lived its life,  
He would experience its worries and its  
joys.

We ask you, Lord,  
to protect and watch over our family,  
so that in the strength of your grace  
our members may enjoy prosperity,  
possess the priceless gift of your peace,  
and, as the Church alive in the home,  
bear witness in this world to your glory.  
We ask this thought Christ our Lord.  
Amen.



To maintain a joyful family requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others. Pope St. John Paul II

## SHARING FAMILY MEMORIES & HISTORY

One of the great benefits of being a grandparent is being able to pass on a sense of family history to our children and grandkids. We are in such a good position to be able to teach them about who they are based on where they came from. It doesn't have to be working on the family tree together, there are plenty of ways to explore your family history in an age appropriate way.

Try one of these ideas to bring your family history to life for your grandchildren:

- 1) Create a "photo wall" - even if it is an online photo collection.
- 2) Be a Story Teller - in person, over the phone or on a video chat - share interesting stories from the past.
- 3) Make a family photo album or scrapbook to give to your grandchildren - include names and dates where possible.
- 4) Look at old family documents - birth certificates, military service records, wedding certificates.
- 5) Create a family recipe book - include interesting details about each contributor.

St. Peter -In- Chains, Peterborough, February 2022

## Cathedral Connections



## FEBRUARY DEVOTION TO THE HOLY FAMILY



The month of February has been primarily associated with the Holy Family, probably due to the Feast of Our Lord's Presentation at the Temple, celebrated on February 2. At the very outset of Christ's work on earth, God showed the world a family in which, as Pope Leo XIII teaches, "all men might behold a perfect model of domestic life, and of all virtue and holiness." The harmony, unity, and holiness which characterized this holy Family make it the model for all Christian families.

"Grant unto us, Lord Jesus, ever to follow the example of Thy holy Family, that in the hour of our death Thy glorious Virgin Mother together with blessed Joseph may come to meet us and we may be worthily received by Thee into everlasting dwellings: who livest and reignest world without end. Amen."

## WAYS TO HONOUR THE HOLY FAMILY

- 1) Consecrate your family to the Holy Family
- 2) Display an icon or image of the Holy Family where you live.
- 3) Pray the Rosary for the intentions of your family each day.
- 4) Frequently say aspirations such as: "Jesus, Mary, and Joseph, bless us now and at the hour of our death."





	8					2		
				8	4		9	
		6	3	2			1	
	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8					4	

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” - St. Teresa of Calcutta



**PURPLE FINCH**  
Males suffused with raspberry red, especially on head and breast. Compared to House Finch, males lack distinct streaks on sides and are overall more colorful, especially on back and wings. Females and first-year males have contrast head pattern with pale eyebrow and darker cheek. Breed in coniferous or mixed forests. Winters in a wider variety of habitats with trees. Visits feeders.

The connection between a grandparent and their grandchild is a special one. Grandparents can offer wisdom to help guide their grandchildren and they have many stories about their own life experiences to share. They’re also a great source of information about the history of the family. The younger generation provides their grandparents with details about current trends and technologies, and the children brighten the seniors’ days with news about what’s going on in their young lives. **What can you do to stay connected to your grandchildren during COVID-19?** Unfortunately, during the pandemic it’s so much harder for grandparents and their grandchildren to stay connected since many older people are quarantining at home for safety reasons. Of course, you can use the phone to call your grandchildren, but here are some creative ways to stay connected:

- 1. Read a book together**  
Buy two copies of a children’s book and send one to your grandchild. Then call your grandchild at the same time each day to read the book to them. This helps build the child’s vocabulary and is a wonderful bonding experience.
- 2. Play online games**  
It’s always been fun to play traditional board games with your grandkids. Since you can’t get together with them, why not play some online games? There are many online games you can play with your grandkids like Scrabble Go, Uno, or Checkers.
- 3. Snail Mail**  
It’s not the newest technology, but it’s always wonderful to get a card or a letter in the mail. Write about a life experience you’ve had or a fun event in your life. This is a great opportunity to let your grandchildren get to know you even better.
- 4. Texting and Email**  
Okay, this one is really obvious. But it’s such a good way to communicate quickly. Let’s say your grandchild is making cookies with their mom, they could let you know how it’s going every step of the way so you feel like you’re there. You could even both watch the same TV program and send comments about what you see back and forth.
- 5. Video chat**  
Zoom, FaceTime, and Skype are great ways to bond with your grandkids. You might even want to set up a regular time when you can have these video chats so you know all parties will be available. Don’t let bonding with your grandchildren fall by the wayside during the pandemic. Just because you can’t see them in-person, doesn’t mean you can’t continue to build your relationship with them. Be creative and put the energy into keeping in regular contact with them because it will be worth it to both you and the children.