



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Reflection Saint Alphonsus Liguori A missionary saint and patron saint of confessors. Do an examination of conscience and go to confession.	2 Say “good morning” to everyone you see this morning.	3 Giving Abstain from buy a treat. Instead donate/ Sacrifice to your mite box	4 Saint John Vianney Considered a champion of the poor. He often heard confession for many hours.	5 Go to confession. Prepare yourself and do an examination of conscience.
6 Transfiguration Of the Lord DN 7:9-10, 13-14 PS 97:1-2, 5-6, 9 2 PT 1:16-19 MT 17:1-9	7 Rejoice and be glad for the start of a new week.	8 Reflection Saint Dominic Founder of the Dominican Order he taught others to live humbly. How can you live more humbly?	9 Help to carry a bag of groceries or laundry in your home.	10 Giving Saint Lawrence A deacon in charge of helping the poor and needy. Follow his example and donate/ sacrifice to your mite box.	11 Saint Clare Known as the Patron Saint of television. See a movie on the life of a saint.	12 St. Jane Frances de Chantal She would share her blessings by giving food to the poor that came to her door. How are you sharing your blessings?
13 Readings: 1 KGS 19:9A, 11-13A PS 85:9, 10, 11-12, 13-14 ROM 9:1-5 MT 14:22-33	14 Saint Maximilian Kolbe Patron saint of families. Say a prayer for your family.	15 Reflection THE ASSUMPTION OF THE BLESSED VIRGIN MARY Holy day of obligation Go to Mass!	16 Encourage your family to have a game night.	17 Giving Today I will pray for _____. Donate/ Sacrifice to your mite box.	18 Help wash the dinner dishes or pick up the table after dinner.	19 St. John Eudes Initiated the devotion to the Sacred Heart of Jesus. Does your family practice any devotions?
20 Readings: IS 56:1, 6-7 PS 67:2-3, 5, 6, 8 ROM 11:13-15, 29-32 MT 15:21-28	21 Saint Pius X We learn from him that living a humble life leads us to see God in the world more. In what way have you experience God today?	22 Reflection The Queenship of the Blessed Virgin Mary Pray to Mary our mother	23 St. Rose of Lima stayed home and helped her parents by selling flowers. How can you help your parents around the house?	24 Giving Saint Bartholomew One of the twelve disciples. He would share what we had with others. Be like him donate/ sacrifice to your mite box.	25 Say an Our Father for missionaries all over the world.	26 Clean the house or your room before going out.
27 Readings: IS 22:19-23 PS 138:1-2, 2-3, 6, 8 ROM 11:33-36 MT 16:13-20	28 Saint Augustine He made a drastic change in his life to follow Jesus. What can you change in your life to better follow Jesus?	29 Reflection The Passion of Saint John the Baptist How can we follow St. John the Baptist example to announce the Kingdom of God?	30 Say “hi” to someone who seems lonely in school.	31 Giving Don't waste food, eat only what you can finish. Give to those who don't have food to eat. Donate/ sacrifice to your mite box.		