

Celebrate!

ST. PAUL MIKI AND COMPANIONS FEBRUARY 6



Ask Christ to help you to become happy. I obey Christ.
—St. Paul Miki



THINGS TO DO THIS MONTH:

- 1 Go to Mass and get your throat blessed on the feast of St. Blase on **February 3**. St. Blase is the patron saint of throat illnesses.
- 2 Enjoy some sushi in honor of the 26 martyrs of Japan.

COMMANDMENTS OF THE MONTH

FIFTH COMMANDMENT
SIXTH COMMANDMENT
SEVENTH COMMANDMENT
EIGHTH COMMANDMENT
NINTH COMMANDMENT
TENTH COMMANDMENT

REMEMBER!

In creating man and woman in His image and likeness, God designed them to be a reflection of the intimate, free, and loving communion that is at the heart of the Trinity.

MEMORIZE!

We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of. (CCC 2280)