

# CAMPUS MINISTRY CONNECTION

FEBRUARY 2026

WE ARE ONE BODY

## THIS MONTH'S THEME

### PEACEFUL SPIRITS

*"Do not worry over things that generate preoccupation, derangement and anxiety. One thing only is necessary: to lift up your spirit and love God." - St. Pio of Pietrelcina*

Peace of mind and spirit seems elusive in a world that appears to thrive on conflict and chaos. Expectations, anxieties, worldly priorities, and traumatic experiences occupy our thoughts and often inform our decisions and actions. "Peace" is something we often hope to gain, but we limit access to it by believing peace is only achievable within particular parameters. Our subconscious creates "if, then" statements which tell us certain things need to take place in order to achieve peace. "If my family member recovers from this illness," "If I can get this job and make more money," "If there was just more time in the day," et cetera. When Jesus speaks of peace, He is referring to a supernatural grace that exists amidst the chaos and conflict of this world. Ultimately, to have a peaceful spirit means to have faith and to trust that the Lord is in control, even when an outcome is opposite to our wants or expectations. It means placing our many "priorities" *below* the one, true Priority, Jesus Christ. As Padre Pio's quote says, only **one thing is necessary**. When we focus on loving God, we are granted an understanding that allows us to see everything else falling into place as God wills it. That is true peace.

*O Holy Family, pray for our peace.*

*"Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid." -John 14:27*

## LITURGICAL CALENDAR & SCHOOL FAITH EVENT DATES

### MONTH OF THE HOLY FAMILY

Feb. 1 - Memorial of Saint Brigid of Ireland

Feb. 2 - Feast of the Presentation of the Lord

Feb. 3 - Memorial of Saint Blaise

Feb. 5 - Memorial of Saint Agatha

Feb. 6 - Memorial of Saint Paul Miki & Companions

Feb. 8 - Memorial of Saint Josephine Bakhita  
Memorial of Saint Jerome Emiliani

Feb. 10 - Memorial of Saint Scholastica

Feb. 11 - Feast of Our Lady of Lourdes  
**SBS School Rosary**

Feb. 14 - Memorial of Saints Cyril & Methodius

**Feb. 18 - Ash Wednesday**  
**SBS & SJS Prayer Services**

Feb. 20 - Memorial of Saints Jacinta & Francisco Marto

Feb. 21 - Memorial of Saint Peter Damian  
Memorial of St. Polycarp

Feb. 22 - Feast of the Chair of Saint Peter

Feb. 23 - Memorial of Saint Lazarus Zographos

Feb. 23-27 - **SJS Adoration**

Feb. 27 - Memorial of Saint Gregory of Narek

## LENTEN INSPIRATION

“What are YOU doing for Lent?” is a question that Catholics love to ask each other as the penitential season approaches. The 40 days of Lent is a unique time for intentional dedication to strengthening our relationship with Christ. The three pillars of Lent: Prayer, Fasting, and Almsgiving are guides for *how* we can strengthen that relationship. If you’ve never attempted a Lenten practice before, or if you are looking to try something new for Lent, check out the suggestions below for inspiration.

### PRAYER

- [Hallow](#) has 3 different Lenten prayer challenges designed specifically for adults, teens, and kids. A new episode is available every day from Ash Wednesday to Easter.
- Catholic companies such as Ascension Press, Augustine Institute, Dynamic Catholic, Word On Fire, etc. all publish Lenten devotionals and/or journals to help maintain a daily prayer routine.
- Set a reminder on your phone for a specific time every day to stop and say a prayer of your choosing.

### FASTING

- Limit or eliminate whatever it is that brings you the most unnecessary comfort or is your biggest guilty pleasure. Abstain from alcohol, snacks, or treats. Cut out social media, watching tv, or listening to music/podcasts/audiobooks while driving.
- Limit or eliminate conveniences to which you are accustomed. Park farther away from the entrance of wherever you are going, choose the longest line in the supermarket, select “pick-up” instead of “delivery” when ordering take-out.

### ALMSGIVING

- Attempt a “No Spend Lent.” Only make purchases for essentials, bills, groceries, etc. Don’t buy new clothes, your morning or afternoon coffee, or anything from Amazon. Put that money aside and donate it to charity at the end of the season.
- Donate your time at a food pantry or senior center. Call or visit a friend or family member you haven’t spoken to in awhile. Shovel your neighbor’s walk as well as your own the next time it snows.

## Did You Know?

The 40 Days of Lent do **NOT** include Sundays. Every Sunday is a “mini-Easter” and is therefore a celebration, not a time for penance! If maintaining a Lenten fast or resolution is difficult for you, allow yourself to relax your commitments on Sundays during the season. As long as you still use the day to honor the Lord by attending Mass, you are allowed to enjoy some time with your creature comforts. Hopefully, the time away from them will evoke a renewed gratitude for what you have which will make your Sundays that much more special.

