

+ **Matthew Kelly Reflection(s):**

The Eucharist is astonishing. God himself wants to nourish us. God himself wants to feed us spiritually. God wants to dwell in you.”

CATHOLIC RESOURCES

+ There are wide variety of resources for spiritual journey. Look at the following resources and spend a few minutes to review. State 1 thing that you liked or found interesting. Add Facebook, Twitter or Instagram site info for extra credit!

> [www.dynamiccatholic.com](http://www.dynamiccatholic.com)

> [www.studentsforlife.org](http://www.studentsforlife.org)

> [www.catholicvote.org](http://www.catholicvote.org)

+ Saint Watch: Research one of these Saints. What interests you about them?  
St. Francis of Assisi, St. Teresa of Jesus, St. Ignatius of Antioch, St. Luke-Evangelist,  
St. Isaac Jogues, St. Maria Goretti

+ Prayer Retreat. Pray Hail Mary each day for.....  
Monday  
Tuesday  
Wednesday  
Thursday  
Friday

**Prayer Retreat:** The Holy Rosary -- Mysteries to participate in and unfold.....

THE JOYFUL MYSTERIES (Mondays & Saturdays, may be said on Sundays during Advent & Christmas)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of Jesus in the Temple

THE SORROWFUL MYSTERIES (Tuesdays & Fridays, may be said on Sundays during Lent )

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

THE GLORIOUS MYSTERIES (Wednesdays & Sundays):

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

THE LUMINOUS MYSTERIES (Thursdays):

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom
4. The Transfiguration
5. Institution of the Eucharist