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Michelle Nevil, Principal • Mary Tilleman, Associate Principal

November 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 All Saints Day Prayer Service @ 8:45 AM	2	3 School Council Meeting @ 3:45 PM	4	5
6 Catholic Education Sunday – SPT Choir sings at 9 AM Mass	7	8	9	10 Wear Red – Remembrance Day Prayer Service @ 9 AM	11 Remembrance Day – No School	12
13	14 Division Wellness Day – No School	15 Scholastics Book Fair 10 AM – 4 PM Winter Clothing Swap	16 Scholastics Book Fair 10 AM – 4 PM Winter Clothing Swap	17 Scholastics Book Fair - 12 PM – 6PM Winter Clothing Swap Hot Lunch – IGA Subs	18	19
20	21	22	23 CEC Board Mtg @ 6:00 PM	24	25	26
27	28 1 st Advent Celebration – led by 2/3V @ 8:45 AM	29	30	Dec. 1 School Council Bake Sale # 2 2:30 – 4:00 PM	Dec. 2	Dec. 3



ROCKS

November
2022



We are praying for peace at SPT. Refer to pg. 28 in your agendas and you will see some cool challenges for you to find peace.



ROCK TIME

Rock Time is our weekly assembly that happens the first day back from the weekend at 8:45 AM in our gym. You are welcome to join us if you like.

This month we will root ourselves in these Gospel readings at Rock Time. These are all the Sunday Gospel Readings for November.

Luke 20:27-36

Luke 21:5-18

Luke 23: 35-41 (Solemnity of our Lord Jesus Christ, King of the Universe)

Matthew 24:37-44 (First Sunday of Advent)



Energy Challenge for November
Turn the Lights off when you leave a room -
Conserve Power

Thank you for your presence at Halloween. It was so great to have you in our hallways. Thank you for all your donations to our SPT Food Drive.

Thank you for participating in our Farm to School fundraiser we officially raised \$3170. Thank you for your Terry Fox Donations we raised \$586.

Mark your Calendars



- Nov. 6 - Catholic Education Sunday, our school choir will sing at the 9:00 AM Mass at St. Augustine's church (Remember the time change!) 
- Nov 10- Wear Red, Remembrance Day Service 9:00 AM 
- Nov.11- No School - Remembrance Day - Remember to Recognize a moment of silence at 11:00 AM
- Nov. 14 - No School - Wellness Day
- Nov. 15-17 Scholastic Book Fair and Winter Clothing Swap 
- Nov. 17- Hot Lunch - IGA Subs
- Nov. 28 - First Advent Celebration lead by 2/3V at Rock Time 8:45 AM 

 = Please come and join us.

We are pleased to welcome Sam Deboer back to our school to our DPA sessions. He is here to build our students physical literacy and inner confidence when it comes to physical activity. Not only will he help the kids set goals he will also teach them fun games. DPA runs Mondays for 2/3 mulitage and Fridays for K,1 and 4/5. Welcome Sam!!



This month we welcome 3 student teachers from the University of Lethbridge. Ms. Marriner will be with Mrs. French in grade 1F, Mr. Amundson is with Wickson in 4/5W, and Ms. Coma is with Ms. MacRae in 2/3M.

We are honouring our peacekeepers this month. If you are a firefighter, police officer or have served our country please email Mrs. Nevil (nevilma@holyspirit.ab.ca) your photo so we can honour you during Rock Time. If a close friend or relative is a peacekeeper please share their photo too. Thank you!





NATURAL PLAYGROUND UPDATE

What a hit our playground has been!!
We have enjoyed it immensely! We feel so lucky!!



Thank you to Pat Whalen for moving the pea gravel and thank you to Art Kustersky and Ron Baier for building and installing our bridge.



Please join us in welcoming these four people to our SPT Community:



Hello! I am Leah Paul and I will be teaching Kindergarten at SPT starting in December.

I love to do gymnastics, watch Disney movies and take care of my two dogs, Lily and Daisy. I am so excited to be joining the SPT community this year.



Mr. Sam Deboer, owner of Athlete Development Compass, will be at our school a few times throughout the year to work with our Grade 1-5 students during their DPA classes led by Mrs. Nevil and Mrs. Tillemann. For more info on Athlete Development Compass and the goal for St. Patrick School, see the info page in this newsletter.



Hello everyone! My name is Marcella Etherington and I'm excited to announce that I will be teaching in Mrs. DeJong's Grade 1 class for the next few weeks!

I grew up in Lethbridge, studied in Québec and Argentina, and taught ESL abroad in Spain and France before settling back in Lethbridge. I love to travel and my background is in teaching French and Spanish language and culture although, I have been loving my time working in various elementary schools.

I look forward to getting to know the students, parents, administration, fellow teachers, and the St. Patrick's school community throughout the course of the month.



Mrs. Kayley Jensen is joining us for the remainder of the school year in our Pre-K and Kindergarten classes as an Education Assistant. She has been subbing in both classes when needed for the past year and we are excited to have her as part of our SPT community on a regular basis.

School Council News:

Our next School Council Meeting is scheduled for:
Thursday, January 12th @ 3:45 PM.

All parents are welcome and encouraged to attend our meetings to find out what's happening in our school community. Our school council advocates for all SPT students and staff.

Here are the important upcoming dates:

November 9th: We need volunteers to help unload and sort vegetables. If you are able to help out, please email sptvolunteers@holyspirit.ab.ca

November 9th & 10th: Pick up orders for Farm to School Fundraiser

November 17th: Hot Lunch # 3 IGA Subs – Orders were due on Tuesday, November 1st, 2022.

December 1st: Bake Sale # 2 from 2:30 PM – 4:00 PM

Here is a brief letter from your school council:

Hello everyone,

We at parent council are trying to find fun ways to do the bake sales. We plan to have 4 bake sales spread throughout the year. Thursday, December 1st, will be our second bake sale and we are asking all the grades from K to 5 to help support us, by bringing baked goods. Please bring Christmas themed baking to the school by 12 pm on December 1st. We completely understand the price of food and the cost of living and we deeply appreciate your assistance and support for this fundraiser. Kids will have time to get baking during school hours if parents aren't able to come. The hours are 2:30 to 4pm. Who doesn't love some Christmas baking:)

Again, Thank you so much,
SPT parent council

*We are going to finish the planned hot lunch and bake sales but in order for Parent Council to continue we need board members. *

Thank you all for your participation in our Fall Fundraiser!
Our school community raised \$3170 to go towards the
Natural playground expansion and school activities
throughout the year.

Fundraiser donations to the FOOD BANK include:

122 lbs of Carrots	122lbs of Onions
375lbs of Potatoes	28lbs of Parsnips
28 Heads of Cabbage	

We need volunteers to help unload and sort vegetables on November 9th.
If you are able to help out please email sptvolunteers@holyspirit.ab.ca



Important Reminders:

Late or Absent Students – Please call our school office by 9:00 AM if your child will be late or absent from school! Our phone number is 403-223-3352.

Agenda Notes – The agenda is an important communication tool between home and the school. If there are any changes in your child's schedule, a change in bus/kidzone schedule, or a change in who is picking up your child, please make note in your child's agenda. If the change occurs during the day, give our school office a call and we will pass on the message to the classroom.

Picking up Students During School Hours – Parents, if you are picking up your child during school hours, please check-in at our office to sign out your child. While signing out, the office will contact your child's homeroom teacher to have your child sent down to the office. Thank you in advance for your cooperation by helping us to continue to create a safe and supportive learning environment for all of our students.

Medical Notes/ Medication – If your child needs to take medication at school, please see Mrs. Mankow in the office to fill out the required paperwork. Additionally, please keep us updated on any allergies or medical changes the school should be aware of.

Microwave Use at Nutrition Times – Just a friendly reminder that if you are sending your child with a lunch/snack that needs to be heated, please ensure it is pre-cooked. Items like Mac N Cheese bowls, ichiban ramen, or anything that requires cooking time doesn't allow us to help all students and it doesn't allow your child to have adequate time to eat during our nutrition breaks.

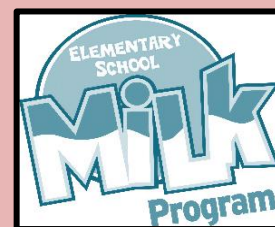
Milk and Juice Program: We are excited to be offering our milk and juice program again this year. The program will be run by our Grade 5 students with the help of Mrs. Gross and Mrs. Wickson. Milk and juice will be available for purchase during the 1st Nutrition Break. Milk cards can be purchased at the office or on SchoolCashOnline. **If you pay for a card online, please have your child come to the school office to request the card. Thank you.**

We have two types of cards available:

- 1) \$10 punch card valid for 10 individual milk/juice purchases
- 2) \$20 punch card valid for 20 individual milk/juice purchases.

If you don't want to purchase a punch card, students are also able to purchase milk or juice individually. Each drink is \$1.00

*****Proceeds from the milk program supplement our SPT Leadership Initiative & our Grade 5 Farewell. *****



Stay Connected:

Check out our school website: spt.holyspirit.ab.ca School Calendar: spt.holyspirit.ab.ca/school/calendars

Follow us on Social Media:



[St. Patrick School - Taber](https://www.facebook.com/St.PatrickSchool-Taber)



[@spttaber](https://www.instagram.com/spttaber)



[@SPTtaber](https://twitter.com/SPTtaber)

Superintendent's Blog:

Our Superintendent, Ken Sampson, shares the latest information in educational programming in his blog located at <https://blog.holyspirit.ab.ca/>

Board Briefs:

Each month, the School Division Trustees publish a summary of their meetings:

https://www.holyspirit.ab.ca/board_administration/board_of_trustees/board_meetings

Library Corner - From the Desk of Mrs. Firth

Did you hear? The Scholastic Book Fair is coming to our school from November 15-17th! Your purchases will help bring in new resources for our school and keep kids reading! Open from November 15 & 16 from 10am-4pm and November 17 from noon-6pm. There will be lots to choose from and it's a great time to refresh your home libraries, grab some meaningful gifts, or find your next read!

If you have some time, we're still looking for a few volunteers. Shifts are 3 hours. If you're interested, please send me a message firthc@holyspirit.ab.ca or give the school a call.

You can also join us online through our Virtual Book:
<https://virtualbookfairs.scholastic.ca/pages/5178430>

Carly Firth
Library Clerk
St. Pat's School Taber

Remembrance Day

Y	T	U	D	S	E	R	V	I	C	E
B	U	T	O	A	O	E	C	A	E	P
R	M	H	C	C	F	L	N	O	Y	U
A	P	A	R	R	S	P	O	O	R	T
V	K	N	N	I	N	T	L	I	I	M
E	I	K	U	F	A	L	L	E	N	R
R	N	F	N	I	E	R	Y	R	C	U
Y	E	U	D	C	R	S	A	I	H	O
O	B	L	H	E	R	O	L	Y	O	N
H	A	U	M	O	D	E	E	R	F	O
S	O	L	D	I	E	R	O	O	P	H

sacrifice

hero

duty

bravery

service

freedom

honour

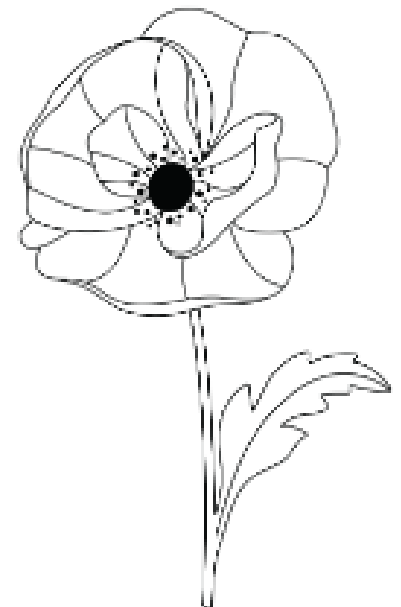
peace

soldier

thankful

fallen

troops



Word Search

SPT WINTER CLOTHING SWAP

Winter is coming fast and our kids are growing even faster! Before you head to the store for new winter gear, come to SPT and take part in our Winter Clothing Swap! Bring your outgrown stuff and switch it out for something that fits!

COATS • GLOVES • SNOW PANTS • SCARVES • SNOW BOOTS • HATS

HOW IT WORKS:

November 9-10: Drop off your clean, gently used winter gear to SPT during school hours.

November 15-17: Items will be sorted and displayed in the gathering space and made available for you to bring home. Come anytime during school

REMINDER

- * You do not need to donate items in order to take new items
- * Any leftover items will be kept at SPT for students to use later in the season
- * Take as many items as you need!

IMPORTANT DATES

Drop off Clothing
November 9th & 10th

Clothing Swap Days
Tuesday, November 15 10am-4pm
Wednesday, November 16 10am-4pm
Thursday, November 17 Noon-6pm



Athlete Development Compass is an independent third-party company that measures, tracks, and compares data in the development of youth in athletics. ADC's goal is to generate a global database aiding in youth athletic development and help point athletes of all stages toward their own pathway to achieving their goals. Our platform will allow each athlete to input their data in order to track their progress and compare themselves to all those entered into the database. We allow youth to track their progress, aiding in intrinsic (self) motivation and competency. We believe that if the athlete can see their progressive improvements, then they are more likely to stay active in their chosen activity.

Our purpose at St. Patrick School is to work with the Grade 1-5 students to improve their physical literacy. We will be recording and assessing the student at the beginning and the end of the school year to show them that they are capable of being physically active/literate. Based on their assessed scores, we will hand out certificates at the year-end track & field day showing their improvement from their first assessed score. The goal is to encourage students to use self-motivation to improve physical activity/literacy, therefore enabling the students to be more active.

Parents who want to register their child to see assessment scores:

Note: No one will be able to see your child's name, data will be associated with an ID number.

1. Go to <https://athletedevelopmentcompass.com/>
2. Click: Login on main page
3. Select Register
4. Follow on screen prompts. Select Basic/Free version (will be free for the school year for St. Patrick School students)
5. Click Account
6. Accept the user agreement
7. Click Edit Profile → fill out blank areas
8. B.E.S.T Academy/Athlete Development will send an I.D number to link data collected.

*the website is actively being worked on to improve, if there is an issue please don't hesitate to email me at compass.samdeboer@gmail.com or sdeboer368@gmail.com

November 2022

Breakfast Program Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♡	♡ ³¹ Energy ball Orange Yogurt Halloween	♡ ¹ Cereal milk Fruit	♡ ² Egg wrap Fruit	♡ ³ Yogurt Parfait w/ Berries	♡ ⁴ Smoothie Day!	♡
♡	♡ ⁷ Crackers Cheese Vegetable	♡ ⁸ Toast Fruit Yogurt	♡ ⁹ Cookie Vegetable	♡ ¹⁰ Cookie Cereal Fruit	♡ ¹¹ No School Remembrance Day	♡
♡	♡ ¹⁴ No School Wellness Day	♡ ¹⁵ Granola bar Apple sauce	♡ ¹⁶ Yogurt Parfait w/ Berries	♡ ¹⁷ Cereal milk Fruit	♡ ¹⁸ Crackers Cheese Vegetable	♡
♡	♡ ²¹ Granola bar Apple sauce	♡ ²² Toast Fruit Yogurt	♡ ²³ Cereal milk Fruit	♡ ²⁴ Cookie Vegetable Boiled egg	♡ ²⁵ Crackers Cheese Vegetable	♡
♡	♡ ²⁸ Crackers Cheese Fruit	♡ ²⁹ Yogurt Parfait w/ Berries	♡ ³⁰ Baked Oatmeal Fruit	♡ ¹ Cereal milk Fruit	♡ ² Smoothie	♡
♡	♡	Notes: The SPT Breakfast Program is Nut-FREE this year.				

November

Arise!

Pilgrims of Hope



"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

Matthew 5:16

Blessed Carlo Acutis 1991-2006 (Feast Day: October 12)

Born in London and raised in Milan, Carlo's wealthy parents were not particularly religious. Upon receiving his first communion at age seven, Carlo became a frequent communicant, making a point of praying before the tabernacle before or after every Mass. In addition to Francis of Assisi, Carlo took several of the younger saints as his models, including Bernadette Soubirous, Jacinta and Francisco Marto, and Dominic Savio.

At school Carlo tried to comfort friends whose parents were undergoing divorce, as well as stepping in to defend students with disabilities from bullies. After school hours he volunteered his time with the city's homeless and destitute. Considered a computer geek by some, Carlo spent four years creating a website dedicated to cataloguing every reported Eucharistic miracle around the world. He also enjoyed films, comics, soccer, and playing popular video games.

Diagnosed with leukemia, Carlo offered his sufferings to God for the intentions of the sitting pope—Benedict XVI—and the entire Church. Carlo died in 2006 and was beatified in 2020. As he had wished, Carlo was buried in Assisi at St. Mary Major's "Chapel of the Stripping", where St. Francis had returned his clothes to his father and began a more radical following of the Gospel. Among the thousands present for Carlo's beatification were many of his childhood friends.

Holy Moments In Our Schools

St. Mary Taber grade 9 students started off their 2022-2023 school year with a walk to St. Augustine Parish to attend Mass. Like Blessed Carlo, the choices we make daily, even at a young age, can have a major impact not only in our lives, but the world around us. We are grateful for Catholic education and the ability to attend Mass; giving thanks to our good and gracious God for the blessings that we have received from Him.



The Spiritual Works of Mercy – Pray for the Living and the Dead

- Prayer is one of the most powerful ways we can support others. Joining together in prayer for the living and the dead entrusts us all into God's care.
- Request a mass intention for a friend or family member who is going through a tough time.
- Request a mass intention for a friend or family member who has passed away.
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers.
- Ask a friend or family member if there is anything you can pray for them about.
- Through prayer, entrust your cares and concerns for those around you to God.

Carlo is Blessed, not a Saint. What does it mean to be blessed? There are four steps to becoming a saint in the process called [canonization](#). First, one is declared a **Servant of God**, then **Venerable**, then **Blessed**, then a **Saint**. In this process, the Church investigates the life of the person to find evidence of their virtue, their witness, and any miracles performed through their intercession. This sometimes takes years to complete.

Sources:

[Who is Carlo Acutis? 10 things you should know about him](#)

[Blessed Carlo Acutis](#)

[The Fruit of the Holy Spirit: What Is Joy?](#)

[The Spiritual Works of Mercy - Pray for the Living and the Dead](#)

[Home Page](#)

The Fruit of the Spirit – Joy

The second fruit of the Spirit is joy. The word 'joy' appears nearly 200 times in the Bible, which helps us understand just how important this second sweet fruit of the Spirit really is. Joy is a condition of the heart.

People often confuse joy with happiness, but they are not interchangeable. Joy is from within, regardless of what is going on around you. Happiness can be a blurred emotion, dependent on a situation. Joyful people make a commitment to gratitude regardless of the circumstances.

In Greek, the word for joy is 'chara.' This describes a feeling of inner gladness, delight or rejoicing. This inner gladness leads to a cheerful heart and a cheerful heart leads to cheerful behavior.

The most important attribute of joy is that you can find joy in adversity. This can be a difficult idea to grasp, because joy might be the last thing we are feeling when facing struggles. God knows our sorrows, heartaches and fears and He calls us to rejoice anyway. He wants us to live a life full of joy and promise.

Particularly in these difficult times we are facing during the worldwide pandemic, it may seem difficult to be joyful. Our lives have changed, and we are facing adversity that is unprecedented. Certainly, many of us are not happy. But, joy is an internal experience, and even through our own unhappy circumstances, we can find joy in the midst of the storm with our faith in God.

"To be always united with Jesus, this is my plan of life."

- Carlo Acutis

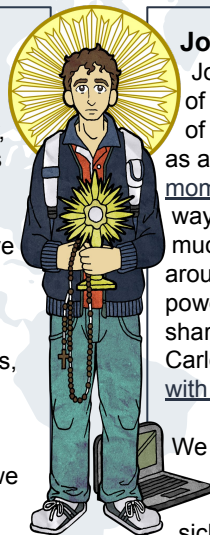


Reflecting on the life of Blessed Carlo Acutis...

Pray for the Living and the Dead

At all times, we know that we are called to pray for the living. In the month of November, we are also very conscious of praying for the dead. On November 2, we have All Souls' Day, where we pray and remember all of the faithful departed. This is distinct from All Saints' Day (November 1), where we commemorate all of the Saints in heaven. We also know that Remembrance Day falls in November. Many parishes will have a Book of Remembrance that is displayed and added to throughout the month. As Catholics, we pray for the dead because, in short, while we hope that they have already been reunited with God in heaven, we also know that for some of us, we will continue to be purified after our death in purgatory.

In many of our schools, we have the tradition of asking our patron saints to pray for us at the conclusion of our prayers; we have continued that tradition as we have met new saints this year on our prayer cards. We can also pray a [Litany of the Saints](#). Whether we are praying for the living or the dead, we know that we are all one in the communion of saints; that we can assist them through our prayers as they can assist us through theirs. Blessed Carlo Acutis, pray for us!



Joy

Joy is a condition of the heart, where we choose, regardless of circumstance, to be grateful and cheerful in the knowledge of God's promises to us. We might also think of this, in a way, as a willingness to [experience the holy wherever we are in each moment](#). Blessed Carlo Acutis showed this joy in a couple of ways. One of his great passions was pilgrimage. He spent much of his life seeking out and visiting Eucharistic miracles around the world. If you also enjoy traveling, you know the power of seeking out holy places and experiences, and how you share those experiences and memories with others. Blessed Carlo Acutis used the digital realm to [share his experiences with others](#).

We also will recognize that Blessed Carlo died at a young age. In his short life, he brought many, including his parents, to deeper belief through his joyful witness. When he was sick with leukemia, he accepted his sufferings and offered them up to God, and for the intentions of the Pope and the Church. Even as he faced this adversity, he remained a model of holiness for those around him.

Gospel Readings

November 1, 2022

All Saints' Day

Gospel Reading: Matthew 5:1-12a

"See what love the Father has bestowed on us, that we may be called the children of God." — 1 John 3:1

Today is a great feast day, when we remember all of those blessed people we call saints that have gone before us to be with God. Many of these people lived extraordinary lives of faith, setting great examples for us to follow. Saints like St. Francis, St. Oscar Romero, and St. Teresa of Calcutta were all people who gave their lives, hearts, minds and souls to the Lord. Others lived seemingly ordinary lives doing ordinary things to the best of their abilities. For those of us among the living, we are called to strive to be saints too. It may look different, but we can live saintly lives as students, teachers, engineers, doctors, mail carriers, or house cleaners. We, too, can live extraordinary lives of faith in imitation of the great saints of old.

Dear Lord, please give us the desire to serve you with all that we are, so that we too may one day be with you in eternity.

**Have I given my all to Jesus? My thoughts? My words? My actions?
What can I do to better follow the paths of the saints?**

November 13, 2022

33rd Sunday in Ordinary Time

Gospel Reading: Luke 21:5-19

"It will lead to your giving testimony. Remember, you are not to prepare your defense beforehand, for I myself shall give you a wisdom in speaking..." — Luke 21:14-15

We are all children of God. Sometimes we are called to more than just knowing that fact. Sometimes the Lord wants us to share what we know about his love. That can be a scary thing. "What will people think of me? Will they make fun of me?" In today's Gospel, Jesus tells us that this is what he wants us to do. He tells us that it will be difficult and uncomfortable for us. But sometimes difficulties bring blessings. Maybe some people with whom you share your faith are going through tough times, and by hearing from you about your love for God, they experience a peace they may never have known without your witness. Do not be afraid to share God's love!

Dear Lord, help us not to be afraid to share our love for you. You promised us that if we do, we will be with you in eternity. Thank you for that gift.

What are some ways I can share my love for God with those around me?

November 6, 2022

32nd Sunday in Ordinary Time

Gospel Reading: Luke 20:27-38

"It is my choice to die at the hands of men, with the hope God gives of being raised up by him..." — 2 Maccabees 7:14

We recently celebrated All Saints' Day. Some saints lived very ordinary lives, and some of them even gave up their lives because of their belief in God. Because of the love they had for God, the saints knew that in giving up their lives, they were choosing everlasting life. This helped them not to be afraid to share their faith. We may never be called to die for our faith like the brothers in the first reading or the saints of old, but we may be called to do hard things for our faith. For example, if you are ever with a group of friends who say they didn't believe in God, you will have an opportunity to speak up and share why you believe. You don't have to make them change their minds, but you are called to be faithful to your own experience and sometimes that might mean putting your fears aside and sharing your beliefs.

Dear Lord, it is not always easy to share my faith in you with others. Please give me the courage to show others that I know I am a child of yours whenever I can.

If you met someone today whom you didn't know very well, how would that person be able to tell that you are a child of God?

Gospel Readings

November 20, 2022 Christ the King

Gospel Reading: Luke 23:35-43

"Above him there was an inscription that read, 'This is the King of the Jews.' — Luke 23:38

The title "king" is a very important one. To some, it is a title of respect and honor. To others, it is very threatening. When Jesus was born and Herod learned from the magi about a new king, he felt threatened. He did not want anyone to be more powerful than he was, so he tried to destroy this new king. Later in Jesus' life, Pontius Pilate also felt threatened and put Jesus to death. Jesus was a king who didn't act like other rich and powerful kings who wanted to be the center of attention. He was a humble king who led by example and gave all he had so that we may know God's love. May we give all we have to our King of Kings to thank him for such a gift.

Dear Lord, you are the greatest king there ever was. Teach me how to always give you the love you deserve.

Today is the last Sunday of the liturgical year. It is fitting, as we enter the Advent season and prepare ourselves for the baby Jesus, that we remember Jesus' purpose in coming. He was sent by God to bring us into his Kingdom through his death and resurrection.

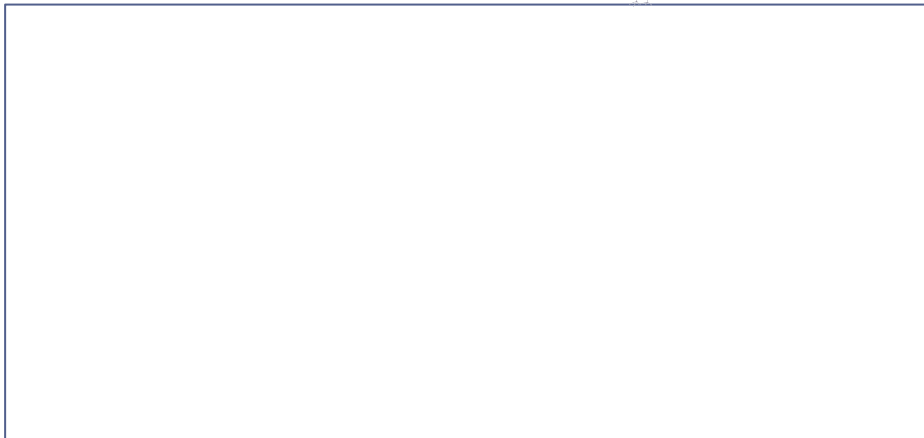
How do you feel about our King? How do you love, respect and honor him?

Download this month's [Saint Prayer Card](#) - Blessed Carlo Acutis



WEEK ONE

When do you feel most connected to others?



Additional Sources:

[Praying for the Living and the Dead](#)

[The Importance of Praying for the Dead](#)

[Why Do Catholics Pray for the Dead?](#)



November

Arise! Pilgrims of Hope Journal

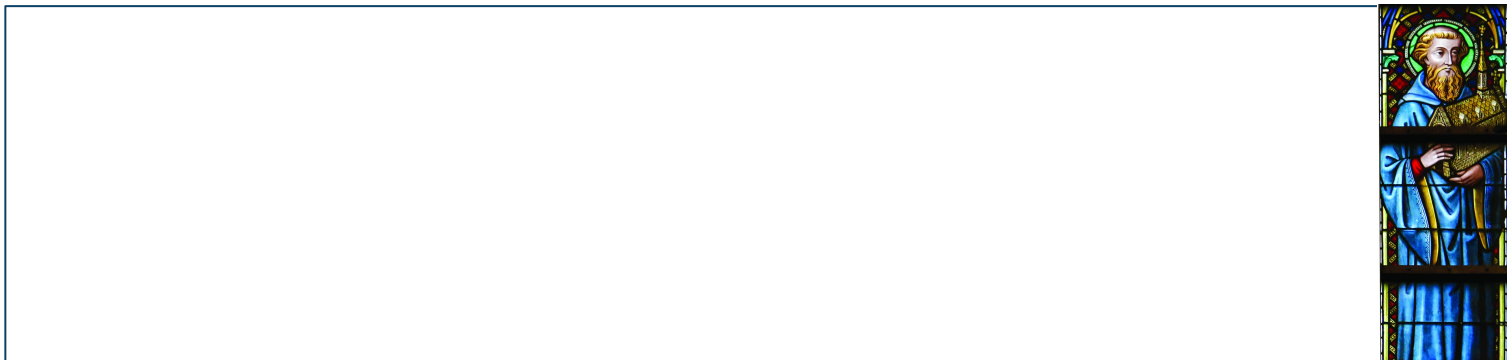
WEEK TWO

What person in your past are you most grateful for?



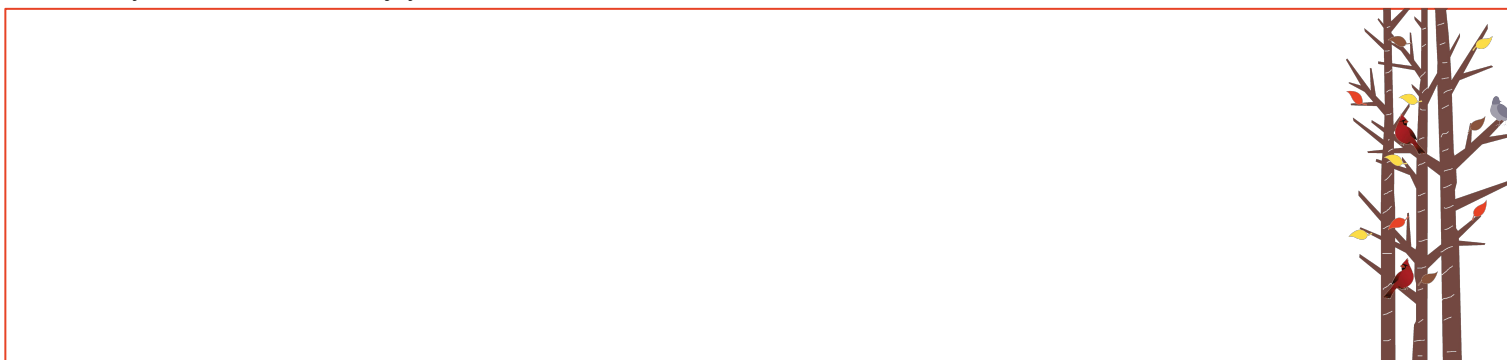
WEEK THREE

Is there a saint that you feel a connection with. Why?



WEEK FOUR

What can you do to live a more joyful life?



WEEK FIVE

What does God's presence feel like to you?

