

DISCIPLESHIP LAUNCH ACTIVITY

Family Member Names: _____

The following life launch activities were completed:

UP NEXT @ ST. BERNARD

January 20

Youth Liturgy 10:00 Mass

January 21

Martin Luther King Jr. Day
Say a prayer for peace!

January 23

No Discipleship Night

January 26

Men of St. Bernard Social
After 4:30 Mass

January 27

First Eucharist Meeting
11:30 AM

January 30

Discipleship Night



Darkness cannot drive out
darkness; only light can do
that.

Hate cannot drive out hate;
only love can do that.

- Martin Luther King Jr.

LIFE LAUNCH

CONNECTING DISCIPLESHIP NIGHTS

WITH THE EVERYDAY

Discipleship isn't just something we do on Wednesday nights and Sunday mornings, it's a call to living each day with Jesus Christ. Life Launch gives you a few options to practice this in an intentional way in your home, community, schools and workplaces; the places where we do life together!



Choose one (or more!) of the options inside this brochure to complete between now and our next Discipleship Night. Record your discipleship activity on the back page and turn it in for a prize. Share your discipleship activity on social media using #DLT@STB



Families come in all shapes and sizes. Some of us are single. Some of us are married. Some of us have children and some of us don't. But we all live in families meant to strengthen and support us, whether we have a full house or it's just us and Jesus. Here at St. Bernard, we're all family.

Turn this slip in on January 30 and receive a gift from us!

LAUNCH OPTION 1: BRIGHTEN UP BLUE MONDAY



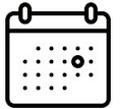
January 21, the third Monday of the year, is said to be one of the saddest days of the year. We are coming off the holidays with less festive time with family and friends. The days are dark and cold. Our New Year resolutions may be fading out and the credit card bills from December may be creeping in. All of these things combined can make us feel a little more down this time of year. Take some time to brighten up “Blue Monday” and be reminded of the light of Jesus in our lives.

- **Get Out** - Bundle up and take a winter stroll through your neighborhood. Lace up some ice skates and visit the outdoor ice rinks at Memorial, Erb or Pierce parks. Visit Buboltz or Heckrodt Nature Preserves and try out snowshoeing or skiing. As you are outside, look for glimpses of God’s light in His creation.
- **Have Some Fun** – Make an intentional effort to have some extra fun and laughs. Play your favorite board game. Have everyone come up with a joke to share at the dinner table. Make some fancy tropical drinks – don’t forget the umbrellas!
- **Send Sunshine** – We all love getting surprises in the mail. Find some bright colored paper, craft supplies, or cards and send snail mail to a friend or family member. Say a little prayer for that person as you seal the envelope.

Faith is like a bright ray of sunlight. It enables us to see God in all things, as well as all things in God.

-St. Francis de Sales

LAUNCH OPTION 2: NOT SO ORDINARY TIME



On Sunday, January 6, we celebrated the Baptism of Jesus. This also marked the end of our Christmas season. From now until Ash Wednesday (March 6) we enter what the Church calls, Ordinary Time. The purple and white colors we saw Father and the church adorned in, now will turn to green. Our Gospel readings will primarily be from Luke’s Gospel. It’s during this “ordinary” time that we enter into the life of Jesus and grow closer to Him in our everyday lives.

Do something extraordinary to prepare for this Sunday of Ordinary Time.

Read the Gospel (John 2: 1-11) before going to mass this weekend. Consider what words or phrases stick out to you. Reconsider this after hearing the Gospel at mass.

What did you hear differently this time? How will this change you in the week ahead?



LAUNCH OPTION 3: RESPECT LIFE

The Catholic Church in America sets aside January 14-22 as special days of prayer for the respect and protection of every human life. Each day a different intention is accompanied by a short reflection. These prayers uphold that every human life is cherished by God and sent by Him to carry out His mission.

- Visit www.9dayforlife.com to connect with the prayers.
- Call, text, or say a prayer to your mom in heaven; thank her for choosing to give you life. Kids, give your mom an extra hug!
- Mother & Unborn Baby Care is a local agency that assists women and families in crisis pregnancy situations. Visit their website to learn more (www.fvmubc.org) and consider making a donation to assist families in need.