

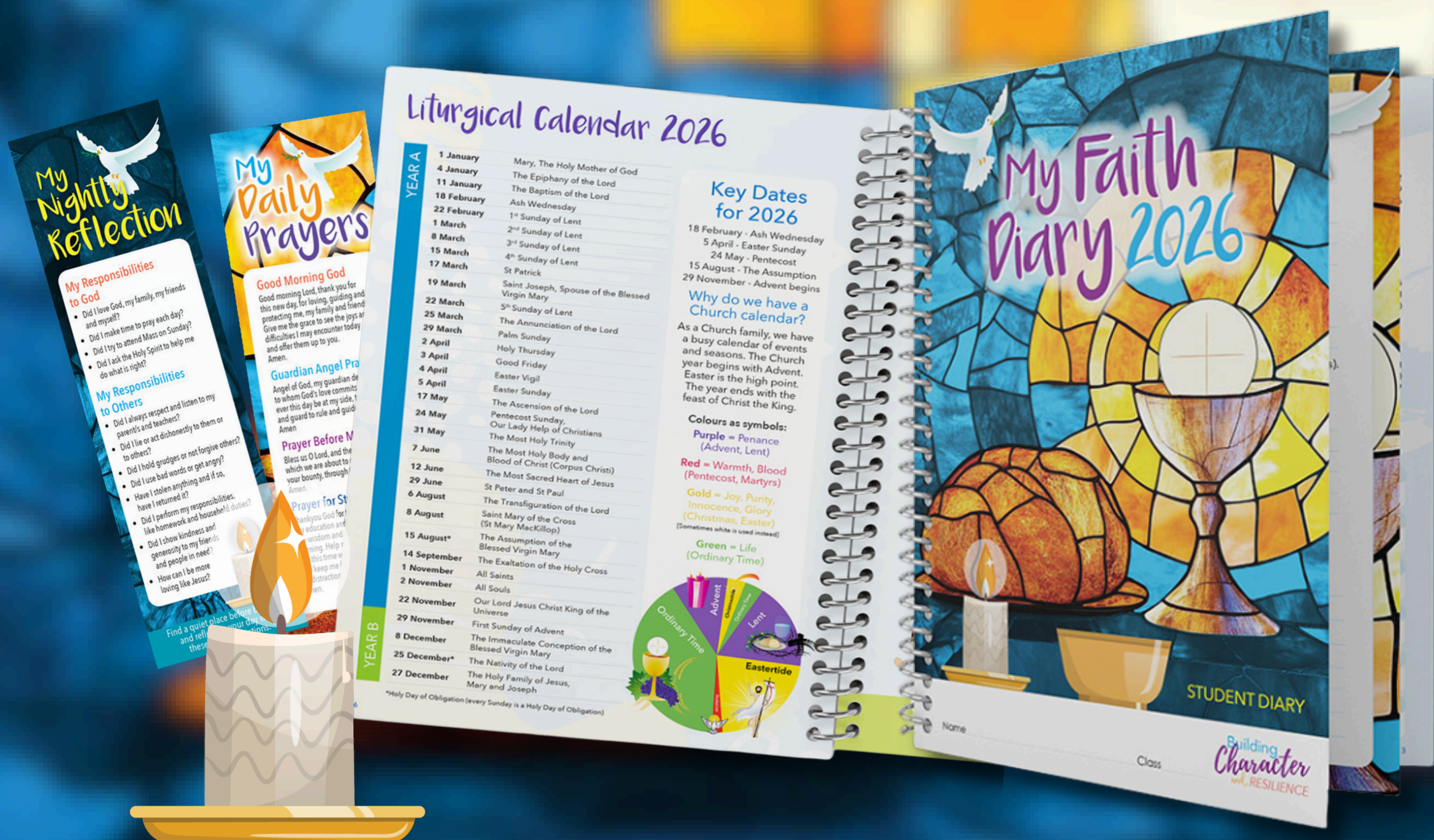
How To Use My Faith Diary 2026

The **My Faith Diary** is a beautifully illustrated, colourful and interactive student diary for Catholic primary schools.

Each double page weekly spread features the **Sunday Gospel readings** and accompanying **activities**, as well as ample space to **record homework**, **important dates**, **home-school communication** and more.

Why Use Paper Planners?

- Writing on paper helps to improve memory
- Planning on paper helps to maintain focus
- Writing things down helps us to prioritise tasks
- Diaries are a visual representation and record of our accomplishments
- Student diaries significantly increase our chances at academic and personal success



Weekly layout, perfect for logging reading, homework, and important events!

SUNDAY FEBRUARY 8 Ordinary Time 5

Light of the World!

THE WORD
Jesus said to his disciples, "You are the light of the world. A city built on a hill cannot be hidden. People do not light a lamp and put it under a bowl; instead they put it on a stand where it shines for everyone in the house. In the same way, let your light shine before others so that they may see your good work and give praise to your Father in heaven."
Lk 8:7-10 | Ps 111 | Cor 2:1-5 | Mt: 5:13-16

LOOK CLOSER
Light of Love. "Love" loves the light, because it has nothing to hide or fear. When we love, we are like the lamp on the stand - God's goodness and mercy in us is seen by all.
Try it: Make a traditional oil lamp from clay. After it has hardened, insert a wick and fill with olive oil. www.cathfamily.org

BE A SAINT
Charity
St Teresa of Calcutta - 1910-1997
Mother Teresa lived charity by teaching the poorest children in the slums of India and caring for those who were sick and dying.

Using the first letters of each picture, create the sentence.

Home-School Communication

Date Saints	Homework	Due	Notes Spelling
9 Monday Regina Coeli (Text) St Miguel Fabres Condoro	Bring hat to school	<input type="checkbox"/>	
10 Tuesday St Scholastica	Start reading new book at home	<input type="checkbox"/>	
11 Wednesday Our Lady of Lourdes	Michael's birthday!	<input type="checkbox"/>	
12 Thursday	Sports carnival	<input type="checkbox"/>	
13 Friday		<input type="checkbox"/>	
14 Saturday St Cyril and St Methodius		<input type="checkbox"/>	

Words of the Week

SUNDAY MAY 17 The Ascension of the Lord

I am with you Always

There was something else Jesus told his disciples to do. Unscramble the words to find out what it was.

THE WORD
The eleven disciples went to the hill in Galilee to meet Jesus. He said, "I have been given all authority on heaven and on earth. Go then, to all peoples everywhere and make them my disciples: Baptise them in the name of the Father, the Son and the Holy Spirit. And I will be with you always, to the end of the age."
Acts 1:1-11 | Ps 46 | Ep 1:17-23 | Mt 28:16-20

LOOK CLOSER
Go make disciples. Jesus gave his followers an important last message: GO! Make disciples! A lot of people think that this call to mission is only for religious brothers, sisters and priests. But Jesus calls us all to be missionaries. He wants all of his followers to share his message of love with others.
Do it: Watch a movie together or read about a missionary Christian. Talk about how we can share the message of Christ's love.

BE A SAINT
Honour
St Polycarp - 69-155
When Polycarp was arrested for his faith, the honourable saint said, "I have served my king for 86 years... Why should I betray him now?"

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C D

Home-School Communication

Date Saints	Homework	Due	Notes Spelling
18 Monday	Ask mum for egg cartons for science experiment	<input type="checkbox"/>	Primate - Types of mammals
19 Tuesday	Bring maths book home	<input type="checkbox"/>	
20 Wednesday St Bernadine of Siena	Cricket training	<input type="checkbox"/>	
21 Thursday		<input type="checkbox"/>	
22 Friday St Rita of Cascia	Sell Cadbury chocolates for school drive	<input type="checkbox"/>	
23 Saturday		<input type="checkbox"/>	

Words of the Week

Teacher's Initials
Parent's/Carer's Signature

Faith formation through Sunday readings, prayers, and activities!

The Miracle of the EUCHARIST

Did you know that the bread and wine that is consecrated in Holy Mass by the priest is really Jesus' real body and blood, and not just a symbol? The real presence of Jesus in the Eucharist is an important teaching in the Catholic faith. This is called transubstantiation, and it is the miraculous change of bread and wine into the Body, Blood, Soul and Divinity of Jesus. Transubstantiation cannot be experienced by the senses (sight, touch, taste) it must be believed.

Jesus is every bit as real in the Eucharist as when he walked with his disciples 2000 years ago.

Eucharistic Miracles over the Ages

Throughout history, Jesus has shown us that he is really present in the Eucharist. In fact many documented Eucharistic miracles have occurred as a result of someone's faith in the Real Presence of Jesus. These miracles show that His Body is really present in the Eucharist. Miracles to help our faith and to remind those who are not really present in the Eucharist that Jesus is really present in the Eucharist. Miracles in which the Host has become human flesh and blood, or the greatest miracle of all, when bread and wine change into the Body, Blood, Soul and Divinity of Jesus.



Eucharist Miracle Santarem, Portugal 13th century

Did you KNOW?

Did you know that there are over 187 documented Eucharistic Miracles that have occurred in the last 2000 years. These are amazing incidents that give us visible evidence of the reality that Jesus' Body, Blood, Soul, and Divinity is truly present in the Blessed Sacrament.

In fact, it was only 20 years ago, when a young teenager from Italy named Carlo Acutis, started taking an interest in Eucharistic Miracles. We have him to thank for helping to bring Eucharistic Miracles to the world's attention. On the next page are descriptions of just a few of these miracles, which have all been approved by the Catholic Church.

'The Eucharist is the highway to heaven'.
St Carlo Acutis

Saint Carlo Acutis (3 May 1991-12 October 2006)

Carlo Acutis was a teenager known as a 'computer geek', who loved playing PlayStation and watching films. He died from leukemia at the age of 15. He loved Jesus, truly present in the Eucharist, and wanted others to know about it too. He thought one great way to tell the world



Interesting articles to prompt faith formation!

SAINTS HEROES Live Out Good Habits & Be a Saint

Here is a list of all the saints you will find in the BE A SAINT box in this diary and the page particular where you will find them. For each one we explain how that saint lived out a particular good habit or character virtue.

How Blessed Chiara Luce Badano lived Acceptance ... p 28	How St Mary of the Cross MacKillop lived Magnanimity ... p 80
How St Vincent de Paul lived Appreciation ... p 30	How St Maria Goretti lived Mercy ... p 82
How St Teresa of Calcutta lived Charity ... p 32	How St Matthew lived Obedience ... p 84
How St Louis IX of France lived Compassion ... p 34	How St Philip Neri lived Optimism ... p 86
How St Martin of Tours lived Commitment ... p 36	How St Benedict of Nursia lived Obedience ... p 88
How Blessed Caterina Dominici lived Confidence ... p 38	How St Juan Diego lived Perseverance ... p 90
How St Genevieve lived Courage ... p 40	How St Josemaria lived Perspective ... p 92
How St Martha lived Courtesy ... p 42	How St Catherine of Siena lived Prayerfulness ... p 94
How St Bede lived Hospitality ... p 44	How St Agnes lived Purity ... p 96
How St Ignatius of Loyola lived Detachment ... p 46	How Blessed Alois Andritzki lived Resilience ... p 98
How St John Paul II lived Faith ... p 48	How St Francis de Sales lived Respect ... p 100
How St John Bosco lived Friendship ... p 50	How St Damien of Molokai lived Responsibility ... p 102
How St Frances Xavier Cabrini lived Generosity ... p 52	How St Maximilian Kolbe lived Sacrifice ... p 104
How St Paul Miki lived Graciousness ... p 54	How St John XXIII lived Serenity ... p 106
How St Therese of Lisieux lived Gratitude ... p 56	How St Stephen lived Sincerity ... p 108
How St Anthony Mary Claret lived Honesty ... p 58	How Blessed Anne-Marie Javouhey lived Teamwork ... p 110
How St Polycarp lived Honour ... p 60	How St Anthony of Egypt lived Temperance ... p 112
How St Joseph of Cupertino lived Hope ... p 62	How St Gianna Molla lived Thoughtfulness ... p 114
How St Joseph of Cupertino lived Humility ... p 64	How St Francis & St Jacinta lived Trustworthiness ... p 116
How St Francis of Assisi lived Joyfulness ... p 66	How St Miguel Febres Cordero lived Understanding ... p 118
How St Augustine lived Judgement ... p 68	How St Thomas Aquinas lived Knowledge ... p 120
How St Katharine Drexel lived Justice ... p 70	How St Thomas Aquinas lived Knowledge ... p 122
How St Veronica lived Kindness ... p 72	How St Thomas Aquinas lived Knowledge ... p 124
How St Thomas Aquinas lived Knowledge ... p 74	How Blessed Carlo Acutis lived Wonder ... p 124
How St Alphonsus of Liguori lived Leadership ... p 76	
How St Alphonsus of Liguori lived Leadership ... p 78	

How the Saints lived out the Virtues

Every week, practise one of these 50 good habits. With time and practise, through your actions, your good habits will slowly become virtues. For example, use St Carlo Acutis as a role model and practise wonder every day!



BE A SAINT

Wonder
St Carlo Acutis - 1991-2006
St Carlo was a teenager full of wonder for the Eucharist. He created a website with Eucharistic miracles from around the world.

Saint Carlo Acutis

Carlo created a website with Eucharistic miracles from around the world, while he was in school. He did this because he was passionate about the Eucharist and wanted to share his love for it with others. He was a role model for many young people.

Wonder
Wonder is a gift of the Holy Spirit that allows us to recognize the hand of God in the world around us. It is a habit of the heart that leads us to have a sense of awe and wonder for the things of God. It is a habit that leads us to have a sense of awe and wonder for the things of God.

Our Lady of Guadalupe

The Story

Our Lady of Guadalupe first appeared to a 57-year-old widower, Juan Diego, on a hill called Tepeyac in Mexico at dawn on December 9, 1531. Diego was a peasant farmer and was going to work in the fields. He saw a radiant light and a woman dressed like an Aztec princess. She was the Blessed Virgin Mary and told Diego to have a church built in her honour on the hill. Diego told the Archbishop of Mexico City that Our Lady appeared before him with her request, but he was not believed. The Virgin tried to convince the Archbishop. The unbelieving Archbishop requested a sign. During the third apparition, Diego returned to the hill, and to his amazement, he found that Spanish Castilian roses had unusually bloomed in winter. The roses were not native to Mexico. Our Lady asked Diego to pick the roses and carry them to the Archbishop as a sign. He bundled the roses in his tilma (cloak garment) and set off to see the Archbishop. When Diego showed the roses to the Archbishop, everyone was astonished. An image of Our Lady had miraculously been imprinted on Diego's tilma - a cloak woven from cactus fibres. The image of Mary on his tilma looked exactly like how she appeared on the hill of Tepeyac. The Archbishop sank to his knees in reverence.



The Basilica of Our Lady of Guadalupe

Juan Diego's cloak can be seen today at the Basilica of Our Lady of Guadalupe in Mexico City, which attracts nearly 30 million visitors each year. The cactus as it was 500 years ago. Many come to the site to pray before the miraculous image as a sign of reverence and honour, and to entrust their personal petitions before Our Lady.

The Incredible Mystery of the Image

Many experiments have been made on the image of the cloth (tilma). The colours are not composed of mineral, animal or vegetable material and using infra-red rays, NASA has confirmed the image was somehow scorched onto the cloth without anything ever touching it. In 1921, terrorists tried to destroy the image and detonated a bomb under the image in the Church, shattering windows and bending metal around the altar. However, the image remained undamaged and is still in perfect condition. Why not research the mystery of Our Lady of Guadalupe on the internet?

Important information for families to help with reading and living the faith at home!

Family Meals



A Meditime Prayer

Saying grace before meals is one of the simplest ways for a family to pray together. Usually it is a short prayer giving thanks for the meal. However, saying 'grace' does more than just thank God; it invites God to be present during your meal.

Bless us, Lord of all Creation, and be with us as we share this meal. We thank you for our food and ask your blessing on those who have prepared it. We thank you for the gift of our family [and for our visitors here tonight/today]. Bless our conversation and draw us closer to you. Amen.

A family meal is more than just a feed. It's a time when we, as family members of whatever age or stage of life, deepen our love for each other. We eat together not just to nourish our bodies, but to nourish our relationship as a family. We 'feed' each other by spending time together, listening to one another, praying 'thanks' for our blessings and sharing in the preparation of the meal.

A family meal doesn't have to be elaborate. It doesn't have to be perfect or done a certain way. It just has to be a sincere attempt to say "I love you, we belong, we believe."

Above all, family meals need to be a priority. Not just for families with young children, but for all of us: and not just on special occasions, but on the ordinary days as well.

Without prioritisation, planning and effort, this precious part of our family life can easily be overrun by sports, work, hobbies, study, household chores, TV or computer games.

[Excerpt from "Family: A Feast of Love", The Story Source, Teresa Pirola]

The Great Digital Divide

Turn off the TV! Put down the device. Make a habit of switching the electronics off and turning the conversation on.

Family Meals Matter

Studies show that family meals deliver a host of benefits to both children and parents. Most of these benefits are independent of ethnic background, socio-economic status, and whether it is a one or two parent home. Family meals are proven to:

- Improve vocabulary and reading**
Conversation around the family table teaches children more vocabulary and advances reading.
- Improves school grades**
Having regular family meals was a strong predictor of academic achievement in several different studies.
- Lowers risk-taking behaviours**
Kids who have regular family meals are less likely to take drugs, feel depressed or have suicidal thoughts, smoke cigarettes, drink alcohol, have intimate relationships at a young age, or get into fights.
- Improves family relationships**
Children who have frequent family meals report better family communication, stronger family ties, and a greater sense of identity and belonging. Many families use this time to catch up on each others' lives.
- Improves diet**
Family meals are associated with a lower intake of soft drinks and snack foods and improved intakes of fruits, vegetables, grains, calcium-rich foods, protein, iron, fibre, Vitamins A, C, E, B6, and folate. Girls in these families exhibited fewer eating disorders or extreme diet behaviours. Consistent meals discourage snacking and model healthy eating habits.

Adapted from www.healthyeating.org

At the Table with The Lord



Jesus loved a good feast! He was noted for spending time at the table with his followers and social outcasts. In fact, one of his greatest gifts to the Church was a meal! The Mass is the gathering of the Church for feasting and relationship. When we go to Mass, we not only receive spiritual food in the body and blood of Christ, we also are nourished by the relationships of the community. In the same way that the Eucharist is at the heart of the life of the Church, so too is the family meal at the heart of the life of the domestic church. When we share a meal together in the presence of the Lord, we are about a sacred business!