



FEBRUARY 2026

ST. RAPHAEL COMMUNITY OF CATHOLIC MOMS

NEWSLETTER

Join Our Mom's Ministry for One Evening each Month

Evening meetings are one Tuesday evening each month of the school year, with a rolling start at 7:30pm. These nights are designed to give local Catholic moms a social evening to mix and mingle, feel rejuvenated, and inspired!



CCM Meeting Dates & Guest Speakers Feb – May 2026

February 10th - Preparing for Lent with Rachel Dickinson

March 10th - Panel Discussion & Couples Night!

April 14th - Father Alex Lorang

May 12th - Father Max Behna, Pastor of St. Margaret Mary Church

Of note: Father Alex & Father Max's dates were erroneously transposed in previous newsletters. Corrected above

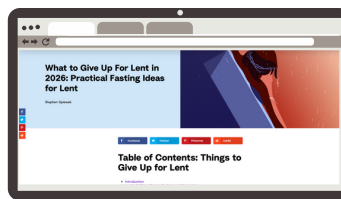
Lent is coming! Want to lean into it this year?

With CCM:

Mark your calendar & RSVP for our
February 10th meeting!

Online:

Click the images for links to a couple
of solid articles on reliable Catholic
sites to get your wheels turning about
Lent and how you can leverage this
time for you & your fam.



At Church:

This Lent, St. Raphael is offering more
opportunities for family-time at Church:

Every Tuesday, 6-7 PM
Family Holy Hour
Confession also available

March 24th, 6-7pm
Lenten Praise & Worship Evening

If you're receiving this through the grapevine, visit our website
for more information. If you're a Catholic mom raising your kids
in Naperville, we would be so happy to have you join us!

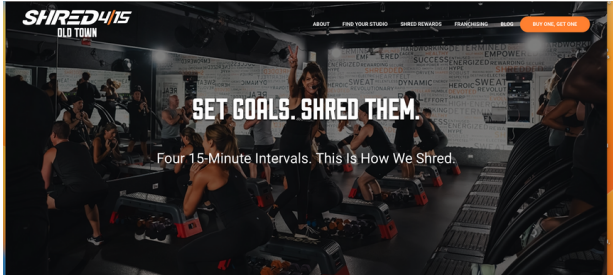




FEBRUARY 2026

ST. RAPHAEL COMMUNITY OF CATHOLIC MOMS

January's SHRED Night



We had 22 moms attend for this High Intensity Interval Training session, led by fellow mom & parishioner, Bridget Dunne. Bridget led all of us with enthusiasm, kept us motivated, and impressively managed tasking two different groups simultaneously. Thank you, Bridget!

We circled up for a social hour afterwards and Father Alex provided a brief note of wisdom on how we can glorify God in everything we do, even the seemingly mundane tasks like working out and folding laundry. Father Alex highlighted the Jesuits' Motto for this: "Ad Majorem Dei Gloriam" as a helpful reminder.



what does catholic catechism teach about athleticism and physical activity

AI Overview

The Catholic Catechism views athleticism and physical activity as a means of honoring God, developing virtue, and fostering integral human development, as long as they are approached with balance and respect for the body. It teaches that our bodies are temples of the Holy Spirit, and caring for them is a form of stewardship. Athletics can be a way to develop virtues like sacrifice, self-mastery, sportsmanship, and respect, while also fostering community.

Stewardship and care for the body

- **Body as a temple:** The Church emphasizes that the body is a temple of the Holy Spirit and a gift from God that should be cared for.
- **Reasonable care:** We have a duty to take reasonable care of our physical health, balancing personal needs with the needs of others and the common good.
- **Balance:** Physical activity should be balanced with rest and other aspects of life, and should not become an end in itself.
- **Spiritual and physical fitness:** Historically, the Church has linked physical and spiritual fitness, viewing exercise as a way to better care for the whole person.

Development of virtues

- **Virtues:** Athletics can be an arena for developing virtues such as discipline, humility, generosity, sacrifice, constancy, and loyalty.
- **Self-mastery:** Winning requires discipline and self-control, which are seen as important steps toward personal growth and the ability to give oneself to others.
- **Humility and grace:** Sports teach us to win with humility and lose with grace.

Community and social development

- **Community building:** Athletics foster community, friendship, and a sense of teamwork, reminding us that we achieve great results together.
- **Social skills:** Sports help develop social skills and are a catalyst for positive face-to-face encounters.
- **Respect for others:** Athletic competition should be a context for respecting opponents, coaches, officials, and the rules.

Potential dangers and proper approach

- **Avoidance of harm:** The Church discourages activities that are harmful, abusive, or degrading, and prohibits unsportsmanlike conduct.
- **"Keeping it a game":** It is important for sports to remain a game and not become a source of excessive pressure or obsession, according to Pope Francis.
- **Role models:** Athletes are expected to be good role models, and their influence can lead others to live a virtuous life.

AMDG is a Latin abbreviation for "Ad Majorem Dei Gloriam," meaning "For the Greater Glory of God," and serves as the motto of the Society of Jesus (Jesuits) and many Catholic institutions, encouraging all actions, big or small, to glorify God. It's used as a spiritual reminder to strive for excellence, find God in all things, and live a life of purpose, often written at the top of documents or as a guiding principle in daily life and work.





January 14th: Service Opportunity at Feed My Starving Children



Alicia Plancich and her kiddos have loved their previous time at FMSC so she graciously offered to take the lead in organizing a service event for families in our mom's ministry. Thank you, Alicia, for your leadership and heart for service! You showed us how fun, accessible, and impactful local service can be.





Come to Playgroup!

If you're home with littles on Mondays, come join us for some social time for moms and kids. Rolling start at 9:20; wrap up around 10:20. Lots of friendly faces to chat with and build a greater sense of who is who in our parish community! Room 157 at the end of the hall—look for the strollers!



Special Notes for February Dates

February 9th

Father Alex is coming to play music with us again!

February 16th

NO playgroup.

Whole STR campus is completely closed for the holiday.

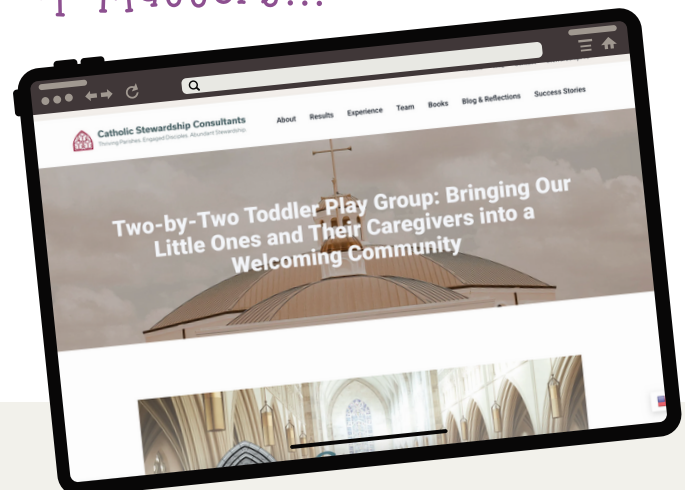
February 23rd

Sepha Skean, the director for St. Margaret Mary's CGS program, is coming with some of her teaching materials in tow. She'll show moms and kiddos a few highlights of this Montessori-style catechesis.

Why Playgroup Matters...

Kids wriggly? Conversations interrupted? You're doing it right!

Playgroup supports connection, confidence, and community - for kids and grown-ups - even when it doesn't look picture-perfect. Here's a great article on why playgroup matters.



COMMUNITY *of* CATHOLIC MOMS

FEBRUARY MEETING NIGHT

"Feasting, Fasting, and Forgiveness"

Tuesday, February 10th

7:30pm - 9pm

Saints Anne & Joachim Room

Ash Wednesday (Feb. 18th) is right around the corner - let's get ready to kick off Lent together! This interactive evening will provide an opportunity to mix and mingle, as well as time to dive deeper into practical ways to grow closer to God this Lent - for both ourselves and our families!



Come for connection; Stay for encouragement; Leave inspired!

Let us know you're coming!



SCAN TO RSVP



FOR MORE INFORMATION,
EMAIL THE MOM'S MINISTRY
AT
STRAPHAELCCM@GMAIL.COM

MEETINGS
OPEN TO ALL
CATHOLIC MOMS OF
INFANTS THROUGH
HIGH SCHOOLERS