



CATHOLIC PLANNER

2 0 1 9

WELCOME

Welcome to the Catholic Planner Family! The Catholic Planner was created to help you accomplish all of your goals, stay organized, make time for yourself and your loved ones, and stay grounded in your faith throughout the year. We pray that this simple and effective tool will help you on your spiritual journey.

WHAT'S INSIDE?

Path to Sainthood: This beginning-of-the-year exercise is meant to help you reflect on the person that God is calling you to be. You will fill out each section of this chart to pinpoint your goals for 2019, while ensuring that these goals align with God's will.

Monthly Calendar: These pages give you an overview of your whole month. You can find the liturgical calendar along with saint feast days and a saint of the month.

There is also space to brainstorm your goals for the month. This is a great way for you to kickstart your month and move forward with focus.

Weekly Retreat: Prepare spiritually for your week here. The readings for the upcoming Sunday's mass are provided for you and a snippet of the Gospel reading is featured. We encourage you to take out your bible to read all of the passages. Below the readings you are given space to reflect on the message you read.

The next section gives you space to write down how you were in awe of God throughout the week. This allows you to always be aware of God's presence in your life and highlight what you are grateful for.

The rituals and habits section helps you to get your life into a rhythm. You can list the rituals and habits you want to develop and check off the days you accomplish each one. Good daily habits are personal activities that are important to your own well-being (i.e. drinking 8 glasses of water, exercising, practicing a passion, etc.). Catholic rituals are religious activities that express your love for Christ (i.e. attending daily mass, attending a scripture study, performing acts of charity, etc.).

The prayer list helps you to add focus and structure to your communion with God.

Weekly Calendar: These pages give you space for you to schedule your daily appointments and jot down any notes and tasks to do throughout the week.

MAKE IT YOUR OWN

There is no one right way to use the Catholic Planner. Discover the best way to use the Catholic Planner that is most effective for you. Put your personality into it and add some color. Make it your own!

KEEP IN TOUCH

For more tips on how to use the Catholic Planner visit us at CatholicPlanner.com. Follow us on Facebook at [Facebook.com/CatholicPlanner](https://www.facebook.com/CatholicPlanner) and on Instagram and Twitter @CatholicPlanner. Share how you've personalized your Catholic Planner and tag us!

PATH TO SAINTHOOD GUIDE

Make this your best year ever by setting goals for yourself for 2019! The Path to Sainthood helps you to look deep into what God's purpose is for you, so that you can come up with these goals.

"Jesus, help me to simplify my life by learning what You want me to be and becoming that person."
- Saint Therese of Lisieux -

INSTRUCTIONS

2018 Achievements: Write down the achievements you were most proud of accomplishing last year - big or small.

God's Blessings: Reflect on the gifts that God has brought into your life. What are you most grateful for? What talents has he given you?

Inspiration: Write down the names of people who are inspirations in your life. These can be saints, friends, family, priests, teachers, or anyone else you can think of. Also write down the qualities and traits that make these people so inspirational.

Focus: Reflect on the categories in your life that you feel called to focus on, develop, work on, or maintain. Examples of these categories can be the Seven Virtues, the Fruit of the Spirit (Galatians 5:22-23), your family, your career or your creativity.

2019 Goals: After filling out the previous sections you should have a better idea of what is most important to you and what God is calling you to do or be. Set goals for yourself based on the direction given to you from your answers. Don't be afraid to dream big!

"Be who God meant you to be and you will set the world on fire."
- Saint Catherine of Siena -

MY PATH TO SAINTHOOD

2018 ACHIEVEMENTS

GOD'S BLESSINGS

2019 GOALS

INSPIRATION

FOCUS

PATH TO SAINTHOOD

Use this space for brainstorming.

PATH TO SAINTHOOD

Use this space for brainstorming.

40 DAY LENTEN CHALLENGE

I WILL PREPARE FOR CHRIST'S DEATH & RESURRECTION BY

Brainstorm and choose what you feel called to commit to during the Lenten Season.

REFLECT

Why did you choose to commit to this?

MY SUPPORT TEAM

Who can help you along the way?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

Initial after you complete each day.

2019

JANUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY	SUNDAY	MONDAY	TUESDAY
NOTES			1 Solemnity of Mary, the Holy Mother of God <i>New Year's Day</i>
	6 The Epiphany of the Lord	7 Saint Raymond of Penyafort	8
	13 The Baptism of the Lord	14	15
	20 Second Sunday in Ordinary Time	21 <i>Martin Luther King, Jr. Day</i> Saint Agnes	22 Day of Prayer for the Legal Protection of Unborn Children Saint Vincent
	27 Third Sunday in Ordinary Time	28 Saint Thomas Aquinas	29

SAINT VINCENT

- Feast Day: January 22
- Died: c. 304
- Patron saint of Lisbon, Valencia, and wine
- He was the archdeacon of the church at Saragosa
- Under the rule of Roman emperor Diocletian, he was tortured but showed no suffering and kept his eyes turned to Heaven
- His deceased body was guarded by a raven, and despite attempts to cast his body to sea, the waves brought it ashore
- His relics are preserved in the Augustinian monastery in Lisbon
- He is the Protomartyr of Spain

WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3	4	5
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT

TO DO	LIST
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WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

S M T W T F S

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PRAYER LIST

WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

S M T W T F S

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WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

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S M T W T F S

S M T W T F S

FEBRUARY	SUNDAY	MONDAY	TUESDAY
NOTES			
	3 Fourth Sunday in Ordinary Time	4	5 Saint Agatha
	10 Fifth Sunday in Ordinary Time Saint Scholastica	11 Our Lady of Lourdes	12
	17 Sixth Sunday in Ordinary Time	18 <i>Presidents' Day</i>	19
	24 Seventh Sunday in Ordinary Time	25	26

SAINT SCHOLASTICA

- Feast Day: February 10
- Born: 480 AD, Died: 543 AD
- Patron saint of school, books, nuns and convulsive children; invoked against storms and rain
- She was the twin sister of Saint Benedict
- She founded and governed a monastery of nuns in Monte Cassino
- Nearing the end of one of her brother's visits, she prayed that he would not leave. Suddenly, a violent storm erupted, preventing Saint Benedict's departure. He stayed and they spent the night in spiritual discussion

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1	2 The Presentation of the Lord
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6 Saint Paul Miki & Companions	7	8 Saint Jerome Emiliani Saint Josephine Bakhita	9
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13	14 <i>Valentine's Day</i> Saints Cyril, Monk, & Methodius	15	16
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20	21 Saint Peter Damian	22 The Chair of Saint Peter the Apostle	23 Saint Polycarp
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27	28		
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GOALS

WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

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WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

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WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

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WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

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PRAYER LIST

FEBRUARY

17 SUNDAY

18 MONDAY

19 TUESDAY

PRIORITIES

MORNING

Presidents' Day

MORNING

DAY

DAY

DAY

NIGHT

NIGHT

NIGHT

NOTES

MARCH	SUNDAY	MONDAY	TUESDAY
NOTES			
	3 Eighth Sunday in Ordinary Time Saint Cunegundes	4 Saint Casimir	5
	10 First Sunday of Lent	11	12
	17 Second Sunday of Lent	18 Saint Cyril of Jerusalem	19 Saint Joseph, Spouse of the Blessed Virgin Mary
	24 Third Sunday of Lent	25 The Annunciation of the Lord	26
	31 Fourth Sunday of Lent		

SAINT CUNEGUNDES

- Feast Day: March 3
- Died: 1040
- Patron saint of Luxembourg, Lithuania, Poland, and the Archdiocese of Bamberg, Germany
- She was the empress of Rome through her marriage to Saint Henry
- Before marriage, she took a vow of virginity
- She was accused of scandalous conduct, so to prove her innocence she walked over flaming irons without injury
- After her husband's death, she led a meager life despite her position
- She retired to Kaufungen Abbey in Hesse, Germany

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1	2
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6 Ash Wednesday	7 Saints Perpetua & Felicity	8 Saint John of God	9 Saint Frances of Rome
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13	14	15	16
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20	21	22	23 Saint Turibius of Mogrovejo
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27	28	29	30
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GOALS

READING 1

1 Sm 26:2, 7-9, 12-13, 22-23

READING 2

1 Corinthians 15:45-49

GOSPEL

Luke 6:27-38

“Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

Luke 6:37-38

REFLECTION

HOW WERE YOU IN AWE OF GOD THIS WEEK?

WEEKLY RETREAT

FREE SPACE

HABITS & RITUALS

PRAYER LIST

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S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

FEB & MAR

24 SUNDAY

25 MONDAY

26 TUESDAY

PRIORITIES

MORNING

MORNING

MORNING

DAY

DAY

DAY

NIGHT

NIGHT

NIGHT

NOTES
