

#### 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 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?

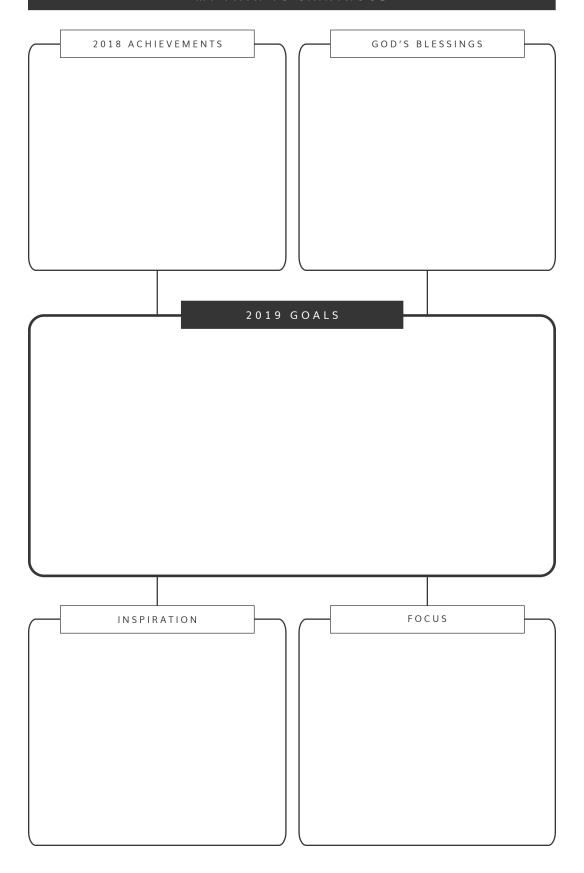
**Inspiration**: Write down the names of people who are inspirations in your life. These can be saints, friends, family, priests, teachers, or anyone else you can think of. Also write down the qualities and traits that make these people so inspirational.

**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



# PATH TO SAINTHOOD

Use this space for brainstorming.

# PATH TO SAINTHOOD

Use this space for brainstorming.

# 40 DAY LENTEN CHALLENGE

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

### ${\sf R}\,{\sf E}\,{\sf F}\,{\sf L}\,{\sf E}\,{\sf C}\,{\sf T}$

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

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21 22 23 24 25 26 20

APRIL

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21 22 23 24 25 26 27

JULY

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OCTOBER

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SMTWT

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SMTWT

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#### FEBRUARY

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#### AUGUST

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# NOVEMBER

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#### SEPTEMBER

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### DECEMBER

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29 30 31

JANUARY		SUNDAY		MONDAY	Т	UESDAY
NOTES					1	Solemnity of Mary, the Holy Mother of God New Year's Day
	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	Martin Luther King, Jr. Day  Saint Agnes	22	Day of Prayer for the Legal Protection of Unborn Children
	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

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 The Most Holy Name of Jesus	4	5
Saints Basil the Great		Saint Elizabeth Ann Seton	Saint John Neumann
& Gregory Nazianzen	10	11	12
16	17	18	19
	Saint Anthony		
23	24	The Conversion of Saint Paul the Apostle	26
Saint Marianne Cope	Saint Francis de Sales		Saints Timothy & Titus
30	31		
	Saint John Bosco		

WEEKIV	RETREAT	• DECEMBER	30 2018
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READING 1	READING 2	GOSPEL
1 Samuel 1:20-22 24-28	1 .lohn 3:1-2 21-24	Luke 2:41-52

After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers.

Luke 2:46-47

			RΕ	FLECT	ГІОІ	٧				
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	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	

DEC & JAN	SUNDAY	M O N D A Y	TUESDAY
PRIORITIES	MORNING	MORNING	Solemnity of Mary, the Holy Mother of God New Year's Day
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	NO	TES	

W E D N E S D A Y	T H U R S D A Y	FRIDAY	S A T U R D A Y
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
	DO		S T

# WEEKLY RETREAT • JANUARY 6, 2019

READING 1	READING 2			GOSPEL
Isaiah 60:1-6		Ephesians 3:2-3a, 5-6		Matthew 2:1-12
with Mary his mother. They	pr	the star, and on entering the ostrated themselves and did ered him gifts of gold, franki	hi	m homage. Then they
		REFLECTION		

HOW WERE YOU IN AWE OF GOD THIS WEEK?

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
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S	M	Т	W	Т	F	S	

J A N U A R Y	SUNDAY	MONDAY	T U E S D A Y
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	ΝO	TES	

W E D N E S D A Y	T H U R S D A Y	FRIDAY	SATURDAY 12
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
ТО	DO	LI	ST

WEEKLY	RETREAT • 1	ANUARY	13.20	1 9

READING 1	READING 2	GOSPEL
Isaiah 40:1-5, 9-11	Titus 2:11-14; 3:4-7	Luke 3:15-16, 21-22

After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my beloved Son; with you I am well pleased."

Luke 3:21-22 REFLECTION

HOW WERE YOU IN AWE OF GOD THIS WEEK?

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	

JANUARY	SUNDAY	M O N D A Y	T U E S D A Y
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	

WEDNESDAY 16	T H U R S D A Y 17	FRIDAY 18	SATURDAY 19
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
ТО	DO	LI	ST

# WEEKLY RETREAT • JANUARY 20, 2019

READING	READIN	d z	GOSFEE
Isaiah 62:1-5	1 Corinthians	12:4-11	John 2:1-11
	us told them, "Fill th	ne jars with w	onial washings, each holding vater." So they filled them to it to the headwaiter." So
			John 2:6-8
	R E F L E C T	ION	

HOW WERE YOU IN AWE OF GOD THIS WEEK?

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
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S	M	Т	W	Т	F	S	

JANUARY	S U N D A Y	M O N D A Y	TUESDAY 22
PRIORITIES	MORNING	Martin Luther King, Jr. Day	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	ΝO	TES	

W E D N E S D A Y 23	T H U R S D A Y	F R I D A Y 25	S A T U R D A Y <b>2</b> 6		
MORNING	MORNING	MORNING	MORNING		
DAY	DAY	DAY	DAY		
NIGHT	NIGHT	NIGHT	NIGHT		
то	DO	LI	ST		

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

# SAINT SCHOLASTICA

- Feast Day: February 10Born: 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
		1	2 The Presentation of the Lord
6 Saint Paul Miki & Companions	7	8  Saint Jerome Emiliani Saint Josephine Bakhita	9
13	14 Valentine's Day  Saints Cyril, Monk, & Methodius	15	16
20	21 Saint Peter Damian	22 The Chair of Saint Peter the Apostle	23 Saint Polycarp
27	28		

	RETREAT •		27 2010
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READING 1	READING 2	GOSPEL

Neh 8:2-4a, 5-6, 8-10

1 Corinthians 12:12-30

Luke 1:1-4; 4:14-21

Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, "Today this scripture passage is fulfilled in your hearing."

Luke 4:20-21

REFLECTION
HOW WERE VOILIN AWE OF GOD THIS WEEK?

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	
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S	M	Т	W	Т	F	S	

JAN & FEB	S U N D A Y 27	M O N D A Y	T U E S D A Y
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	

WEDNESDAY 30	THURSDAY 31	FRIDAY	S A T U R D A Y
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
TO	DO		ST

WFFKIY	RETREAT	• FFRRU	ARY 3	2019
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READING 1	READING 2			GOSPEL				
Jeremiah 1:4-5, 17-19		1 Corinthians 12:31—13:13		Luke 4:21-30				
When the people in the synagogue heard this, they were all filled with fury. They rose up, drove him out of the town, and led him to the brow of the hill on which their town had been built, to hurl him down headlong. But he passed through the midst of them and went away.								
				Luke 4:28-30				
		REFLECTION						

HOW WERE YOU IN AWE OF GOD THIS WEEK?

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
S	M	Т	W	Т	F	S	
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S	M	Т	W	Т	F	S	

F E B R U A R Y	SUNDAY	M O N D A Y	TUESDAY
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	
	NO	TES	

W E D N E S D A Y	THURSDAY 7	FRIDAY 8	S A T U R D A Y
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
	DO		ST

# WEEKLY RETREAT • FEBRUARY 10, 2019

READING 1	READING 2	GOSPEL
Isaiah 6:1-2a, 3-8	1 Corinthians 15:1-11	Luke 5:1-11
your nets for a catch." Simor have caught nothing, but at y	ng, he said to Simon, "Put out in In said in reply, "Master, we haw your command I will lower the in Inber of fish and their nets were	ve worked hard all night and nets." When they had done
		Luke 5:4-6
	REFLECTION	

HOW WERE YOU IN AWE OF GOD THIS WEEK?

## WEEKLY RETREAT

#### FREE SPACE

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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J	141		**			3	
S	M	Т	W	Т	F	S	

F E B R U A R Y	SUNDAY 10	M O N D A Y	T U E S D A Y
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	

WEDNESDAY 13	T H U R S D A Y 14	FRIDAY 15	SATURDAY 16
MORNING	Valentine's Day	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
ТО	DO	LI	S T

## WEEKLY RETREAT • FEBRUARY 17, 2019

READING 1		READING 2		GOSPEL
Jeremiah 17:5-8		1 Corinthians 15:12, 16-20		Luke 6:17, 20-26
are filled now, for you will be	e h	or you have received your co nungry. Woe to you who laug eak well of you, for their anc	h ı	now, for you will grieve and
				Luke 6:24-26
		REFLECTION		

HOW WERE YOU IN AWE OF GOD THIS WEEK?

## WEEKLY RETREAT

#### FREE SPACE

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	
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S	M	Т	W	Т	F	S	

F E B R U A R Y	SUNDAY 17	M O N D A Y	T U E S D A Y
PRIORITIES	MORNING	Presidents' Day	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	

MORNING MORNING MORNING MORNING  DAY DAY DAY  NIGHT NIGHT NIGHT  NIGHT	WEDNESDAY 20	T H U R S D A Y 21	F R I D A Y	S A T U R D A Y <b>23</b>
NIGHT NIGHT NIGHT NIGHT	MORNING	MORNING	MORNING	MORNING
	DAY	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT	NIGHT
TO DO  LIST  LIST	TO	DO		ST

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

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

# WEEKLY RETREAT • FEBRUARY 24, 2019

READING 1		RE	ADING	2		GOSPEL
1 Sm 26:2, 7-9, 12-13, 22-	-23	1 Corin	thians 15	:45-49		Luke 6:27-38
	you ver, sh	will be forq aken dowi	given. Given, and ove	e and gift erflowing,	S V	vill be given to you; a good ill be poured into your lap.
						Luke 6:37-38
		R E	FLECTI	N C		
HOW WE	RE	YOU IN	AWEO	FGOD	Τŀ	HIS WEEK?

## WEEKLY RETREAT

#### FREE SPACE

	Η.	ABITS	8 R	ITUAL	_ S		PRAYER LIST
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S	M	Т	W	Т	F	S	

FEB & MAR	S U N D A Y	M O N D A Y	T U E S D A Y
PRIORITIES	MORNING	MORNING	MORNING
	DAY	DAY	DAY
	NIGHT	NIGHT	NIGHT
	N O	TES	

WEDNESDAY 27	T H U R S D A Y 28	FRIDAY	S A T U R D A Y
MORNING	MORNING	MORNING	MORNING
DAY	DAY	DAY	DAY
NIGHT	NIGHT	NIGHT	NIGHT
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