

# Feb. 1, 2026 - FFF Parent Notes

<b>REVIEW</b>	<b>NEW</b>
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Last week's Challenge

## **GOSPEL** – 4<sup>th</sup> Sunday in Ordinary Time (Winter), Year A – The Beatitudes

- [Opening the Word](#) – FOMED - Prayer and insights for the Sunday readings.
- [Daily Reflection](#) – FORMED - Short video reflection from Dr. Tim Gray.
  
- [The Beatitudes](#) – FORMED video material for all ages.
  
- [Resources for families](#) - Pflaum
- [Sunday Setup](#) – Start with Sunday
- [Sunday Gospel Activities](#) – Catholic Mom
- [Sunday Connection](#) – Loyola Press (for all ages)

## **FEAST** – St. John Bosco – Jan. 31

- [St. John Bosco](#) – FORMED video material for all ages.
- ~~[Feast Day Coloring Pages](#) – Catholic Mom – Sunday Mass Activities~~
- [What is the Salesian Order?](#) – St. Joseph's Corner (YouTube channel)

## **PRAYER** – The Luminous Mysteries – 4 – The Transfiguration

- [The Transfiguration](#) – FORMED material for all ages.
- The Luminous Mysteries
  - [The Rosary](#) – Luminous Mysteries – several audio & 1 video material
  - ~~[Mysteries of the Rosary](#) – Paradisus Dei~~
  - [The Luminous Mysteries of the Rosary](#) – Formed NOW
  - [Ponder the Life of Christ Tonight](#) – Rosary Sleep Meditation
- The Rosary
  - [The Rosary – A Prayer of Miracles](#)
  - [Walking with Jesus: The Rosary Prayers in Song](#) (audio)
  - [Our Lady of the Rosary](#) – Sacred Art
  - [How and Why to Pray the Rosary](#) – Formed NOW
  - [The Rosary: A Special Way to Pray](#) – Brother Francis (kids)
  - [Marcam Makes a Rosary](#) - kids
  - [Praying the Rosary with Your Kids](#) (without losing your mind)
  - [The Family Rosary \(why is it SO hard?!\)](#) – Catholic All Year