

Feb. 8, 2026 - FFF Parent Notes

REVIEW	NEW
Last week's Challenge	

GOSPEL – 5th Sunday in Ordinary Time (Winter), Year A – Teaching about Salt & Light

- [Opening the Word](#) – FOMED - Prayer and insights for the Sunday readings.
- [Daily Reflection](#) – FORMED - Short video reflection from Dr. Tim Gray.

- [Resources for families](#) - Pflaum
- [Sunday Setup](#) – Start with Sunday
- [Sunday Gospel Activities](#) – Catholic Mom
- [Sunday Connection](#) – Loyola Press (for all ages)

FEAST – St. Josephine Bakhita – Feb. 8

- [St. Josephine Bakhita](#) – 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 – 5 – The Institution of the Eucharist

- [The Institution of the Eucharist](#) – 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