



JOYFUL NOISE

OFFICE OF FAMILY MINISTRIES & OUTREACH
ARCHDIOCESE OF KINGSTON

“... the Lenten journey towards Easter unfolds amidst the remembrance of our fragility and the hope that, at the end of the road, the Risen Lord is waiting for us.”

- Pope Francis

February is dedicated to the Holy Family. [Click here](#) for ideas on how you can honour the Holy Family this month. Under their patronage, February would also be a great opportunity to reevaluate family catechesis in your home and parish. In the fall of 2025, the Catholic Bishops launched a video series to accompany the 2024 pastoral letter entitled “Called to Witness and Proclaim.” The letter and videos can serve as a starting point for discussions about catechesis within and for families if the concept is new to you or your parish community. [Click here](#) to access the videos. Not sure what catechesis even is? [Click here](#) to learn more from day one of Fr. Mike’s Catechism in a Year podcast.

We also have the start of Lent this month. Ash Wednesday will be observed on Feb 18th, kicking off 40 days of prayer, fasting, and almsgiving. There are plenty of online resources that offer innumerable suggestions to make the most out of this season. There are suggestions that can be family-oriented, challenging, or even weird. Our Lenten observances are meant to orient our hearts towards the Cross to help us better prepare for Easter. Despite this, it can be easy to turn our Lent into an extension of our New Years Eve resolutions rather than an opportunity for spiritual renewal. If you’re feeling overwhelmed as we head into Lent or find yourself focusing more on *what* you’re doing rather than on the *why* and *who for*, [click here](#) for an article offering advice on refocusing the season on Jesus’s invitation to transformation.

+JMJ+
Taylor

Ash Wednesday Feb 18 Are you ready for the first day of Lent, the 40-day season of prayer, fasting, and almsgiving in preparation for Easter? Start gearing up for this penitential season by taking a deep dive into Lenten practices with FORMED’s How to Lent series. Need help with fasting? [Click here](#) to browse Hallow’s list of practical ideas.

“The Fall” Catechesis Workshop Mar 7 Our next workshop will focus on the second movement of the Kerygma. All catechists and pastors are encouraged to attend. [Click here](#) for the poster.

Marriage Encounter Weekend April 24-26 This weekend experience in Niagara Falls is designed to help married couples communicate more intimately with one another in order to deepen and enrich their relationship. [Click here](#) for more details and to register.

Celebrating the Archdiocese of Kingston’s 200th Anniversary Did you know that on December 8, 2025, on the Solemnity of the Immaculate Conception of Mary, we began our 200th anniversary celebrations? [Click here](#) to learn more, see important dates, and access resources centered on the anniversary theme: “To know Christ and the power of His resurrection” (Phil 3:10).

Have a question or need support? Want to share about your parish's ministry initiatives? Just want to chat?



LET'S STAY IN TOUCH

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