



1 ST SATURDAY DEVOTION NEWSLETTER

February 2026

In this Issue

Imitating the Holy Family	1
Feasts for February	
Our Cenacle Corner	2
God Touched Me	3
Spiritual Enrichment Recommended	
Devotion Schedule	

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IMITATING THE HOLY FAMILY FOUR TRAITS THAT MAKE IT POSSIBLE

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Like many parents, every day my wife and I face real and challenging issues in our family. We have two teenage sons and three younger children. Like many families, our children fight and bicker.

Sometimes they are loving and kind, but at other times they are disrespectful. Sometimes they resist doing chores and homework.

In addition to these very common problems with our children, my wife and I have to balance work and family life, make educational decisions for our kids, track our finances, and work through marital disagreements. This is our life! While we would never trade any of our kids (at least not most days!), each day presents its own set of dilemmas along with plenty of tension.

This reality stands in stark contrast to the perception of the Holy Family that I cherished as a child. Jesus, Mary, and Joseph seemed to have such a peaceful existence. After all, Mary and Jesus never sinned, and Joseph behaved like a saint! This makes it easy to dismiss the "Holy Family" as passé or irrelevant in today's world.

That's why it's so vital not to settle for a shallow understanding of the Holy Family! Even though they lived in a different age and culture, the family life of Jesus, Mary, and Joseph can bring us hope by showing us how we too can live as a "holy family."

Beset with Trials. Joseph and Mary faced real problems, even serious crises that families typically don't confront. Imagine how you would feel if armed soldiers were searching house to house for your son or daughter, intent on murdering your child! Fear, rage, and bitterness might grip you, not just for days but for years. This is just one of the trials that Mary and Joseph endured. Afraid for their son's life, they fled their home and the only country they had ever known. Later they had to forgive those who had threatened them lest they be bound by bitterness.

Even before Jesus' birth, Mary had already endured trial. Many in her town may well have known of her pregnancy outside of marriage. Rumors in a small town can be vicious, and Mary was likely the butt of various jokes and gossip from those with whom she had grown up. All of this before facing the normal struggles of raising a son!

Jesus' parents also faced financial pressures. Because Jesus had been born into relative poverty, there was barely enough money to pay for even the least expensive Jewish circumcision. Living modestly was the rule by which they lived. They had to be frugal and still tithe. Then, as their son turned twelve, they faced perhaps their greatest scare: a runaway child!

Continued on Page 5

FEASTS FOR FEBRUARY

The feasts on the General Roman Calendar celebrated during the month of February are:

1. FOURTH SUNDAY IN ORDINARY TIME, Sunday
2. Presentation of the Lord, Feast
3. Blaise; Ansgar, Opt. Mem.
5. Agatha, Memorial
6. Paul Miki and Companions, Memorial
8. FIFTH SUNDAY IN ORDINARY TIME, Sunday
10. Scholastica, Memorial
11. Our Lady of Lourdes, Opt. Mem.
14. Cyril and Methodius, Memorial
15. SIXTH SUNDAY IN ORDINARY TIME, Sunday
17. Seven Founders of the Servite Order; Mardi Gras, Opt. Mem.
18. Ash Wednesday

21. Peter Damian, Opt. Mem.
22. FIRST SUNDAY OF LENT, Sunday
23. Polycarp of Smyrna, Opt. Mem.

The Optional Memorials of St. Jerome Emiliani and St. Josephine Bakhita (February 8) and the Feast of Chair of St. Peter (February 22), are superseded by the Sunday Liturgy. □

OUR CENACLE CORNER

Seeking a deeper relationship with God
through meditation of passages from Holy Scriptures

Be who you were created to be, and you will set the world on fire.”

St. Catherine of Siena

*“THERE WILL BE PEACE, EVENTUALLY, WHEN PEOPLE
TRUST THEIR HEARTS TO HAVE PEACE WITH
EVERYONE, NOT ANGER BREWING IN THEIR HEARTS.
WELL-KEPT ANGER MEANS SELF-INFILCTED PHYSICAL
HURT AND DISASTER. BE CAUTIOUS ESPECIALLY
WHEN YOUR MIND IS BEING DICTATED BY THE EVIL
ONE, THE DEVIL.”*

*YOUR MERCIFUL GOD, JESUS OF NAZARETH
3:00 PM 020326*

GOD TOUCHED ME

PUBLISH HIS GLORIOUS DEEDS AMONG THE NATIONS.
TELL EVERYONE ABOUT THE AMAZING THINGS HE DOES. — 1 CHRONICLES 16:24

DEVELOPING FAITH TO RELEASE THE MIRACLES IN YOUR LIFE

By Debbie Lorenzo

Have faith in God....for with God all things are possible to him that believeth.

Mark 11:22 • Luke 1:37

My mother, Rosalind, had been a regular devotee of The Spiritual Army of God the Father since 2005. Occasionally, I would go with her to the devotions. Sometimes, I would drop her off and then go back to pick her up. On January 13, 2015, she passed away while recuperating at the hospital due to a hip surgery. From then on, I would attend the devotions whenever my work schedule allows.

The next day, Evelyn called me and said that we were told to pick a petal from one of the flowers, pray for healing, and then rub the said petal on any part of our body that we are asking for healing. It so happened that I had this ugly and bothersome wart on my neck, so after praying, I rubbed the petal on the wart. After a few minutes, I felt a throbbing pain on the said wart and felt something oozing out of it. I cleaned it and then put a bandage on it. The throbbing continued for a while. The next day, when I checked it, it was dry and the wart came off. Now it is healed and is flat with just a little scar that is disappearing.

I thank God for this great miracle, although this is not the only miracle that God has shown me. There are more, such as the temporary job I now have, the day-to-day events in my life, the

impossible things made possible by God, and most of all, the financial aspects which I thought I would not be able to handle when my mother passed away. I know that all my trials and tribulations are only temporary and that God and our Mother Mary will see me through, keeping my faith and trust in them. I believe that as ones faith increases, we begin to see even the small miracles in life. □

*If you have any personal articles
on God's miracle in your life
you want to share with the devotees,
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SPIRITUAL ENRICHMENT RECOMMENDED

HOW DOES JESUS TALK TO YOU?

by Cynthia Dagnal-Myron

www.patheos.com

You let God fill your mind with whatever He wants. And you may not even know that He's talking to you. You may not recognize a single thing from God in that moment. But throughout the day, He's going to have other people talk to you. And it is going to blow you away. You'll think, where did that come from? And you're going to know it could only have come from God...

Larry Smith

Of all the things I adore about Catholicism, Eucharistic Adoration is the one I love most. Sitting silently with my Jesus and just allowing Him to fill me up—there is nothing else like it. Even when I'm fidgety and distracted, I feel His loving touch. There's a reason I'm so antsy. And He's going to work me through it. Bring it to the surface, exorcise it; eventually, if not instantly. Sometimes He wants me to sweat a little bit first.

I used to come in praying like mad. I had books full of prayers; pamphlets I'd Google'd and downloaded to lead me through the "process" of a holy hour. But I eventually realized that it was the time I spent just gazing at Him "eye to eye" that made the magic.

Staring at my Lord Himself and emptying my head of all the words, all the "steps" allowed Him to take over. His voice, His magnetic presence, healed everything that ailed me. Answered every question that vexed me.

We've been in constant contact, my Jesus and I, since I was a child, in one way or another. Even as I rejected my mother's Baptist religion, I felt Him hovering over me, protecting and guiding me through all of the watershed moments of my life. And all the little ones, too.

I didn't tell other people about that. I didn't quite know how to explain it. And I was afraid that if I tried, friends and family would think I'd lost my mind.

I just knew that Someone Else was in charge. And that He was leading me far beyond the life that others had imagined for me. Far beyond the mean streets of South Chicago.

He had things to say, through me. Things that might make a difference to others. So I saw every challenge,

every mystery, every triumph as preparation for something He wanted me to do.

He opened some doors, slammed others shut. I tried to honor His decisions, either way.

The near-fatal midlife illness that incinerated my earthly body also burned away all remaining spiritual barriers between us – His way of preparing me for the final journey directly into His arms, when it is done.

By all accounts, it should have killed or maimed me. Instead, He gave me strength and new life and His almost tangible presence right there beside me as I slid in and out of consciousness.

My doctors were astounded by the "insights" I offered, which allowed me to heal so completely. I am their favorite success story. But they don't know I had a "Consulting Physician" on the side with thousands of years of healing experience.



He brought me to His Church soon after, to give me even more powerful ways to communicate with Him. Celebrate Him. I love having rituals and sacramentals I can reach for as if they were His hands. A rosary I can kiss and caress. Holy water to refresh my soul. Candles to light my way.

It is almost as though He decided that we didn't need words anymore. Mine, anyway. He does all the talking. All I have to do is touch the beads or sit down in that

pew, and He takes it from there. He floods me with warmth and affection.

Continued on Page 6

Continued from Page 1

IMITATING THE HOLY FAMILY

If one of your children were missing for several days, wouldn't fear and guilt consume you? For days, Mary and Joseph must have battled the condemning thoughts that any parents would face in a similar situation: Will we ever find our son again? Is he hurt? Why didn't I keep him with me? Did he run off intentionally?

Can We Become a Holy Family? So, if Mary and Joseph faced trials just like ours, then what exactly is a "holy family"? And how are we supposed to live like them? First of all, even though much of their lives involved mundane routine, Joseph and Mary had a sense of God's call and plan for their lives. They knew that in raising Jesus, they played a unique role in God's plan. Even during the worst times, they couldn't escape the fact that God's hand was on their lives in a special way.

Of course, while no mother or father will ever again raise the incarnate Son of God as their own child, every husband and wife should have a similar sense of God's plan for their family. God has called each family together uniquely; no one else has been given the opportunity to love and raise your children. We must find that sense of awe even during the "dog days" of sibling rivalry and financial stress. God has called you personally!

Mary and Joseph's relationship wasn't based on common interests or similar personalities. While they may have been very compatible, this wasn't the basis of their unity. Their relationship with God was the foundation of their marriage, and it was this strength that held them together during trials. Similarly, it is vital that in our homes, at least one parent -- if not both -- find their strength through a relationship with God.

Husbands and wives don't always approach their faith in the same way. Often (but not always!), wives have a deeper sense of the need for God's presence in the family. In these situations, perhaps only the wife will find her strength through prayer. Single parents especially need to turn to the Lord for the energy and wisdom to raise their children.

Whatever the circumstances, it is a blessing when one parent deepens in his or her faith walk with God. During trials, the faith of one parent will produce strength and peace for the whole family. Of course, it's best when both parents are seeking to wholeheartedly follow the Lord.

Set Apart for God. Another aspect of being a "holy family" is that we have an awareness that we have been set apart for God to live out his call and build his kingdom. When we possess such an awareness, our lives will naturally reflect a different set of priorities than those held by most other people in the world. We don't need to own the most possessions. We don't need our children to win

every game or academic award. We won't find our security in the pursuits that many others desire.

Instead, being a holy family means that we try to obey God in all of our decisions. God is not simply our co-pilot, helping us out during those few times when we call upon him. Instead, we want each decision that we make -- whether it involves parental discipline or family dinners -- to be pleasing to him. We want to listen to God and live in the way that he wants us to live. This is what it means to be "set apart for God."

We want to trust God, especially in the midst of the most difficult situations. When our kids are behaving badly and we don't know how to respond, when the funds in our checkbooks are low and the fuses are short in our marriage, we want to find a way to obey God's will in our relationships. This is what it means to be a holy family.

Another important aspect of living as a holy family involves repentance and prayer. Many of us recall the movie that defined today's definition of repentance: "Love means never having to say you're sorry." Oh, if this were only the case! If you and I are to have a holy and loving family, then the exact opposite is true.

Love means seeking and offering forgiveness on a regular basis. Love means not holding grudges and angers. Love means recognizing when I have wronged my spouse and making sure that our relationship hasn't been damaged. Repentance in a marriage is one of the most beautiful gifts from heaven. It softens the heart of the offended, and it heals the hurt in a relationship. We would all do well to practice repentance and forgiveness and to teach our children to do the same.

Being a holy family also means that we will find ways to pray together as a family. We find this difficult with our kids, especially our teenagers. But in the long run, short times of family prayer combined with family attendance and participation at Mass will have a positive impact on our children. As Mother Teresa used to say, "The family that prays together stays together."

Each Family Is Unique. I know some families who really are holy. One couple has raised six children, one of whom is disabled. During these last twenty-five years, they have encouraged each of their children, including their disabled daughter, to follow the Lord and to develop their unique gifts. Most importantly, their life and love witness to a vibrant faith.

I am a close friend of another couple who don't see eye to eye on a host of issues, but they too are holy. Both had been widowed, and combining two separate families into one was a real trial for them. They brought together different parenting philosophies and strategies for discipline, and sometimes their views conflicted severely. But because of their willingness to repent and forgive each other and because they sought God's way over their own, their children have experienced a beautiful home life.

A third couple is struggling with a strong-willed child. Even though they don't have any magic answers, they are trying to learn how to help their daughter. Her angry outbursts and moods can negatively affect the atmosphere of the whole family. However, this couple has told me that their daughter has taught them how much they need God as the

foundation of their family. They too are a holy family.

The strengths and weaknesses of each family differ greatly. But in every case, they are holy because they are trying to put Jesus first in their lives as best they can. One or both parents are seeking God in prayer. They are trying to make love and encouragement flow in their homes more than criticism and negativity. They are doing their best to teach their children how to repent to one another. And in every case, as a family, they attend weekly Mass.

Of course there will be moments when we fall short. At those times, we may even begin to wonder whether it's worth trying to imitate the Holy Family. Remember, however, that God is pleased with our faithfulness. While we tend to focus on our failures, he sees the intentions of our heart. When things aren't going well, it's tempting to throw up our hands in despair. Instead, we can call upon God in each moment of the day, asking him to bless our efforts to be a family that witnesses to his life and love. •

Continued from page 4

HOW DOES JESUS TALK TO YOU

And sends me messages, as Smith said, on the lips of others or in magical ways, only I, recognize as gifts from my dearest Friend. Most recently, He hid one in a fortune cookie. My friend was puzzled when I burst out laughing as I read the words.

"Inside joke," I told her. But it was more like a pat on the back.

That is how we spend our days. He talks, I listen. He teases me, gently, when I "disobey." Little things go wrong -- or right. Just to guilt trip me, I'm sure, by giving me something I know full well I don't deserve. Reverse psychology, to get me back on track.

He amazes me. And I am consistently amazed that so few other people I know realize that Jesus is hovering over them, too. That they prefer to attribute their encounters with the Divine to almost anything except Him. I'm working on that. With His help, of course.

How does Jesus talk to you, fellow Faithful? I'm serious, beloved. How do you reach out to Him? Or do you have to? Testify! Celebrate! This one's for us, so speak your truth loud and proud. •

Upcoming Events

1ST FRIDAY DEVOTION DEDICATED TO THE HOLY SOULS

FEBRUARY 6, 2026

IN LAS VEGAS:

THE CENACLE HOUSE

AT 2:30 PM

IN LOS ANGELES: VIA ZOOM

AT 8:30 PM

1ST SATURDAY DEVOTION

1ST SUNDAY DEVOTION

HOLY INFANT JESUS CELEBRATION

FEBRUARY 7, 2026

IN LOS ANGELES:

ST. ANNE'S CHAPEL

155 N. OCCIDENTAL BL.

LOS ANGELES, CA 90026

DEVOTIONAL PRAYERS AT 8:30 AM

MASS AT 9:30 AM

1ST SATURDAY DEVOTION

FEBRUARY 7, 2026

IN LAS VEGAS:

THE CENACLE HOUSE

AT 1:00 PM

1ST SUNDAY DEVOTION

FEBRUARY 1, 2026

IN LAS VEGAS:

ST. SHARBEL CATHOLIC CHURCH

MASS AT 9:30 AM FOLLOWED BY

DEVOTIONAL PRAYERS AT THE CHAPEL

800 OUR FATHER DEVOTION

FEBRUARY 21, 2026

IN LAS VEGAS:

THE CENACLE HOUSE

AT 8:00 AM

IN LOS ANGELES: VIA ZOOM

AT 9:00 AM