

*Fidelis:
Sisters to Saints®*

Volume 3
for 2024/25

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Managing Editor, Priscilla McKinney

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Psalm Translations for Night Prayer
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June

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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

Feast Days

June 1	Ascension Sunday
June 9	BVM, Mother of the Church
June 15	Feast of the Holy Trinity
June 22	Corpus Christi
June 29	Sts. Peter and Paul

Notes








Prayer Intentions

Lord, to whom shall we go?
You have the words of eternal life;
and we have believed, and have come
to know that you are the
Holy One of God.

—
St. Peter
John 6:68-69

July

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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

Feast Days

July 6	St. Maria Goretti
July 12	St. Veronica
July 14	St. Kateri Tekakwitha
July 22	St. Mary Magdalene
July 23	St. Bridget of Sweden
July 26	Sts. Anne and Joachim
July 29	Sts. Martha, Mary, and Lazarus

Notes

Prayer Intentions

He loves, He hopes, He waits. Our Lord prefers to wait Himself for the sinner for years rather than keep us waiting an instant.

—
St. Maria Goretti

Lessons Contents & Invitations Checklist

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YEAR B

FAITH

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CHARITY

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Leader's Signature: _____



Lessons & Daily Reflections

Introduction Night One

A Christian must personally decide to follow Christ. However, the gift of faith is always lived within a community. Therefore...*The faithful woman is strengthened by brothers and sisters in Christ.*

Opening Prayer

Pray the Litany of Humility located on page 239.

Welcome

The Four O's and the Rule of Love, page viii.

The Sacred Scriptures

King Solomon: Two are better than one: They get a good wage for their toil. If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help. (Ecclesiastes 4:9-10)

- ◆ What is it that we are toiling in?
-

- ◆ Why is two better than one?
-

Wisdom from the Ages

CCC 1045: Those who are united with Christ will form the community of the redeemed, “the holy city” of God, “the Bride, the wife of the Lamb.” She will not be wounded any longer by the sine, stains, selflove,

that destroy or wound the earthly community. The beatific vision, in which God opens himself in an inexhaustible way to the elect, will be the ever-flowing wellspring of happiness, peace and mutual communion.

- ◆ What is a community you feel lifted up by? (Ideas: choir, band sports teams, youth group) How does that community make you feel supported?

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- ◆ Have you ever compared yourself to another girl? How did it make you feel? How does that get in the way of stronger sisterhood?

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- ◆ Living our faith in community is very important. Why do you think God wants us to journey in faith with other people?

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- ◆ How do your words and actions impact others? What is a time that someone's words or actions had a positive or negative impact on you, and how did it make you feel?

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Invitation

As Fidelis sisters, we commit to a healthy and holy sisterhood. We lift one another up with our words and actions, and we honor our sisters for who they are because we see that Christ dwells within each of them. How can you personally commit to being a good Fidelis sister this year? Maybe it's being more aware of how your words impact others. Perhaps you feel called out of your comfort zone and can reach out to a girl who doesn't always have friends to sit with. Or maybe it's inviting a girl from church to be part of Fidelis. Pray about it. Ask God how he's calling you to grow in sisterhood this year, and then act on what he shares with you.



A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The goal of a virtuous life is heaven/sainthood...*therefore the Fidelis woman is virtuous.*

Opening Prayer

Pray the Litany of Humility located on page 239.

Welcome

The Sacred Scriptures

Philippians 4:8: Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.

- ◆ Why should we “think about these things”?
-

- ◆ What happens when we do not set our sights and thoughts on things “worthy of praise”?
-

Wisdom from the Ages

CCC 1803: The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.

◆ How do your thoughts affect your actions? Do you notice that your actions change when you've been thinking about good things?

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◆ Why is faith without works dead? How does this apply to virtue?

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◆ What are some good habits you have already formed? What are some habits you'd like to form or bad habits you'd like to break?

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◆ Share an example of a time you witnessed someone acting virtuously and how it affected you or someone you know.

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Invitation

This week, write down a list of spiritual habits you want to develop. Maybe it's a daily Rosary, praying night prayer, going to Mass one extra day per week. After you brainstorm that list, pick ONE thing to try this week. Just one. Commit to that one action this week to practice growing in virtue. This activity will prepare you for your weekly invitations this year!

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