

# Welcome to Tiny Tigers: St. Philomena Mom's Group



Wed  
8-9:30 am

Rest. Connect. Refresh.  
Be inspired as a wife, mother, and daughter  
of God.

# Announcements

## ★ Upcoming Topics:

- Nov. 24 -no Tiny Tigers (Thanksgiving break)
- Dec 1- Advent prayer reflection/optional Confession with Fr. David

## ★ Advent by Candlelight- Dec 3rd (sold out), 4th @ 5:30pm

- If you are interested in going and want to go with a group from here, sign up and we can put you together at a table
- Contact Bernadette O'Brien 309-208-9731 or sign up form on the parish website
- No cost, some appetizers and desserts provided, you may bring some too for the table

# Upcoming Feast Days

## Sunday- Christ the King

If to Christ our Lord is given all power in heaven and on earth; if all men, purchased by his precious blood, are by a new right subjected to his dominion; if this power embraces all men, it must be clear that not one of our faculties is exempt from his empire. He must reign in our minds, which should assent with perfect submission and firm belief to revealed truths and to the doctrines of Christ. He must reign in our wills, which should obey the laws and precepts of God. He must reign in our hearts, which should spurn natural desires and love God above all things, and cleave to him alone. ([Quas Primas](#), 33)

## Monday- St. Cecelia, virgin and martyr

Read her story!



# Sunday's Gospel: Solemnity of Christ the King

***John 18: 33b-37***

*Read*

*Meditate*

*Pray*

*Contemplate*

*Thriving (or Surviving) in the Holiday  
Season-+*  
*Guest Speakers: Susan Clark &  
Caroline Lahood*



# What areas do we need to think about, pray about, plan ahead for going into the holiday season as moms?

- You are the Master of Ceremonies for what the holidays will look like for your families
- Going into each year reevaluating- “wise is the woman who knows what season she is in”
- No perfect system to have a completely relaxing holiday, it will be busier but goal is to evaluate what is most important to your family
- Today’s goal: Let’s take some time to pause, “brain dump” all the swirling thoughts and brainstorm our resources



# Fun Family Traditions

What do you love to do in the Christmas season?

- Festival of Lights
- Drive up light shows
- Christmas movies
- Caroling
- Volunteer at Church or other ministry
- Cookies or other baking

# Personal and Family Prayer

- Come see the Parish display this weekend
  - Advent Wreath and Christmas displays
  - Feast Day Celebrations
- Jesse Tree
- Personal devotional, personal preparation for Christmas





# Gift Giving

- What can you do keep this as low stress as possible?
  - Shop or make decisions as spouses
  - Decide your strategy:) Example: Something to wear, something to read, something you want, something you need...
  - Don't try to do all homemade gifts- read this KIM!
- Favorite ideas
  - Family photos, magnetic photos, "What I Love About You" book

# Resources

- [Planning Shopping List from Catholic Sistas](#)
- Messy Parenting Podcast #36 Holidays with In-Laws and Out-laws
- [Blessed Is She Gift Guide](#)
- Each other!

## Memory Verse/Saint Quote:

“If you ever feel distressed during your day, call upon Our Lady.  
Just say this simple prayer,

*Mary, Mother of Jesus, Please Be a Mother to me now.*

I must admit, this prayer has never failed me.”- Mother Teresa