



Happy Octave of the Immaculate Conception!

As we approach the joyous season of Christmas, a time of reflection and renewal, I am thrilled to extend a heartfelt invitation to join a **transformative course study** designed for **Catholic women** and mothers like us.

This unique course, created by the esteemed Catholic professor, Dr. Cuddeback, **delves into the very heart of our vocations**, offering insights and guidance on how to grow in virtue, better understand our roles in the home, and, ultimately, love better—**all in accordance with the full teachings of our beloved Catholic faith**.

The course comprises of four engaging modules, each presented through insightful videos exploring pertinent topics. Following each module, **we will gather once a week for five weeks**—starting with an introductory session and followed by four subsequent meetings to discuss the week's module. These sessions, facilitated online via Zoom every Wednesday night (time TBA), offer a unique opportunity for us to come together without leaving the sanctity of our homes.

It will not only be an intellectual pursuit; it is an opportunity for us, as Catholic women, to support and uplift each other. Our time together will foster necessary friendships, providing a space for shared wisdom, encouragement, and prayer. It is a chance to **prioritize our personal growth**, recognizing that our individual journeys directly impact our marriages, homes, and our sacred vocation as wives and mothers.

The timing couldn't be more perfect as we enter the Christmas season and approach Septuagesima—a time of preparation for the upcoming season of Lent. What better way to embrace this sacred time than by embarking on a journey of **self-discovery and spiritual enrichment**?

I wholeheartedly encourage you, no matter your season in life, to embrace this opportunity to deepen your faith, strengthen your role in the home, and connect with like-minded women.

Let us come together to make this Christmas season truly special by dedicating ourselves to personal and spiritual growth. If you feel called to embark on this enriching journey with like-minded Catholic women, please **signup**, [here](#). We will provide you with further details, including the Zoom link and specific timing.

May this be a season of profound blessings, growth, and friendship as we prepare our hearts for the joys of Christmas and the solemnity of Lent.

In Christo Rege,  
Lena

*P.S. You are invited to join us in the community. More info can be found, [here](#).*

