



## Family: A Community of Life and Love February 2021

### Special points of interest:

- Feb. 2. The Presentation of the Lord
- What do we do on Candlemas Day?
- Feb. 3. The Feast of St. Blaise
- Feb. 11 Feast of Our Lady of Lourdes
- Feb. 14. St. Valentine's Day
- Feb. 17. Ash Wednesday and the beginning of Lent



<https://catholicstraightanswers.com/candlemas-day/>

### February 2: The Presentation of the Lord: It is Happy! It is Sad!

Can one event bring both joy and sadness? We know that one of the Joyful Mysteries of the Blessed Virgin Mary is the Presentation of the Child Jesus in the Temple. We also know that one of the Seven Sorrows of the Blessed Mother took place on the very same day.

When the time came according to the Law of Moses, Joseph and Mary brought Jesus to

the Temple in Jerusalem to present him to the Lord. They brought their humble sacrifice of two turtle doves. They came in joy and thanksgiving for the gift of their child and were ready to consecrate him to God as the Law required.

A holy and elderly man named Simeon had been promised by God that he would see the Messiah before he died. When Simeon

saw the Holy Family enter the Temple he approached, reached for the baby and said, “.Now Master you may let your servant go in peace..for my eyes have seen your salvation..” And he said to Mary, “and you, yourself a sword will pierce.” (Luke 2)

Mary pondered. What could this mean?

[https://www.youtube.com/watch?v=SswGxaRo3dw&ab\\_channel=IgnatiusPress](https://www.youtube.com/watch?v=SswGxaRo3dw&ab_channel=IgnatiusPress)

### Candlemas Day

The Presentation of the Lord is a proclamation of Christ — Messiah and Priest, Lord and Savior. He is the light who came into this world to dispel sin and darkness.

For this reason, traditionally at least since the seventh century, **candles have been blessed at Mass this day that will be used throughout the year**, hence coining the term “Candlemas.”



## February 3—the Feast of St. Blaise and the Blessing of the Throat

Blaise was a Bishop in Armenia (Turkey) and died in the year 316.

He was a good Bishop who worked hard to encourage the spiritual and physical health of his people. He fled the persecution of Christians by the Roman Empire and lived as a hermit in solitude and prayer and made friends with the animals.

The legend tells us that a mother came to Blaise with

her young son who had a fish bone lodged in this throat. At the command of Blaise, the child coughed and the fish bone was dislodged.

[https://www.catholic.org/saints/saint.php?saint\\_id=28](https://www.catholic.org/saints/saint.php?saint_id=28)



### Blessing of Throats

When St. Blaise prayed for a child who was choking on a fish bone, and the child received the gift of healing from God, St. Blaise became known as the patron of those suffering ailments of the throat. It's a custom of the Church to offer a blessing of throats today.

[https://www.youtube.com/watch?v=S7PRZnDj4aQ&ab\\_channel=GSCatholicChurch](https://www.youtube.com/watch?v=S7PRZnDj4aQ&ab_channel=GSCatholicChurch)

**"I am the Immaculate Conception."**



**On Feb. 11, the Catholic Church celebrates the liturgical memorial of Our Lady of Lourdes**, recalling a series of 18 appearances that the Blessed Virgin Mary made to a 14-year-old French peasant girl, Saint Bernadette Soubirous.

The Marian apparitions began Feb. 11, 1858, ended July 16 that year and received the local bishop's approval after a four-year inquiry.

Coming soon after the 1854 dogmatic definition of her Immaculate Conception, the Virgin Mary's appearances at Lourdes turned the town into a popular travel destination. Thousands of people say their medical conditions have been cured through pilgrimage, prayer and the water flowing from a spring to which Bernadette was directed by the Blessed Virgin. Experts have verified 69 cases of miraculous healing at Lourdes since 1862.

<https://www.catholicnewsagency.com/saint/our-lady-of-lourdes-144>

Our Lady of Lourdes coloring page: <http://www.catholicplayground.com/our-lady-of-lourdes-coloring-page-february-11th/>

Our Lady of Lourdes—You Tube video: [https://www.youtube.com/watch?v=7xNUkYL1Po&ab\\_channel=ROMEREPORTSinEnglish](https://www.youtube.com/watch?v=7xNUkYL1Po&ab_channel=ROMEREPORTSinEnglish)

For children: [https://www.youtube.com/watch?v=XGeP7oaSqQ&ab\\_channel=ChristianKidsTV](https://www.youtube.com/watch?v=XGeP7oaSqQ&ab_channel=ChristianKidsTV)



## February 14: Feast of St. Valentine—“All You Need Is Love.”

There are many legends about St. Valentine . One tells us that St. Valentine refused to sacrifice to pagan gods, was imprisoned and while imprisoned he healed the jailer's blind daughter. On the day of his execution, he left the girl a note signed, "Your Valentine."

Tradition has linked this Saint to the celebration of Love on February 14th.

How wonderful to remember on this day what Jesus has told us about the Law of Love .

*“You shall love the Lord your God with all your heart, with all your soul and with all your mind. This is the greatest and first commandment. The second is like it. You shall love your neighbor as yourself. The whole law and the prophets depend upon these two commandments. Matthew 22:37-40*

[https://aleteia.org/2021/01/17/love-has-the-power-to-unite-us/?utm\\_campaign=NL\\_en&utm\\_source=daily\\_newsletter&utm\\_medium=mail&utm\\_content=NL\\_en](https://aleteia.org/2021/01/17/love-has-the-power-to-unite-us/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en)

St. Paul tells us with his famous words often proclaimed during the Marriage Ceremony, “Love is patient, love is kind. It is not jealous. It is not pompous. It is not rude. It does not seek its own interests. It is not quick tempered. It does not brood over injury...It bears all things, believes all things, hopes all things, endures all things. Love never fails. 1 Cor. 13 1-13

[https://www.youtube.com/watch?v=QbNihMYC8w&ab\\_channel=CatholicOnline](https://www.youtube.com/watch?v=QbNihMYC8w&ab_channel=CatholicOnline)

## Feb. 17th—Ash Wednesday . Lent: A Season to Reflect and Prepare

We approach the priest for ashes and we hear, “remember man that you are dust and into dust you shall return. A humbling reminder of our mortality.. Or we hear, “Repent and believe the Good News,” the recipe for happiness here and into eternity.

Ash Wednesday comes from the ancient Jewish tradition starting when the Ninevites did penance for their offenses against God in sackcloth and ashes. Today’s ceremony comes from ages past.

The ashes are created by burning palms from the Palm Sunday celebration the year before.

Ash Wednesday begins the penitential season of Lent. A penitential season is one in which we take stock of our lives in light of the Gospel and repent of our sins.

This includes contrition and Penance. As Christians we perform penances as an active expression of our sorrow for sin and intention, with God’s help of grace, to do better—to transform our lives in a daily walk of conversion and to live

according to the Law of Love.

Lent is a time of preparation and purification. We prepare our hearts for the greatest feast day—the day upon which our entire faith is settled—the day Jesus conquered sin and death and rose to new life in the Resurrection. He invites us to this new life in Him.

You see the color purple in the church during lent. Purple stands for penance. Purple stands for preparation...

<https://www.catholic.org/lent/ashwed.php>

### Ash Wednesday 2021

Don’t be surprised if this year you don’t have the traditional blessing of ashes which involves the starkly visible Sign of the Cross in dark grey or black ashes across your forehead.

The Holy Father has shared a different possibility . The “sprinkling” of ashes.

<https://www.catholicnewsagency.com/news/ash-wednesday-vatican-offers-guidance-on-ash-distribution-amid-pandemic>

## Family: A Community of Life and Love

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### Feast Days and Saints We Honor During the Month of February

Feb. 2: The Presentation of the Lord

Feb. 3: St. Blaise

Feb. 5: St. Agatha

Feb. 6: St. Paul Miki and Companions

Feb. 8: St. Josephine Bakhita

Feb. 10: St. Scholastica

Feb. 11: Our Lady of Lourdes

Feb. 14: St. Valentine

Feb. 17: Ash Wednesday

Feb. 22: The Chair of St. Peter

Feb. 23: St. Polycarp

For more information on the lives of the Saints go to:

[https://  
www.franciscanmedia.org/  
saint-of-the-day](https://www.franciscanmedia.org/saint-of-the-day)  
Or

[https://www.catholic.org/  
saints/](https://www.catholic.org/saints/)

**Books:** **Meeting God in Motherhood: Opening our Hearts to Moments of Grace** by Mary Ronan Williams.

[www.23RDPUBLICATIONS.COM](http://www.23RDPUBLICATIONS.COM)

A booklet filled with the many ways we meet God in the daily moments of motherhood..

“Motherhood, at its best, expands our hearts into a ‘training ground for God’s grace.”

**Movies for Adults:** Lourdes: A Story of Faith, Science and Miracles <https://formed.org/>

**Family Movies:** The Song of Bernadette

[https://www.youtube.com/watch?  
v=XbLs3iAgr5s&ab\\_channel=SergioMura](https://www.youtube.com/watch?v=XbLs3iAgr5s&ab_channel=SergioMura)

**Music:** The Summons

[https://www.youtube.com/watch?  
v=LKkpNbuVDfw&ab\\_channel=HolyLyrics](https://www.youtube.com/watch?v=LKkpNbuVDfw&ab_channel=HolyLyrics)

### **Lenten Practices**

**Abstinence:** All Catholics 14 years of age and older. No meat

**Fasting:** All Catholics from the ages of 18 to 59 . One full meal and two lighter meals allowed

**Days of Fast and Abstinence:**

Ash Wednesday, Good Friday

**Days of Abstinence from Meat:**

All Fridays during Lent