

# Liturgical Living

## February 2022 Calendar

		1 St. Brigid of Ireland	2 Presentation of the Lord	3 St. Blaise	4	5 St. Agatha
6 5th Sunday in Ordinary Time	7	8 St. Josephine Bakhita	9	10 St. Scholastica	11 Our Lady of Lourdes	12
13 6th Sunday in Ordinary Time	14 St. Cyril and Methodius	15	16	17	18	19
20 7th Sunday in Ordinary Time	21	22 St. Peter's Chair	23 St. Polycarp	24	25	26
27 8th Sunday in Ordinary Time	28					

**Liturgical living is a beautiful way for individuals and families to learn about the traditions, saints, and rituals of our faith. This leads to a deeper comprehension and connection to our faith. Pick a few things each month to try and start to see the connection of the Catholic Faith to life outside of mass on Sunday! Give it a try!**

### **February is the month of the Holy Family**

#### Prayer to the Holy Family:

Lord Jesus Christ, who, being made subject to Mary and Joseph, did consecrate domestic life by your ineffable virtues; grant that we, with the assistance of both, may be taught by the example of your Holy Family and may attain to its everlasting fellowship. Who lives and reigns, world without end. Amen.

Consider a Consecration to the Holy Family!

### **February 1st-St. Brigid of Ireland-Patron of Dairy Maids**

Prayer: Almighty ever-living God, direct our actions according to your good pleasure, that in the name of your beloved Son we may abound in good works. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

The tradition is to celebrate by having Irish scones with Jam and Butter. Consider making your own butter by putting some heavy cream in a mason jar with a lid and shake for about 10 minutes. It will turn to whipping cream and then butter. (Check a tutorial on line)

### **February 2nd: Candlemas (Presentation of the Lord) Feast!**

Prayer: Almighty every-living God, we humbly implore your majesty that, just as your Only Begotten Son was presented on this day in the Temple in the substance of our flesh, so, by your grace, we may be presented to you with minds made pure. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen

Read the Scripture from the Gospel of Luke (Lk 2:22-38)

Read up on the tradition of Candlemas and the Presentation of the Lord. Also, read up on connection of our Catholic faith to Groundhog's day and celebrate with crepes or pancakes per tradition!

### **February 3rd: St. Blaise-Bishop and Martyr**

St. Blaise is remembered for many holy acts, one miraculous act of saving a boy who was choking on a fishbone is the reason. From this the tradition of a blessing of throats is still practiced today.

### **February 8th: St. Josephine Bakhita (Patron saint of Sudan and human trafficking)**

Check out her story and consider checking out a book or movie about her life from the library. Pray for those around our world and in our own country who are enslaved.

#### **Prayer to St. Josephine:**

Saint Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

O Saint Bakhita, assist all those who are trapped in a state of slavery; intercede with God on their behalf so that they will be released from their chains of captivity. Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith. Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.

### **February 10th: St. Scholastica-Sister to St. Benedict**

Ideas for the day:

- Recite the litany of St. Scholastica
- Look up the Story about a visit of St. Benedict and his sister with an impending storm  
[https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?](https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2020-02-10)

[date=2020-02-10](https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2020-02-10)

- Make Thundercakes!

### **February 11th: Our Lady of Lourdes**

Celebrate by visiting a Grotto of Lourdes in the area, pray the Rosary, Sing Marian Hymns such as *Immaculate Mary*, Pray the Litany of Loreto, and/or watch the movie *Bernadette*.

### **February 22-Feast of the Chair of St. Peter**

This feast represents both a physical, very old chair at the back of St. Peter's Basilica in Rome and also celebrates the spiritual authority that the chair represents, passed down through apostolic succession from St. Peter to our current Holy Father.

Pray for the Pope and the mission of the Catholic Church:

Lord, source of eternal life and truth, give to your shepherd, Pope Francis, a spirit of courage and right judgement, a spirit of knowledge and love. By governing with fidelity those entrusted to his care may he, a successor to the apostle Peter and vicar of Christ, build your Church into a sacrament of unity, love, and peace for all the world. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

A fun activity/treat would be to construct chairs using different cookies or candies and frosting.