

Liturgical Living

July 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
10	11	12	13	14 St. Kateri Tekakwitha	15	16 Our Lady of Mount Carmel
17 Begin the St. Anne Novena	18	19	20	21	22 St. Mary Magdalene	23 St. Bridget of Sweden
24/31	25 St. James the Greater	26 Sts. Joachim and Anne	27	28	29	30

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!

July 14- St. Kateri Tekakwitha

Born in the 17th Century in a Mohawk village in what is now the state of New York. She was the daughter of the chief. At the young age of four she lost both her parents to small pox, the disease did not kill her but left her with permanent damage to her eye sight and skin. She went to live with an aunt and uncle in a different Mohawk clan. Through the missionary work of the French Jesuits, Kateri came to know Jesus and was baptized on Easter Sunday in 1676 at the age of nineteen. Four years later, her health deteriorated and she died at the age of twenty-four. The priest who attended her reported that about fifteen minutes after her death, her skin began to glow and the scars from small pox in her youth began to disappear. She was canonized in 2012 and is known as “the Lily of the Mohawks”

July 16-Our Lady of Mount Carmel

Read about Our Lady of Mount Carmel and the brown Scapular. Enjoy and easy dessert of Caramel ice cream sundae's!

July 17- Begin the St. Anne Novena! <https://www.praymorenovenas.com/st-anne-novena>

July 22- St. Mary Magdalene

Mary Magdalene was a companion of Jesus and a witness to his crucifixion and burial. Just after sunrise on Easter Morning, Mary Magdalene went to the tomb to care for Jesus' body. When she arrived the tomb was empty and she heard an angel proclaim his Resurrection (Mt. 28:1-10). Check out St. Mary Magdalenes connection to the Easter egg and have some fun decorating Eggs today! Try a new spice in a meal or have a spice cake!

July 23-St. Bridget of Sweden

St. Bridget was born in Sweden in the fourteenth century. She was a mystic and experienced visions of moments in the life of Christ, from his Nativity to his Crucifixion. She enjoyed reading and documented her life through journals. She married you and gave birth to eight children, four boys and four girls. Six survived until adulthood, including her second daughter, St. Catherine of Sweden. Bridget had a special devotion to unwed mothers and their children, establishing charity houses to clothe and feed them.

After twenty years of marriage her husband passed away. She decided to found a religious order dedicated to the poor. Men and women lived in joint community, but in separate cloisters. In joining the community members would give up all worldly things, except books, to which there was no limit! She died while on a pilgrimage to Rome and was canonized just a few years later.

To celebrate, have some Swedish food for dinner! Consider donating time, money, or goods to pregnancy centers and homes for unwed mothers. Pray for those in this difficult situation.

July 25- St. James the Greater

Nothing is known of St. James the Greater's early life, though it has been established that he is the son of Zebedee and Salome and brother of John the disciple.

The title "the Greater" was added to St. James' name to help distinguish him from the Apostle James "the Less," who is believed to have been shorter than James "the Greater."

Saint James the Greater was one of Jesus' first disciples. James was fishing with his father and John the Apostle when Jesus came to the shores of the Sea of Galilee and called for the fisherman, who were unable to catch any fish that day, to dip their nets in the water once again.

When the fishermen followed Jesus' instructions, they found their nets full, and after emptying the fish on board, the boats nearly sank from their weight.

Later, James was one of only three called by Jesus to witness his Transfiguration, and when he and his brother wanted to call fire upon a Samaritan town, both were rebuked by Jesus.

Following Christ's Ascension, James spread the Gospel across Israel and the Roman kingdom as well. He traveled and spread the Word for nearly forty years in Spain.

It is said that one day, as he prayed, The Blessed Virgin Mary appeared to him and asked him to build her a church, which he did.

July 26- Ss. Joachim and Anne (The parents of Mary)

Though not mentioned by name in the Bible, tradition tells us that Mary's parents were Joachim and Anne. Through their example, love, and faith, Mary was able to give her *fiat* (let it be) to the angel Gabriel when he asked if she would bear the Son of God.

Because Anne and Joachim are Jesus' grandparents, it is a nice time to have grandparents over for dinner or make a special card for them. It is Catholic Grandparents Day! In France the traditional meal for the day is lobster! If lobster is a bit exotic, shrimp scampi may be a better choice! St. Anne is a patron saint of lace makers, so Florentine lace cookies may be a nice option for dessert.