

## Liturgical Living: The Assumption of Mary

The Solemnity of the Assumption of the Blessed Virgin Mary is celebrated on August 15. It is one of three feasts of Mary that are Holy Days of Obligation for Catholics in the United States, which means that we are required to go to Mass.

The Assumption refers to the Blessed Virgin Mary being assumed — body and soul — into heaven at the end of her earthly life. The “Assumption” of Mary is different from the “Ascension” of Jesus because one is passive (i.e. one is assumed) and the other is active (i.e. one ascends). It is by the power of God that Mary was assumed.

In celebrating Mary’s Assumption, we not only celebrate the love that God showed her, but in more general terms the love that God has shown to all His children in granting the possibility of final resurrection to all of us.

Here are some ideas on how to celebrate this Solemnity at home:

- [Watch this brief video](#) which explains the Assumption of Mary for children.
- [Read this article](#). It describes some of the ways that different countries celebrate the Solemnity of the Assumption. Did you know that this is a customary day to propose marriage in France?
- Try the fun activity idea on [this web page](#) – scroll down to find the Assumption of Mary scavenger hunt.
- Make an [easy Assumption craft](#) for all ages.
- Craft [this Marian shrine](#), which you can add a crown to on August 22 for the Feast of the Queenship of Mary!
- Serve [this recipe](#) for Assumption Salad with your dinner.
- Make this simple recipe for [Assumption parfaits](#), which look like clouds in the sky.

The perfect way to end this Solemnity would be to pray the Glorious Mysteries of the Rosary together as a family!

***Holy Mary, Mother of God, pray for us!***

