

## Liturgical Living: Month of the Holy Family

In the Catholic Church, the month of February is dedicated to the Holy Family. The Holy Family models for us what family life should exemplify. It is a school of virtue for both parents and children. There we find God, and learn how to connect with God and with others.

We should ask ourselves if our own family models that of the Holy Family. We need to be open to God's grace to value the positive and to accept our mistakes — and to be willing to rectify them. Parenting is a very challenging responsibility and at times errors are made despite the best intentions. Recognizing this, children should trust their parents and never forget that parents want only what is best for them.

What are some ways to honor the Holy Family this month?

- Consecrate your family to the Holy Family
- Pray the [Litany of the Holy Family](#)
- Choose a local charity where you can serve as a family this month (soup kitchen, food pantry, etc.)
- Place an icon or image of the Holy Family in a prominent place in your home
- Plan a fun family outing for this month
- Have your home blessed by your priest
- Pray the rosary as a family
- Take the [30-Day Holy Family Virtue Challenge](#)

Here are a few family activities and craft ideas:

- Try this [Holy Family Hearts embroidery pattern](#)
- Color a [Holy Family Hearts coloring page](#)
- Make [Holy Family Felt Dolls](#)
- Make [Holy Family popsicle stick puppets](#)

You might also like to read [this great article on the marriage advice](#) we can learn from the example of Mary and Joseph.

Throughout this month, make a commitment to pray together, work together, play together, and practice the virtues together. Ash Wednesday will come in a few weeks, consider adopting a common penance for the whole household to engage in together. And don't forget to pray and ask the Holy Family to intercede that you might become a holy family too!