

Liturgical Living: Honoring our Grandparents

The Feast Day of Saints Joachim and Anne, Mary's parents, is on July 26. As the earthly grandparents of Jesus, they are recognized as the patron saints of all grandparents. In 2021, Pope Francis established the fourth Sunday of July to be the World Day of Grandparents and the Elderly.

Unfortunately, not much is known about Saints Joachim and Anne. Their names come from the Protoevangelium of St James, an apocryphal book written after Jesus's death.

Tradition tells us that Joachim and Anne were deeply grieved by their childlessness. In their time, being unable to conceive a child was a sign of great shame. They began to devote themselves to rigorous prayer and fasting. As it turned out, they were blessed abundantly when an angel appeared to Anne to tell her that she would bear a child that all generations would come to honor.

In honor of Saints Joachim and Anne, spend time with your grandparents on this special day. Whether it's a visit, a phone call, or a video chat, connecting with them is a beautiful way to celebrate today's feast day. If you no longer have grandparents on earth, say a prayer of repose and share stories and memories of them together.

"Grandparents are the link between generations, passing on the experience of life and faith to the young." ~ Pope Francis

