

## Liturgical Living: Celebrating Mary's Birthday

On September 8, we celebrate the Nativity of the Blessed Virgin Mary (Mary's birthday!). The Catholic Church honors the birth of the Blessed Virgin Mary on its traditional fixed date of September 8, nine months after the December 8 celebration of her Immaculate Conception.

### **What are some ways to celebrate Mary's birthday?**

- Attend Mass on September 8.
- Learn, or sing, a Marian hymn. Some ideas: Ave Maria, Salve Regina, Immaculate Mary and Hail, Holy Queen.
- Pray the rosary or a Marian litany.
- Ask your children to think of a birthday "gift" they can give to Mary: a prayer, an act of mercy, a small sacrifice, or a virtue to work on.
- Make a donation to a trusted Marian organization as a birthday gift to Our Blessed Mother.
- Pray a "flying novena." While a novena is usually prayed over nine days, a flying novena is praying nine Memorare prayers in a row.
- Wear a Marian medal. If you don't have one, today is a good day to get one. You can buy a medal and necklace for around \$5 at Our Lady of Fatima Shrine gift shop.
- Make a pilgrimage to a Marian shrine. Visiting Our Lady of Fatima Shrine in Lewiston and walking around the property is a beautiful way to spend the afternoon.
- For a special treat to honor Mary, make or buy a birthday cake!

Here are a few fun family activities for today:

- A simple craft activity for today is to make Mary paper dolls. The printable is free and can be [found at this link](#).
- Follow the tutorial in this [guided drawing video](#) to learn how to draw a Marian symbol.
- Learn how to pray the Hail Mary in sign language with [this video](#).

Holy Mary, Mother of God, pray for us!