

LITURGICAL LIVING

Series 25: February 11-17

Our Lady of Lourdes (11)

Our Lady of Lourdes is a Marian apparition that took place in Lourdes, France. Mary appeared 18 times to 14 year old St. Bernadette who was illiterate and impoverished in 1858. The waters of Lourdes are known for having miraculous healing properties.

The waters of Lourdes have brought healing to hundreds of people. Even if you haven't or will not visit Lourdes, you can still bless your life with the healing water that God created and is all around us.

Bless yourself and your family with Holy Water Daily, especially when you're about to leave the house.

Create a Tiny Grotto



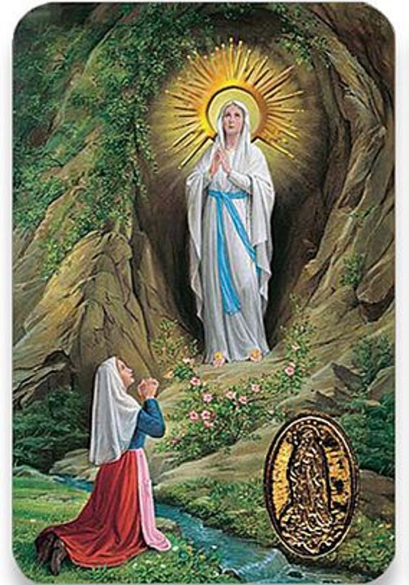
Mary appeared to St. Bernadette at a grotto in France. From the darkness came a light, and a figure appeared who was dressed in white, with a blue belt at her waist, two golden-yellow roses on her feet and a yellow rosary in her hands.

What you need: Polymer oven bake clay or air dry would work, 3 inch statue or printed picture of Our Lady, scissors, acrylic paint, paintbrushes, glue and tiny dried plants.

Directions: Roll a ball of clay and mold it into an arched form like in the picture. Bake or let dry per your clay instructions. Get your statue or cut out your image of Mary. Once the clay is ready, glue Mary in to middle and decorate with your dried plants. Place somewhere where you can be reminded of Our Lady.

Visit a Marian Grotto

There are dozens of grottos in the United States you could visit. My husband and my favorite little grotto is in Colby, Wisconsin of all places! Family pilgrimages, either far or just across town, are great things to do as a family. You simply make your journey with the intention to pray. To bring your, your family's, your friends and your church communities intentions to a special place of prayer. These exercises and experiences are invaluable when it comes to living out your faith and helping to pass the faith to others.



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Shrove Tuesday

The Tuesday before Ash Wednesday has many names and is celebrated in different ways around the world. The first word in “Shrove Tuesday” means “to confess” as it was customary to go to confession before the beginning of Lent. There is also the tradition of using all the fats, meats and dairy products before entering into the fasting and abstinence of Lent. This led to nicknames like “Mardi Gras (Fat Tuesday) in Louisiana or France or even “Carnival” (farewell to meat) in Latin America. It can be a day of great indulgence in rich foods and celebration before entering into the penitential season of Lent.



King Cake: Traditionally is the Purple, Green and yellow colors or Mardi Gras. A baby Jesus can be included and one lucky winner finds Him.

Pinatas and Masks: Get some people together and have some fun. There are store bought masks you can get that you can decorate.

Go to Confession: Prepare yourself for Lent with a clean soul!

Ash Wednesday

Ash Wednesday begins our Lenten journey. It begins our 40 penitential days of prayer, fasting and almsgiving as we prepare to celebrate the resurrection of Jesus Christ on Easter.

“You are dust, and to dust you shall return (Genesis 3:19). This was spoken to Adam from God when he was banished from the garden. We hear these words and are reminded of our mortality on this day. Since ashes are a reminder that one day we will die can hopefully impact how we live today.



Ashes are used throughout the Old Testament to signify sorrow and repentance. The early Church adopted them as well. When we receive the blessed ashes on our forehead, we are repeating a somber, pious act that Catholics have been undergoing for over 1,500 years.

Ash Wednesday is a day of fasting and abstinence, which comprises one full meat-free meal and two smaller meat-free meals that add up to one meal with no snacking between meals. All Catholics between 18-59 are required to fast unless you are exempt due to illness, pregnancy or nursing. In these cases, it is good to offer something different such as fasting from technology or something else.

Ash Wednesday's Mass times in our AFC

8:15am John Ireland Mass in St. Peter
5:30pm at St. Paul's in Nicollet
7:00pm at St. Peter's in St. Peter

Saints Cyril and Methodius (St. Valentine)

St. Cyril and his brother St. Methodius are also emphasized on February 14. St. Cyril is best known for creating the Cyrillic alphabet and translating the Bible into it. He died on February 14, 869.

The only thing we actually know about St. Valentine is that he was martyred and buried in a cemetery north of Rome on February 14. According to legend, he officiated Christian marriages at a time when young men being drafted into the military were forbidden to marry- hence the connection with young lovers. Now this is not verified but it doesn't mean we can't celebrate St. Valentine on Valentines Day; the exchanging of valentines is a lovely tradition for children. These can be store bought or homemade with candy or without! Up to your family. We will be avoiding adding candy this year due to the feast day lining up with Ash Wednesday.

I honestly have never gotten into Valentines Day. However, I do put effort on spending quality time with my husband. This has looked different- especially over the last few years. We have made a little fancier dinner with candles, using our fancy plates. Or we have eaten a special dessert together after the kids go to bed. This year we are just going to have the quality time of starting our Lenten practice of doing an evening prayer together.



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for Digital
Version!



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