

# LITURGICAL LIVING

## Series 4: September 17-23

### Feast of St. Hildegard of Bingen (September 17)

She is a remarkable saint and she cannot be properly described in this short reading. She lived during the 12th century and is the patron saint of ecology, musicians and writers. Hildegard had a life full of wonder like a deep ocean: full of life and fire, music, painting, visions, poetry, theology, and prayer. She was an Abbess, an artist, a preacher, mystic, healer, composer, polymath, and Doctor of the Church. She loved the earth and saw that "God has arranged all things in the world in consideration of everything else." She challenged the corruption in the Church around her and raised her voice against it while demanding fidelity from her shepherds. She was not tame to the things of this world...But to Christ and the Church she was obedient and humble.

#### **Celebrate**

- Look up the [beautiful compositions of St. Hildegard](#) and fill your home with her music.
- HILDEGARD'S COOKIES

*"Take some nutmeg and an equal weight of cinnamon and a bit of cloves, and pulverize them. Then make small cakes with this and fine whole wheat flour and water. Eat them often. It will calm all bitterness of the heart and mind, open your heart and impaired senses, and make your mind cheerful." (Physica, Hildegard von Bingen)*

- Print this St. Hildegard quote and draw, color, paint, or paper piece images of God's creation: [ST. HILDEGARD QUOTE PRINTABLES](#)



### St. Matthew the Apostle (September 21)

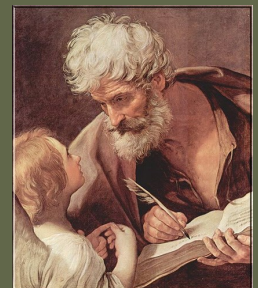
St. Matthew is depicted as an angel guiding him copying the gospel. He is the patron saint of bookkeepers and bankers. He is also often associated with loose coins.

St. Matthew was considered a traitor to the Jews as he was a tax collector for the Roman government. They were known to overcharge their neighbors to line their pockets and collaborate with the Romans who occupied the area and looked down upon the Jewish people.

Two words spoken to him by Jesus and he did. He left his pile of silver and his life behind. After Pentecost, it is held that he went to Egypt and Ethiopia until he was martyred in his nineties.

**Idea to celebrate:** Silver Dollar pancakes. Add in the bacon and eggs and it totally counts as supper.

**Challenge:** If someone asks me to do something, I will obey promptly, without asking them any questions or giving any excuses.



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## Praying together as a family

There is such great importance to praying together as a family. Family prayer enables parents to pass on their Christian faith to their children and promotes family unity.

The Catechism of the Catholic Church calls the family unit “Ecclesia domestica,” or “the Domestic Church” (1656). Thus, emphasizing the importance of the parents setting the example of the faith for the children. And a great way to do this is through prayer. Making prayer a regular family practice in the home can help our children mature into adults with a mature faith with an integrated faith in their everyday life.

In his apostolic exhortation “Familiaris Consortio” (“On the Family”), Pope John Paul II called the Christian family an “intimate community of life and love.” Regular family prayer supports this community by promoting family unity.

The first example of family prayer we are going to highlight is meal time prayer. Prayer before meals is rooted in tradition. The familiar, “Bless us, O Lord” dates back to the 5th century. This prayer has three distinct parts.

1. Supplication: “Bless us, O Lord”
2. Gratitude: “and these, thy gifts, which we are about to receive from thy bounty,”
3. Praise: “through Christ our Lord, Amen.”

Also, by taking time, before eating, to ask God’s blessing, we show that we know how much we need His care — not only to bring us the food, but to let it nourish us and bring us health and well-being.

That’s a lot of prayer and meaning packed into these few words. Start and end with the sign of the cross.

**Bless us, O Lord! and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.**

## Resources

[Catholic All Year](#)  
[The Essential Mother Blog](#)