

LITURGICAL LIVING

Series 5: September 24-30

What's the Deal with the Saints?

Many non-Catholics and Catholics alike often do not understand why we look to the Saints. Why do we ask for their intercession? What is truly their value when I can just pray to God directly?

Simply, it is because the canonized Saints we pray to are in heaven and they can pray for us just like if we ask a friend, family member or a priest to pray for us. Furthermore, we are united in the mystical Body of Christ with the "Communion of Saints."

Why should we turn to the Saints?

1. They are of our same nature: They understand our needs, struggles and weakness.
2. Their words and their example of a holy life can help guide us toward heaven.
3. God grants miracles through the intercession of Saints.
4. The Saints are alive! While their souls may be separated from their bodies until the final Resurrection, their souls are much alive with God in heaven.

The Saints are ordinary people who become extraordinary, holy people through the grace of God and continuous surrender to His will.

Later in October we will talk more about the Saints and ways to venerate them.



Feast of the archangels (September 29)

September 29 has been traditionally celebrated as "**Michaelmas**". On this day we celebrate the archangel Michael's victory over Satan in the war of heaven. The other archangels, Gabriel and Raphael were added in 1969 to this feast day.

Before we get to celebrating, a little about the Fall of the Angels: Tradition holds that God revealed His plan to create mankind and to become a man, as Jesus, and Lucifer and his followers refused to accept it. Unlike humans, such as Adam and Eve, in their fall, angels are held to have full understanding and cannot repent so they freely choose to separate themselves from God forever. The war in heaven is described in the book of Revelation. Michael and his angels fighting against the dragon. The dragon is defeated and thrown down along with his followers.

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Celebrate

Party

“Michaelmas” makes for a fun celebration! People tend to go big for this feast day! Its a particularly good day to host a party and invite those who aren’t Catholic because this story is biblical and beating up the devil is a good common ground.



Prayer: St. Michael Prayer. Recite to start your celebration. Great to recite after Mass!

“ Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls.”

Food: The party meal is something you can really go all out on with the devil and angel theme.

- Asparagus spears, deviled eggs, angel food cake and so many fun options!
- Blackberries. Part of the story is that when Lucifer was cast into hell, he fell upon a blackberry bush and spat upon it. So after this day, we are “not to eat” blackberries. Anything blackberry-pies, smoothies goes!
 - Blackberry Dragon Fruit Smoothie Recipe from Catholic Icing
3 handfuls of ice, 1 cut red dragon fruit, 1 cup frozen mixed berries, fresh blackberries and 1/4 cup water. Blend all ingredients until smooth and garnish with blackberries.

Activity

A devil or dragon pinata is a large part of the “Michaelmas” celebration. There is something satisfying about beating the devil with a stick. Want to make your own? Here’s a pretty simple [step by step](#) instruction post.

Craft

A stand-up coloring craft of the Archangels can be found [attached](#).



Resources

Catholic All Year—Michaelmas
The Catholic Company—What’s the Deal with the Saints?
Catholic Icing— Smoothie and Craft