



# February's Sainly Feasts!



**Feb. 1 - St. Brigid** is the patron saint of Ireland. As a young child Brigid had compassion for the poor, giving away food and clothing. A popular way to celebrate St. Brigid's feast day is by making a St. Brigid cross. While St. Brigid was teaching a dying pagan chieftain about Christianity she picked up the rushes off the ground and began braiding them into a cross.



The chieftain asked Brigid about the cross and its meaning and her explanation converted him Christianity.

[youtube.com](https://www.youtube.com/watch?v=...) - [Making a St. Brigid's Cross out of paper](https://www.youtube.com/watch?v=...)

**Feb. 3 - St. Blaise** has a legendary association with bread, which he used to save the boy who was choking on a fish bone. Saint Blaise is, in fact, the protector against throat ailments and choking.

**Feb. 6 - St. Paul Miki and Companions'**

were crucified during the persecution of Christians under the ruler of Japan. Paul Miki while hanging upon a cross preached to the people gathered "I obey Christ. After Christ's example I forgive my persecutors. I do not hate them." When Missionaries returned to Japan in the 1860s, at first they found no trace of Christianity. But after establishing themselves they found that thousands of Christians lived around Nagasaki and that they had secretly preserved the faith.



**Feb. 11 - Our Lady of Lourdes** Our Lady of Lourdes is a title of the Blessed Virgin Mary recalling her apparitions in 1858 in the grotto at Lourdes, France to Saint Bernadette Soubirous, a fourteen-year-old peasant girl. Our Lady instructed Bernadette to dig in the ground nearby, from which came a spring with healing properties, active to this day.

**Feb. 13 - Mardi Gras ("Fat Tuesday")** - This is the day of feasting that proceeds our lenten days of fasting.

**Feb. 14, 2024 - Ash Wednesday**

During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to practice self-control through fasting. Dive into God's word in Scripture this Lent or pray the rosary with your family. Learn more at [usccb.org](https://www.usccb.org)

**Feb. 14 - St. Valentine** One story tells that St. Valentine was imprisoned for marrying Christian couples and aiding Christians being persecuted by Claudius in Rome. Both acts were considered serious crimes.

**Feb. 22 - Feast of The Chair of St. Peter** - commemorates Christ's choosing Peter to sit in his place as the servant authority of the whole Church.

Boxty are potato pancakes. The savory pancakes consist of potatoes, flour, eggs, milk, and seasonings shaped into patties and fried in oil. This iconic Irish dish is served all year round, but it's especially associated with St. Brigid's Day.

[allrecipes.com](https://www.allrecipes.com) - [Boxty potato pancakes](https://www.allrecipes.com)



According to this Milanese tradition, eating panettone first thing on the morning of February 3 will safeguard the throat against illness or problems.

[sugargeekshow.com](https://www.sugargeekshow.com) - [Panettone](https://www.sugargeekshow.com)



In honor of Paul Miki and companions treat your family to a Japanese chicken dinner..

[saintsfeastfamily.com](https://www.saintsfeastfamily.com)

- [Japanese Chicken Katsu Don](https://www.saintsfeastfamily.com)



"Cordon Bleu" is a French term, literally translated as 'blue ribbon'. The main dish for today's feast day is Chicken Cordon Bleu and for dessert we will have Crepes with vanilla ice cream and blueberries.

[catholiccuisine.blogspot.com](https://www.catholiccuisine.blogspot.com)

- [French meal for Our Lady of Lourdes](https://www.catholiccuisine.blogspot.com)



Find unique Lent meals

[Katerecipebox.com](https://www.katerecipebox.com)

- [25 Meatless meals for Lent](https://www.katerecipebox.com)



**25 MEATLESS MEAL IDEAS FOR LENT**

Make and gift chocolate covered pretzels (pretzels represent praying hands). What a great expression of our love for others - our prayers

[tasteofhome.com](https://www.tasteofhome.com) - [Chocolate covered pretzels](https://www.tasteofhome.com)



On the Feast of the Chair of St. Peter, try this rockfish recipe. It seems so appropriate today since the name Peter means "rock".

[Catholiccuisine.blogspot.com](https://www.catholiccuisine.blogspot.com)

- [Baked Rockfish](https://www.catholiccuisine.blogspot.com)



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Digital Format can found at:

[syracusediocese.org/partnering-with-families](https://www.syracusediocese.org/partnering-with-families)



The HOPE Appeal