

FAMILIES ON FIRE



REFLECTION: FEBRUARY- CHARITY

Charity is not a word we use in our everyday language, but this month we can change that! Charity is a very important foundation for the Church. According to the Catechism of the Catholic Church, “Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.” CCC 1822. In other words, our connection with God is so, so deep that we reflect His love onto others. This is why Jesus Christ Himself made Charity the Greatest Commandment. February is a perfect season to refocus our attention towards acts of Charity-big and small! As a family, take time to find ways Charity is mentioned in the Bible. Then come together and discuss what they mean in our daily lives. Here are a few examples to help us practice our faith at home.

1. Story Time: February 11th is the Feast of Our Lady of Lourdes. What a blessing to revisit this hopeful apparition as a family! Read and/or watch the story of when Our Lady appeared 18 times to St. Bernadette in France in 1858. We can see how St. Bernadette lived out her Charity. As a bonus, make or buy some Blueberry Muffins (blue represents Mary) to have as a snack!
2. Prayer Time: On February 2nd we celebrate the Presentation of the Lord as a community. The Feast Day is also known as Candlemas. We remember when Infant Jesus, the light of the world, was brought to the Temple by Mother Mary and St. Joseph. Decorate a candle together with stickers, holy cards, prayers, pictures. This candle can be used for on-going family prayer time.
3. Simple Reminders: The Season of Lent begins on February 14th this year. Receiving our Ashes on Ash Wednesday is a humbling visual experience. The liturgical color is purple. Place a purple cloth/linen on the prayer table and/or dining table. Make or purchase a family Lenten calendar which emphasizes on fasting, praying, and almsgiving. We can set goals to live out our Charity as a family and schedule them in.

Friends in High Places: February 14th is also the Feast of St. Valentine. Also known as the holiday of love! His heroic acts of Charity are extremely inspiring. He continues to remind us of the power of love centered on God. On top of making and giving Valentine cards/treats for our family and friends, we can also make one for Jesus! We can even make it in the shape of a heart and take it to Adoration in front of the Lord. What a special Valentine that would be!

**“To pray for one another is an act of
Charity” St. Thomas Aquinas**