

# Parish First Holy Communion Parish Preparation—February 2024

## ST. BRIGID



Colour in the image of St. Brigid and return it to the parish preparation Mass for First Holy Communion

**Born:** c.451  
Faughart, Dundalk

**Died:** c. 525, Kildare

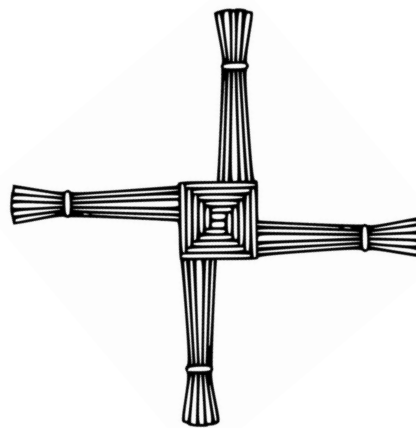
**Feast Day:** 1st February

**Symbols:**

St. Brigid's Cross, Crozier of an abess, flames or lamp. Cow or geese

**Patron Saint of:**

Kildare, Ireland, healers, poets, blacksmiths, livestock and dairy workers.

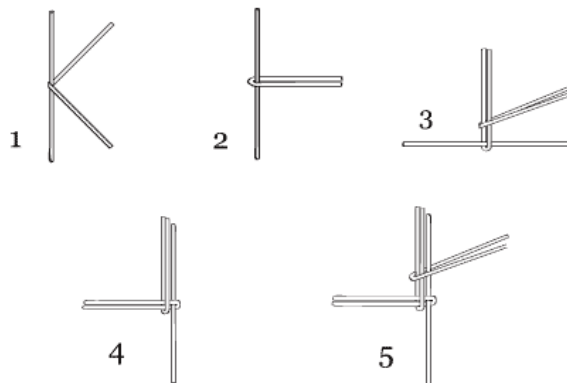


### St. Brigid's Cross

St. Brigid's Cross (Cros Bríde in Irish) is a cross woven from straw or rushes, with 4 arms tied at the end and meeting in a woven patterned square in the centre. Traditionally they were displayed over the door of a house to ward off evil.

They are traditionally blessed on the Feast of St. Brigid, 1st February each year.

Why not try and make your own St. Brigid's Cross using rushes. Follow the instructions below, or, check out how to make a St. Brigid's Cross on: [https://www.youtube.com/watch?v=Yn\\_MG4HZVOo](https://www.youtube.com/watch?v=Yn_MG4HZVOo).



Bring your completed cross to Mass where your priest will bless it before hanging it in your home.

## St. Valentine's Day 14th February



Hi, I'm Saint Valentine. I lived a long long time ago when Claudius II was the ruler of Rome. There were two important things to know about this emperor. First, Claudius II did not like Christians. Second, he loved having lots of

soldiers to fight in his wars!

Claudius II thought having soldiers for his wars was so important that he made a law that people couldn't get married. Claudius II thought that if young boys got married and had families they would not want to go off and fight in his wars.

This made things really tricky for the Christians following God. First, they knew that God wanted them to worship Him, not the false gods of Claudius II. Second, they knew that God wanted them to get married and start families.

I, Saint Valentine, had the special job of being God's helper during this time. I was a priest, so I would secretly marry the men and women who wanted to get married. This is why I am called the patron saint of love and marriage.

I was arrested because I was a Christian, a follower of Jesus. While in prison I prayed for a little girl to get her sight back, and she could see again..

(Source: mycatholickids.com / Heaven's Little Helper)

'We love, because He first loved us.'  
(1John 4:19)



## The Season of Lent

Lent is a very special time for Christians. It is a time to remember Jesus' sacrifice and the way he resisted temptations. Lent is also a time of new beginnings and being healthy in mind, body and spirit.

Christians usually **give up something** they really enjoy for Lent. This means it is difficult for them to miss it for 40 days.

This is what is known as a **sacrifice**.

Keep in mind though, we can also take **up something** for Lent, like helping someone, or helping out more at home.

What could you give up for Lent? Can you draw and label your **sacrifice**?

For Example

