

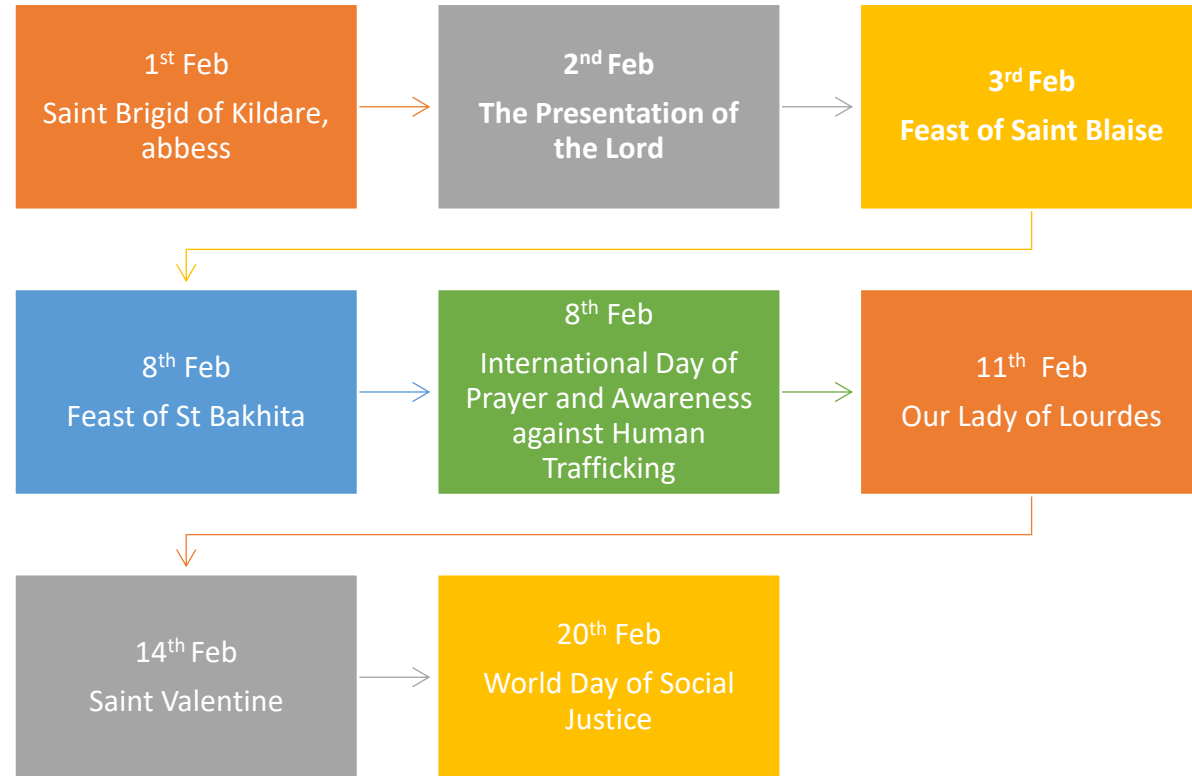


# February 2025

## St Brigid's Prayer

*You were a woman of peace.  
You brought harmony where there was conflict.  
You brought light to the darkness.  
You brought hope to the downcast.  
May the mantle of your peace cover those who are  
troubled and anxious,  
and may peace be firmly rooted in our hearts  
and in our world.*

# February 2025





St. Brigid's Day, celebrated on  
1 February will be marked by our national holiday on  
Monday, 3 February.

# How to make a St Brigid's Cross

- <https://www.youtube.com/watch?v=bq0ci42PnLc>



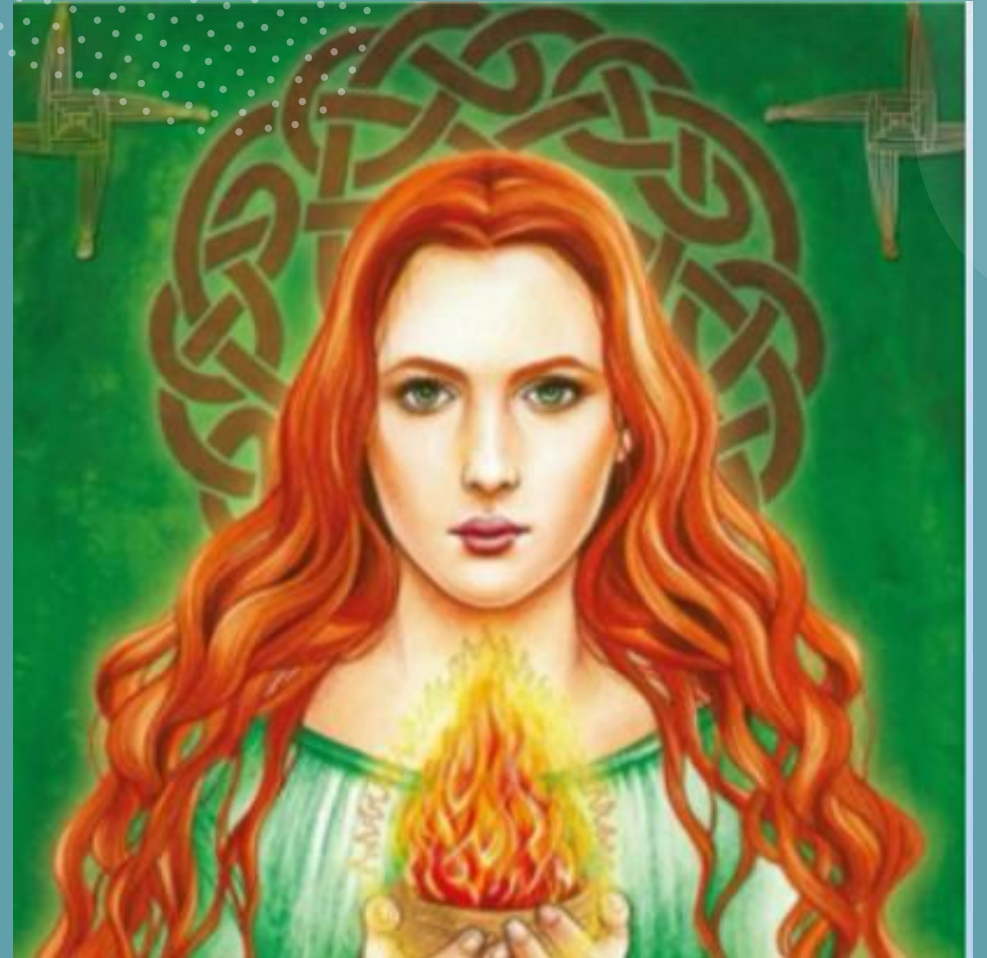
# The Story of Brigid

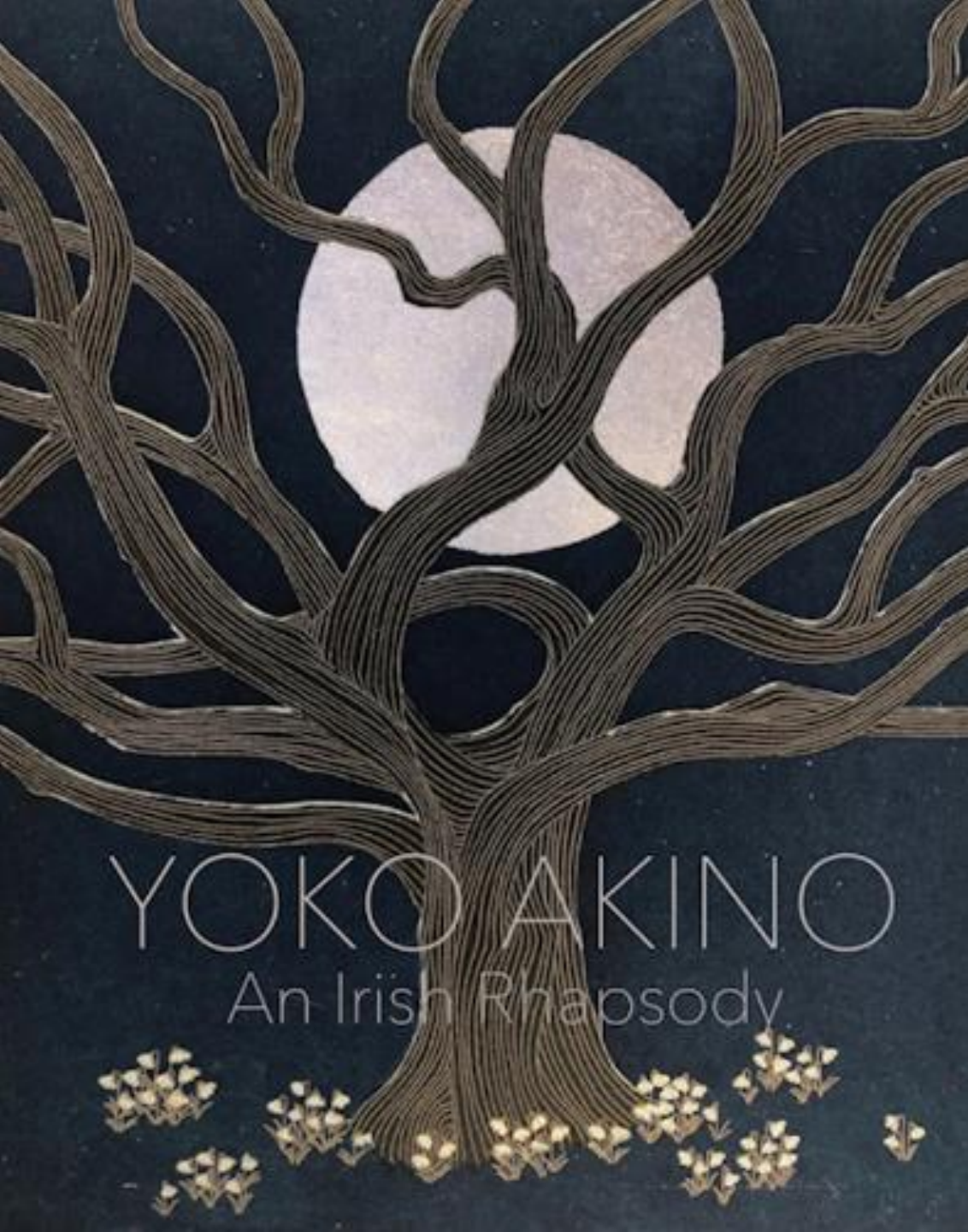
- Brigid was born at a time of major transition in 5th century Ireland. She embodies in herself the pre-Christian Celtic and Christian Celtic spirit. It is generally accepted that St Brigid built her double monastery for men and women in Kildare around 470 AD.
- Some scholars credit Brigid with pioneering monastic life in Ireland. Her monastery was acclaimed as a centre of education, pilgrimage, worship and hospitality until the 16th century when all the monasteries were suppressed.
- <https://solasbhríde.ie/the-story-of-brigid/>



# LAUNCH OF FÉILE BHRÍDE 2025

- <https://solasbhride.ie/launch-of-feile-bhride-2025-imagining-a-future-in-the-footsteps-of-brigid/>
- JANUARY 31<sup>ST</sup> – FEBRUARY 8<sup>TH</sup> 2025
- *Imagining a future in the footsteps of Brigid.*





Artist Yoko Akino was the *An Post* commissioned artist for the commemorative stamp for St Brigid in 2024.

- <https://visualartists.ie/events/an-irish-rhapsody-yoko-akino-at-hamilton-gallery/>
- About 'An Irish Rhapsody'  
The idea for this exhibition came from my research into the two Brigid's of Ireland; goddess and saint. When An Post commissioned me to make art for stamps representing them both I was inspired by their living connections to rural life and the landscape. Ireland is a sacred place. Each print in this show represents an appearance of the divine, whether through the stories of these powerful female forces or the land that gave them to the world.



A few years ago, pupils from Loreto College St Stephen's Green designed stamps to commemorate St Brigid as part of their *FÉILE RANGEELA* project with ATU, Galway and the Loyola Academy, Chennai, India.







01:06:15



## We Sing a Song to Brigid (Alive-O)

- <https://www.youtube.com/watch?v=yqs7lcZvSA8&t=15s>

We sing a song to Brigid,  
Brigid brings the spring  
Awakens all the fields and the flowers  
And calls the birds to sing.

All were welcome at her door, no one  
was turned away. She loved the poor,  
the sick and the sore,  
She helped them on their way.

She laid her cloak out on the ground  
And watched it grow and grow,  
In wells and streams and fields of  
green St. Brigid's blessings flow.

# Legend of St. Brigid's Cloak



- <https://brigidine.org.au/about-us/our-patroness/legend-of-st-brigids-cloak/>

A serene landscape featuring a path that winds through tall, golden grass. The path is flanked by several large, leafy trees. In the background, the sun is setting, creating a warm, golden glow that illuminates the scene. The sky is a mix of soft pinks and oranges, and the overall atmosphere is peaceful and contemplative.

# Prayer to St. Saint Brigid

You were a woman of peace.

You brought harmony where there was conflict.

You brought light to the darkness.

You brought hope to the downcast.

May the mantle of your peace  
cover those who are troubled and anxious,  
and may peace be firmly rooted in our hearts  
and in our world.

Inspire us to act justly and to reverence all  
God has made.

Brigid you were a voice for the wounded  
and the weary.

Strengthen what is weak within us.

Calm us into a quietness that heals and listens.

May we grow each day into greater  
wholeness in mind, body and spirit.

Amen

# St Brigid's Blessing



May Brigid bless the house  
wherein you dwell

Bless every fireside every  
wall and door

Bless every heart that beats  
beneath its roof

Bless every hand that toils to  
bring it joy

Bless every foot that walks  
its portals through

May Brigid bless the house  
that shelters you.



# Hymn to St Brigid: Dearc Anuas

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Dearc anuas, féach mar táimid;  
A naoimh álainn, féach sinn.  
Feacamid ár nglún id láthair;  
Dearc mar mháthair ar do chlainn.  
Cuidigh linn, a mháthair aoibhinn;  
Bí a choíche ag éisteacht linn.  
A Naoimh Bríd, a chéile Chríosta,  
Mar an fhaoileann ar an toinn.

<https://www.youtube.com/watch?v=eJn8PrXKSok>



Aoife Ní Fhearraigh –  
Gabhaim Molta Bríghde  
(I Give Praise to Saint Brigid).

- <https://www.youtube.com/watch?v=tP5FS6IXJJA>





## 2<sup>nd</sup> February The Presentation of the Lord

- Today the Church celebrates the **Feast of the Presentation of the Lord** which occurs forty days after the birth of Jesus and is also known as Candlemas Day, since the blessing and procession of candles are included in today's liturgy.
- See <https://associationofcatholicpriests.ie/homily-resource/sunday-02-february-2025-the-presentation-of-our-lord/> for today's readings at Mass.



# 3<sup>rd</sup> February

## Feast of Saint Blaise

- Today is the Feast of St. Blaise who is the patron saint for sore throats and sick cattle.
- St. Blaise was a bishop and martyr who lived in the fourth century in Turkey and Armenia. For a time, Blaise lived in a cave to escape persecution. On his feast the church recalls a miracle cure associated with him and celebrates the blessing of the throats. Blaise is reputed to have saved the life of a boy who was choking on a fish bone. The saint said that anyone who lit a candle in his memory would be free of infection, thus candles are used in the traditional throat blessing. He is listed among the Fourteen Holy Helpers, saints revered as healers. He is the patron saint of throat illnesses, animals, wool combers, and wool trading.



8<sup>th</sup> February

St Josephine Bakhita  
International Day of  
Prayer & Awareness  
Against Human Trafficking

## St Josephine Bakhita

was a victim of  
human trafficking.

Born in Darfur, Sudan in 1869,  
she was kidnapped  
at the age of seven and  
sold in  
the markets of El Obeid and  
Khartoum.

See <https://sma.ie/st-josephine-bakhita-international-day-of-prayer-and-awareness-against-human-trafficking/>





# 11<sup>th</sup> February Our Lady of Lourdes World Day of the Sick

Today is the feast of  
**Our Lady of Lourdes** and  
the **World Day of the Sick**

- <https://www.lourdes-france.com/en/day-pilgrims/11th-february-feast-of-our-lady-of-lourdes-2/>

WORLD DAY OF THE SICK 2025



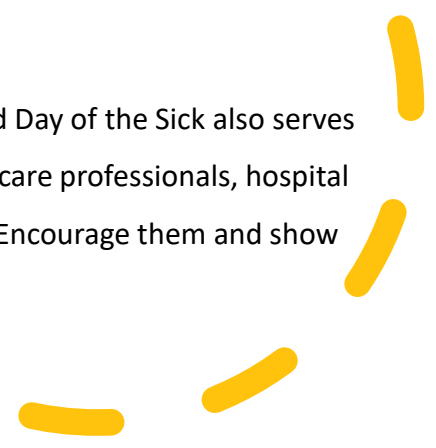
# 11<sup>th</sup> February World Day of the Sick Our Lady of Lourdes

- See Message of the Holy Father for 33<sup>rd</sup> World Day of the Sick (11 February 2025), 27.01.2025
- “We are celebrating the 33<sup>rd</sup> World Day of the Sick in the Jubilee Year 2025, in which the Church invites us to become “pilgrims of hope”. The word of God accompanies us and offers us, in the words of Saint Paul, an encouraging message: “Hope does not disappoint” (*Rom 5:5*); indeed, it strengthens us in times of trial.”

# 11<sup>th</sup> February World Day of the Sick Our Lady of Lourdes



- **HOW TO OBSERVE WORLD DAY OF THE SICK**
- **Pray for the sick** - Say a prayer for those who are sick. They need all the help you can offer, and your prayers can go a long way.
- **Offer support to the sick** - Interested individuals and organizations can also provide the sick with food, medication, and other supplies. Volunteering at a local health center is another excellent way to participate.
- **Appreciate healthcare workers** - The World Day of the Sick also serves as an occasion to honor the work of healthcare professionals, hospital chaplains, and all those who help the sick. Encourage them and show them that their efforts are appreciated.



# World Day of the Sick

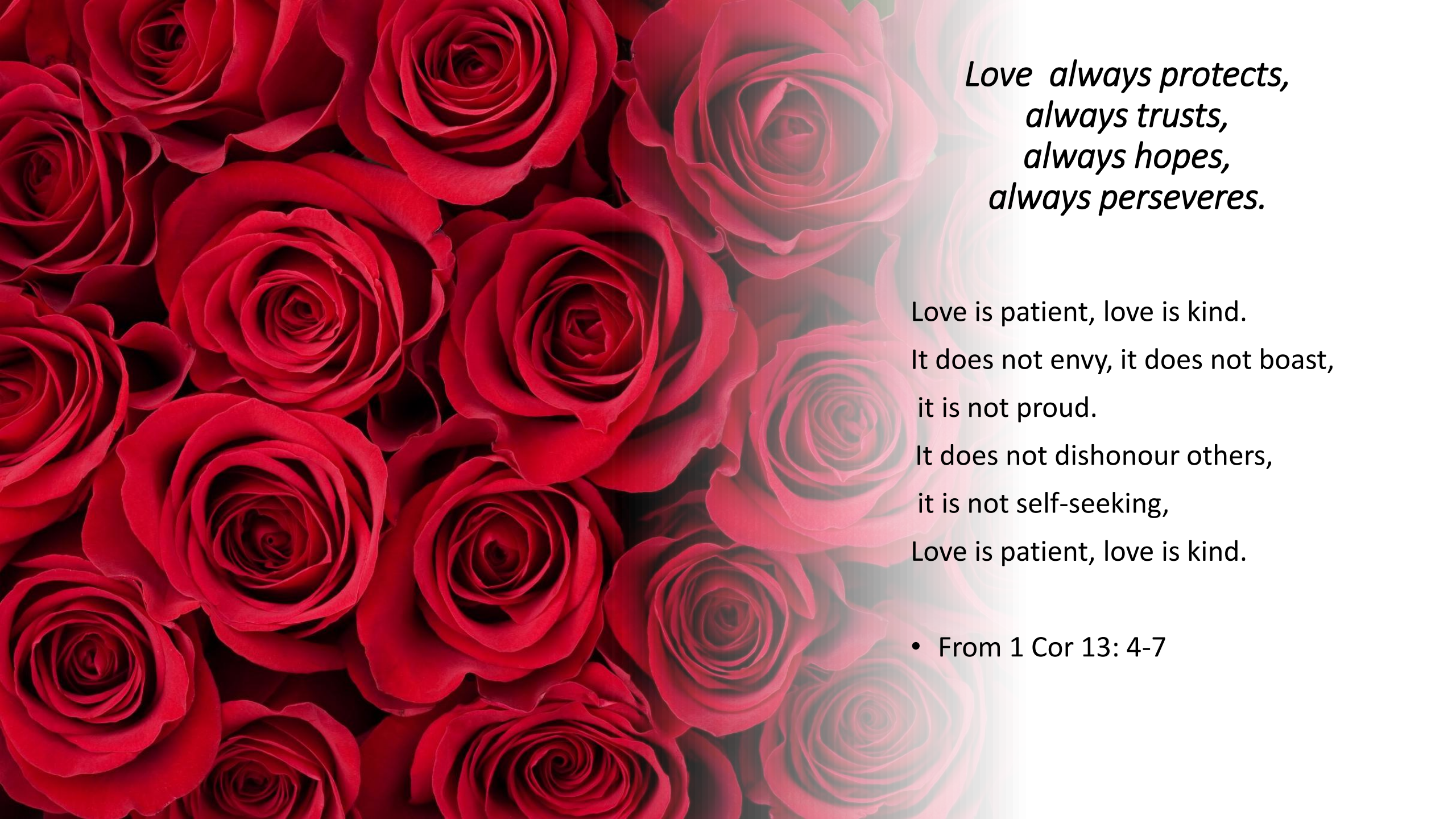


Lay your hands gently upon us  
Let their touch bring your peace



# 14 February St Valentine's Day

- See also <https://www.whitefriarstreetchurch.com/index.php/the-church/shrines/saint-valentine>



*Love always protects,  
always trusts,  
always hopes,  
always perseveres.*

Love is patient, love is kind.

It does not envy, it does not boast,  
it is not proud.

It does not dishonour others,  
it is not self-seeking,

Love is patient, love is kind.

- From 1 Cor 13: 4-7



# 20<sup>th</sup> February World Day of Social Justice

- In 2025, the theme "Empowering Inclusion: Bridging Gaps for Social Justice" emphasizes the vital role of inclusive policies, ongoing learning, and social protections in addressing systemic inequality.

