



February 2026 Reflection

On February 2, we celebrate Candlemas, the Feast of the Purification of Our Lady, when, after forty days, Our Lady returned to the Temple, as prescribed by the Jewish law. Forty is the biblical number of purification, so Jewish women were to devote forty days to rest after childbirth, not returning to the Temple until they were considered to be ritually clean again (women were regarded as unclean after having given birth). Our Lady brought Jesus to the Temple to be presented before God the Father, consecrated to His service in a special way. Saint Joseph and Mother Mary brought sacrifices to be offered at the Temple, humbly giving two turtle doves, since they could not afford more costly offerings.

Since February begins with the remembrance of the Holy Family's journey to the Temple, which was made in accordance with the Jewish tradition, all of this month is dedicated to the Holy Family. The Holy Family teaches us that we are purified in our humility, which is the root of love. We give humbly of ourselves when we love, offering ourselves to the service of God and others to bless our neighbors, and give glory to God. Humility helps us to become more like Our Lord and Our Lady, who are totally pure, in their perfect love offered to God the Father. Throughout the Holy Mass, we pray to be purified, that we may receive Christ with total love. Traditionally, in the sacred liturgy, we invoke the holy angels when we pray the Confiteor, acknowledging our sins and our need for God's merciful love to purify us; when the incense, itself a sign of purification, is blessed; and when the offerings of the bread and wine are made to God. We invoke the holy angels, so that we may be like them, as they are pure spirits given totally to adoration and service of God. They carry the sacrifices on the altar to God, and they help to carry us closer to Him as well, as we offer all that we have and are with humble hearts to God.

The holy angels accompanied the Holy Family on their journeys, and they are accompanying us, too, so we pray that as we journey closer to Christ's Heart, they would help us towards a purer love, like that of Jesus' and Mother Mary's, that we may make ourselves the best possible offerings to God. We pray that God would bless our families, and that our family's guardian angles would help us to support each other in the journey towards Heaven, as we combine our

talents to glorify God. God made us interdependent to grow in virtue; each of us has unique talents, but all of us need each other, needing to work as a team, to accomplish the best possible works for God. No one travels to Heaven alone (Our Lady was assumed into Heaven through the power of Christ, and Heaven itself is a family filled with souls who prayed for each other, loved God, and helped each other on the way to Paradise). Our Lord chose to live in a family to model His love to us, the love of the Blessed Trinity, the perfect union of the Persons of God. We reflect God's love all the more when we love as a family; prayer is stronger when offered as a family, rather than alone. Jesus does all things in union with God the Father, and Our Lady unites herself to Christ, so if we are to love like Jesus, then we are to love in union, as His family, the Church, one Body. Jesus brings all things together for our good, so we are meant to love Him together. We honor Him best when we help each other to love Him more, because in this way, we imitate Our Lady and the holy angels, who guide people to know Jesus, to enter His Heart, which is filled with love for His family.

God created an immeasurable number of holy angels in Heaven, for their multitudes reflect the boundless of God's love, His infiniteness. Together, we can all reflect God's love, inspiring others to adore Him in His greatness, by coming together to serve Him as the holy angels do. May God lead us to work together harmoniously, pooling our gifts well, so that in loving each other, strengthening each other in the path to perfection, we may be purified, sanctified through seeing God's Presence reflected in the hearts of our family members, including the members of God's family connected to us by His Precious Blood in Holy Mother Church. Receiving Jesus in the Sacrament of Love, the Holy Eucharist, or calling Him to enter our hearts through an act of spiritual communion, is what brings us together, as Jesus pours His love into us, that we may pour it out in our service to our families, so we pray that the holy angels would help us to receive Our Lord with their spirit of devotion.

Pax Domini sit semper vobiscum,

Katie Sadakierski, Director of Religious Education

February 2026 Prayer

A Prayer to Your Family's Guardian Angels

O holy guardian angels, to whose care we have been entrusted by God, enlighten, preserve, and govern us this day; defend us from all temptations, and obtain for us all needful grace, that we may love God, and serve him here, until we join with you to love, praise, and enjoy God's presence, in everlasting life.

May the Lord bless us, and preserve us from all evil, and bring us to everlasting life; and may the souls of the faithful, through the mercy of God, rest in peace. Amen.

Special Devotions for February 2026

Marian Chant of the Season: *Ave Regina Caelorum*

Suggested Prayer: *Litany of the Holy Family*