

**February**  
**Month of the passion of our Lord**

February 2  
**Feast of Presentation of the Lord (Candlemas)**



**Prayer:** [Candlemas Prayer](#)

**Story:** Luke 2:22-39  
[3 minute Ignatius Press dramatization](#)

[Link between Candlemas and Groundhog Day?](#)

[Candlemas: The Feast of Light and Hope](#)

**Food:** Make [Candlemas Pancakes \(Crepes\)](#)! (Because they look like candlesticks!)

**Craft/Activity:** Go to Mass and have your [candles blessed](#).

February 3  
**Saint Blaise**

**Prayer:** [St. Blaise Prayer](#)

**Story:** [Saint Stories for Kids Podcast: Ep. 57 - St Blaise](#)

**Food:** Serve fish in honor of St. Blaise's miracle! Any fish will do (make sure it's de-boned! 🐟).

**Craft/Activity:** Attend mass for a throat blessing :)

February 5  
**Saint Agatha**

**Prayer:** [A Powerful Breast Cancer Healing Prayer to the Amazing St. Agatha - ChurchPop](#)

**Story:** [St. Agatha of Sicily, virgin and martyr - Teaching Catholic Kids](#)

**Food:** Honor St. Agatha with a Sicilian dish: [21 Best Sicilian Recipes | Allrecipes](#)

**Craft/Activity:** St. Agatha is the Patron Saint of those with breast cancer. [Take a moment to offer prayers for those with breast cancer.](#)

February 6  
**St. Miki & Companions**

**Prayer:** [Saint of the Day](#) (prayer at the bottom)

**Story:** [Franciscan Media Saint of the Day](#)

**Food:** Among those martyred were Japanese, Mexican, Indian, and Spanish religious. Maybe have a fusion meal and include a dish from each place. Or have a favorite Japanese dinner (sushi or [ramen](#)) because they are the patron saints of Japan.

**Craft/Activity:** Make [origami palm leaves](#) (palms are the symbol of a martyr)

February 8  
**Saint Josephine Bakhita**

**Prayer:** [Prayer to - St. Josephine Bakhita - USCCB](#)

[Novena to St. Josephine Bakita](#)

**Story:** [Saint Stories for Kids Podcast: Ep. 95 - St. Josephine Bakita](#)

[My Catholic Family 25 min cartoon](#)

**Food:** Try making [tamia](#) (Sudanese falafel) or [cinnamon tea](#) or have your favorite Italian dish.

**Craft/Activity:** Coloring pages and fun snack idea [here](#).

Or become a subscriber of Catholic Homebody and make this really neat [necklace](#) like the one our saint of the day wore.

Go further: St. Josephine Bakita's feast day is an annual day of prayer, reflection, and action against human trafficking. Find intercessions, prayers, etc. at the [JFI Anti-Trafficking Resource Page](#).

February 10  
**Saint José Luis Sánchez del Río**

<https://www.tfp.org/saint-jose-luis-sanchez-del-rio-hero-christ-king/>

February 10

**St. Scholastica**

**Prayer:** Try this [St. Scholastica Novena](#) that only takes a minute to pray each day.

**Story:** [Saint Stories for Kids Podcast: Ep. 5 - St Scholastica](#)

**Food:** Try this [Chicken Valdostana](#) recipe

**Craft/Activity:** [St. Scholastica Liturgical Ornament](#)

February 11

**Our Lady of Lourdes**

**Prayer:** [Prayer to Our Lady of Lourdes](#) inscribed on the wall of the chapel of the Basilica of the Immaculate Conception in DC.

**Story:** [Bernadette: Princess of Lourdes](#) (30 min movie for kids-also on Formed)  
[PWPN 2 min video](#)

**Food:** Have something [French](#) (or French toast, French fries, French onion) or a fancy drink to celebrate the spring of Lourdes.

**Craft/Activity:** Make a [grotto globe](#).

February 12

**Seven Founders of the Orders of Servites**

**Prayer:** [Collect](#)

**Story:** [Franciscan Media Saint of the Day](#)

[My Catholic Life!](#)

**Food:** Have a medieval feast (because they were in a guild in medieval times) or [Chicken Florentine](#) (because they were from Florence).

**Craft/Activity:** Read the [Seven Sorrows of Mary](#) as a family and talk about how thinking about them can help us work toward holiness.

February 14

**St. Valentine**

**Prayer:** [A Valentine Prayer - Catholic Online](#)

[A Valentine Prayer \(2\) - Catholic Online](#)

**Story:** [Saint Stories for Kids Podcast: Ep. 6 - St Valentine](#)

**Food:** Anything Heart-shaped or sweet!

[Heart of St. Valentine Egg Toast](#)

[St. Valentine's Day Cocoa with Sprinkles](#)

**Craft/Activity:** [St. Valentine Cut & Paste Activity](#)

[St. Valentine's Thankfulness Heart Craft](#)

February 18

**St. Bernadette Soubirous**

**Prayer:** [St. Bernadette Novena](#)

**Story:** [Saint Stories for Kids Podcast: Ep. 7 - St Bernadette Soubirous](#)

**Food:** Something [French!](#)

**Craft/Activity:** How special it is that Our Lady appeared to a child who responded by praying the rosary. Make an [edible rosary](#) out of popcorn and/or chocolate chips and pray the rosary as a family.

February 20

**Sts. Francisco and Jacinta Marto**

**Prayer:** [Litany](#)

**Story:** [Franciscan Media Saint of the Day My Catholic Kids](#)

**Food:** Something [Portuguese!](#)

**Craft/Activity:**

Jacinta and Francisco were siblings- so spend some time doing an activity with sibling(s). Pray for your sibling. If you don't have biological siblings, do this with a spiritual brother or sister.

February 21

**St. Peter Damian**

**Prayer:** [Collect](#)

**Story:** [Saint Stories for Kids Podcast: Ep. 96 - St Peter Damian](#)

[My Catholic Life!](#)

**Food:** He was from [Italy](#)! And Dante has him saying he only seasoned his food with olive juice in his Divine Comedy. So maybe serve olives/olive tapenade and bread with your meal.

**Craft/Activity:** He was blessed by solitude. Spend some time as a family in silence. Even just 5 minutes!

February 22

### **Feast of Chair of St. Peter**



**Prayer:** Scroll down for the [Litany of St. Peter prayer](#)

[Prayer for Pope Francis](#)

**Story:** [Chair of Saint Peter | Franciscan Media](#)

The meaning behind [The Feast of the Chair of Saint Peter](#)

**Food:** Have fun making & eating these adorable [Edible Chairs for the Feast of the Chair of St. Peter](#)

**Craft/Activity:** Watch this [short art history video](#) to learn about “Cathedra Petri” (Chair of St. Peter), Bernini’s beautiful work of art & architecture located behind the altar in Saint Peter's Basilica in Vatican City, Rome.

February 23

### **St. Polycarp of Smyrna**

**Prayer:** Scroll down for [Polycarp’s Prayer & Prayer from the Roman Missal for the feast of St. Polycarp](#)

**Story:** [St. Polycarp | Biography, Apostolic Father, Writings, Martyrdom](#)

[Saint Polycarp | Franciscan Media](#)

**Food:** Try a traditional [Turkish Köfte Recipe](#) or serve fruit & fish in honor of this Saint's name.

**Craft/Activity:** [Saint Polycarp Coloring Page](#)

February 27

**St. Gabriel of Our Lady of Sorrows**

**Prayer:** [Collect](#)

**Story:** [Franciscan Media Saint of the Day](#)

**Food:** Have a snack that includes seven tear shaped foods (almonds, raisins) to represent Mary's tears.

Have an [Italian](#) dinner!

**Craft/Activity:**

If you didn't do it on the 12th, spend some time reading and pondering the [Seven Sorrows of Mary](#) or do it again! And try these [cards](#) along with it.

Dedicate yourself to small acts of love offered up to Jesus to be more like this saint.