



THE BIRTH OF THE BLESSED  
VIRGIN MARY

## SEPTEMBER 8

Let us celebrate with joyful hearts the birth of the Virgin Mary, of whom was born the sun of justice, Christ our Lord. Father of mercy, give your people help and strength from heaven. The birth of the Virgin Mary's Son was the dawn of our salvation. May this celebration of her birthday bring us closer to lasting peace. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

September 8 is the Feast of the Nativity of the Blessed Virgin Mary, occurring exactly nine months after the celebration of Mary's Immaculate Conception in the womb of her mother, Saint Anne. On your earthly mother's birthday, you likely celebrate in some way. How are you going to celebrate your Heavenly Mother's birthday? Here are some ideas:

**'Call' Her.** If you aren't able to see your Mother in person on her birthday, give her a call! One of the best ways you can talk to your Blessed Mother today is by praying the Holy Rosary. You could also read and reflect on her role in Holy Scripture, or listen to some of the beautiful Marian hymns.

**Get Her some flowers.** A beautiful bouquet of flowers for Our Lady is a great way to honor her on the celebration of her birthday. Place the flowers near a statue or image of the Mother of God in your home or garden, or take them to place near her statue in your local area.

**Visit Her.** Take a drive to a local shrine or garden honoring our Blessed Mother. Go to see her and spend a little time in her presence.

**Have some cake!** Celebrate this feast day with your family by sharing a special meal together, and finish it off with a special dessert or birthday cake!

When we celebrate these great feast days liturgical calendar with outward signs of celebration, it is easier for us to celebrate them internally as well. It can also be a wonderful way to contemplate on the great love and devotion we have for our Heavenly Mother. Our Lord, Jesus Christ, loved His mother immensely, and we should honor her as well. We don't ever want to forget our Mother on her