

Febriarius is an interesting month, having come from a tradition with several name changes. Beginning in Roman times as the month of purification (from februare = purification) it was the last month in the lunar calendar until around 450 BC, and contained many

and even kale (from the Old English *cael* = winter) figured in Old English. Ultimately, February was

In Catholic tradition, February retained the theme of purification, and was recognised as the Month of Purification of the Blessed Virgin Mary although the Second Vatican Council encouraged setting aside months of observance in favour of

There are with a few exceptions, days in February which you would recognise: St Brigid, St Blaise (when you have throat issues), St Agatha, St Dorothy, St Valentine, St Scholastica, and so on. Even St

On February 2nd, Candlemas, which is both the Feast of the Presentation in the Temple and the Feast of the

the people into a different

As Ash Wednesday comes, the month of February, this month becomes a time of journeying for us as we accompany Christ toward the Cross. Pope Francis reminds us time and time again that we are called to accompany, especially with those who are vulnerable and needy, although none of us should ever feel that we

the Lord, a relationship that is based on love and respect, and that is a gift from the Holy Spirit. And the more we grow

Lent should mean more to us than giving up chocolate, although it perhaps easier to make

these three requirements are a way of fulfilling the two Great Commandments which Jesus gave us in Matthew 22:36-40: following them we love ourselves, love God, and love our neighbour. We are not meant to be

Fasting can also be from other than food: perhaps we fast from gossip, or complacency, or our self-indulgences of

time again as a source of spiritual challenge and inspiration. Rather than seeing Lent as a time to be sullen and sombre, we are called to join the journey with joy and energy. "Come, let us go rejoicing to the house of the Lord" (Psalm 122)