

C E L E B R A T E

# Blessing of the Throats



On February 3, the Church celebrates the blessing of throats on the Feast of Saint Blaise. Prepare a pair of crossed candles, tied at their base with a red ribbon (if available). Gather the family together. Explain that Saint Blaise was a bishop in the fourth century. It is said that he miraculously cured a boy who nearly died because of a fishbone caught in his throat. It is tradition to pray to Saint Blaise for the healing of all illnesses, especially those of the throat. Sing a Gospel Acclamation (“Alleluia”). Proclaim Mark 16:15-20. Touch the throat of each family member with the crossed candles and pray:

***Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.***

Prayer for February 3 from “Blessing of Throats on the Feast of Saint Blaise,” *Book of Blessings* (© 1989, The Liturgical Press).