

*Celebrate the*

# 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).