



IDEAS AND DATES FOR THE DIARY FEBRUARY

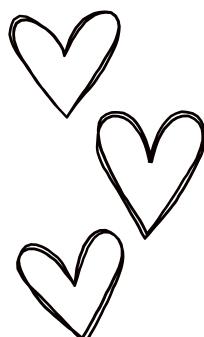


February 7th - Feast of Bl Rosalie Rendu

Blessed Rosalie Rendu was fundamental in helping Bl Frederic and his friends in their early charitable works. She was also an amazing example throughout her life of someone who was dedicated to supporting the poor. On the 7th of February we celebrate her feast day. Could you mark the day in some way, perhaps with cake? This [**Fact Sheet**](#) gives more information about her life and some questions for reflection with your group.

February 11th - Feast of Our Lady of Lourdes, World Day for the sick

On February 11, the Catholic Church celebrates Our Lady of Lourdes, remembering the 18 appearances of the Blessed Virgin Mary to St Bernadette Soubirous. She is the patron saint of the sick, and the day also marks World Day for the Sick. How can you support those who are ill in your community, showing them they are not alone?



February 14th - Valentines Day

February is a month to show love, and Valentine's Day is on the 14th. St. Valentine was a priest who cared for the sick and imprisoned. He believed in showing love and kindness to all, especially those in need. St. Vincent de Paul taught us that true love means caring for those who are suffering. Consider making cards or writing letters for those isolated in your community or parish. Check with local care homes, nursing homes, churches, or SVP community support centres to see where help is needed and get creative!



February 17th - Shrove Tuesday

A great opportunity to bring the community together and fundraise for SVP! Sell pancakes, set up a topping station with sprinkles, sauce, or lemon, or hold a sponsored pancake flipathon. With Frassatti in mind perhaps bring add a Frassatti twist and try a quick Frassatti Challenge **Frassatti Flipping** – who can flip a pancake the highest and catch it?