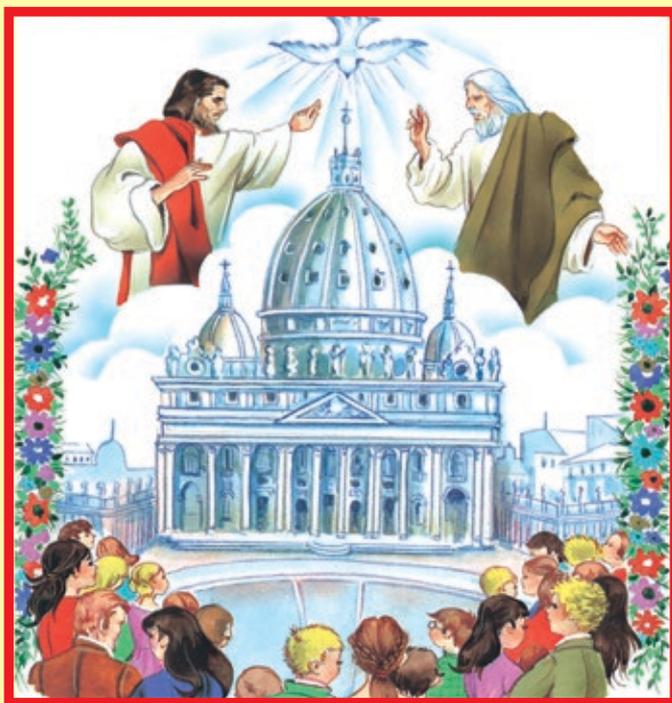


The Sacramentals of the Church

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BLESSING OF THROATS

ST. Blase, Bishop of Sebaste, was beheaded after terrible torments in 317. Among his miracles is one in which he cured a boy who was choking from a fishbone. So he is venerated as the patron saint against diseases of the throat.

When the priest blesses throats on his feast-day, February 3, holding a candle and making the sign of the cross, he says, "Through the intercession of Saint Blase, Bishop and Martyr, may you be protected from all diseases of the throat and every other evil."



Mary, Joan, Pat, and Tony have their throats blessed.



Clare dips her finger in holy water and prepares to make the sign of the cross before entering church.

HOLY WATER

WATER is a symbol of purity of body and soul. It is used in the ceremony of baptism, to show the cleansing from sin.

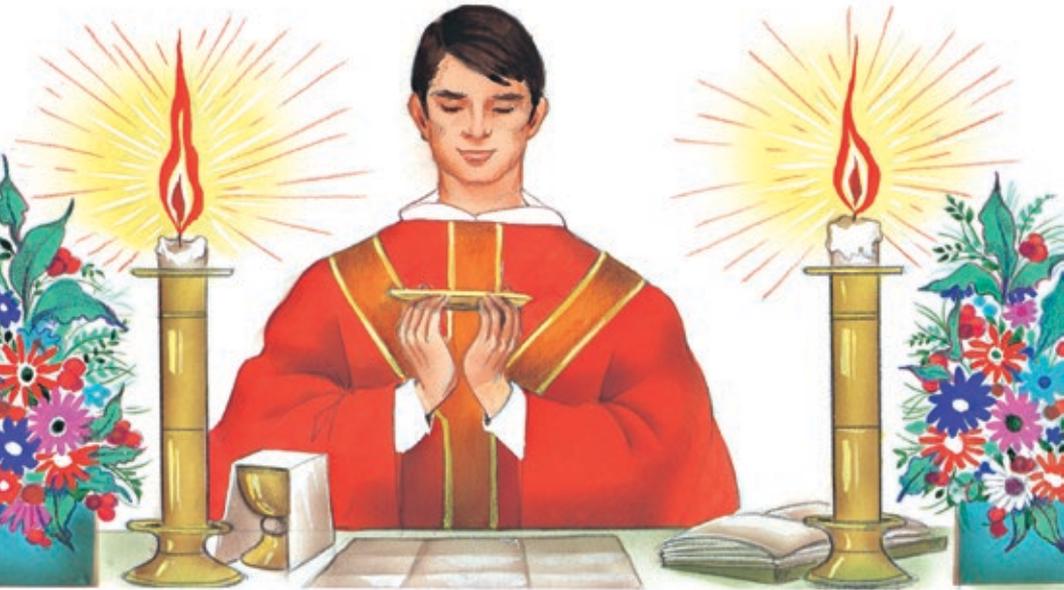
Before entering and leaving a church we bless ourselves with holy water as we make an act of faith in the Holy Trinity and thank Our Lord for having died on the cross for our redemption.

Sprinkling with holy water is done before the solemn Mass on Sunday and during the Mass on special occasions, such as weddings, funerals, and blessings.

CANDLES

THE candle is a Sacramental used in the Church's Liturgy. Candles were first used to give light in early morning services. They are an emblem of God, giver of life and enlightenment. Being pure, they remind us of Christ's spotless body, the flame signifying His Divine Nature.

Candles are required at the public administration of the Sacraments, at Mass and Benediction, at funerals and at other church ceremonies.



Candles burn brightly on the altar at Mass.