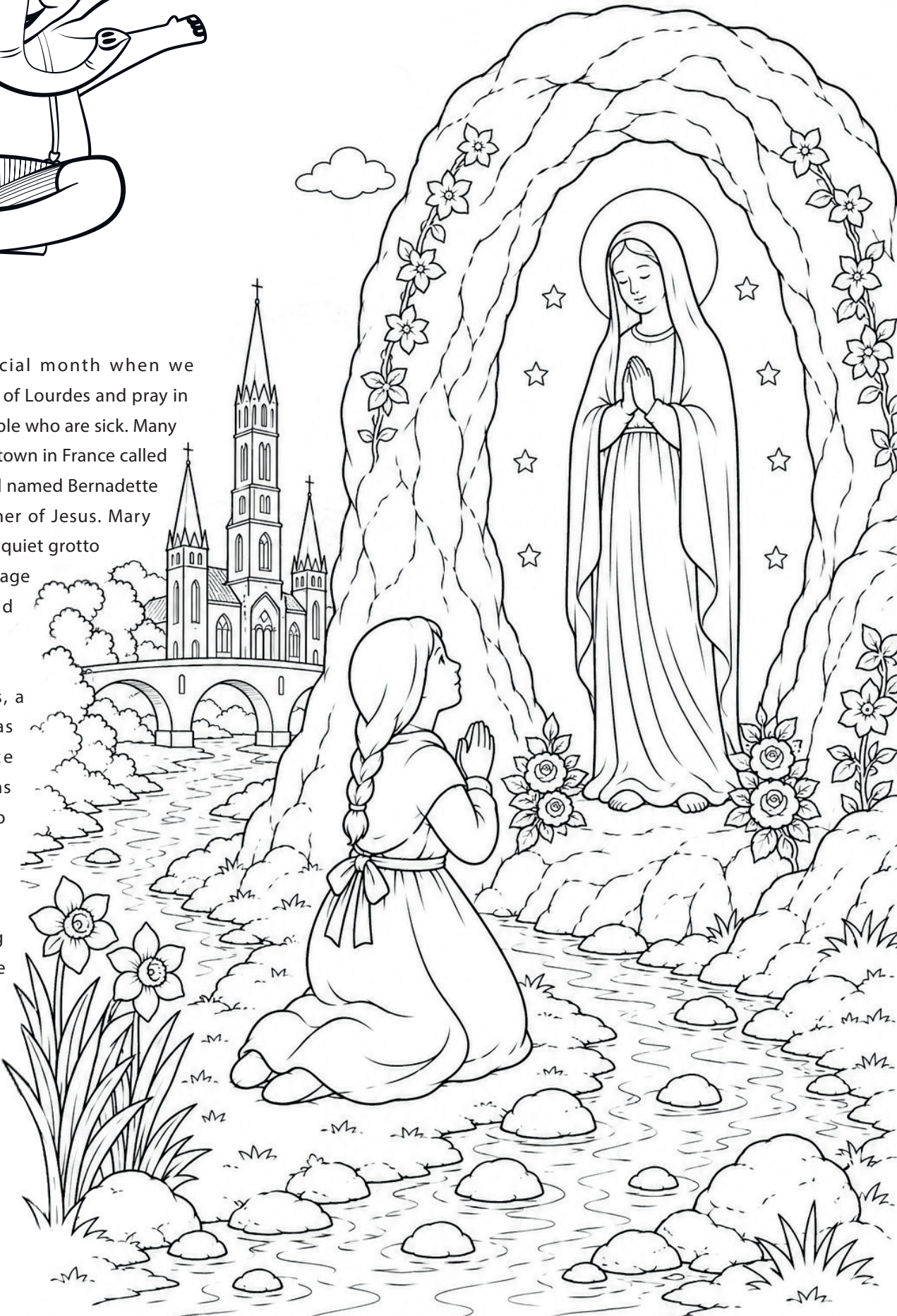




Dear girls  
and boys,

February is a special month when we remember Our Lady of Lourdes and pray in a caring way for people who are sick. Many years ago, in a small town in France called Lourdes, a young girl named Bernadette saw Mary, the mother of Jesus. Mary appeared to her in a quiet grotto and brought a message of prayer, hope and trust in God.

During these visits, a spring of water was discovered. Since then, many pilgrims have travelled to Lourdes to pray and to wash in the water. Some people have experienced healing there, but even more have found comfort, peace and strength. Lourdes reminds us that God is close to those who are suffering.





Because of this message, the Church celebrates the World Day of the Sick in February. It is a time to remember anyone who feels unwell, lonely, worried or in pain. Being sick does not only mean having a cold or a broken arm; it can also mean feeling sad or struggling inside.

Jesus showed kindness to those who were hurting and we are called to do the same. You can take part by offering a prayer, making a get-well card or simply being gentle and thoughtful towards someone who needs encouragement. Even a small act of kindness can bring light to another person's day.

Mary's appearance at Lourdes reminds us that we are never alone. God cares deeply for each person, especially when life feels difficult. This February, we can open our hearts, pray for the sick and share kindness wherever we go.

God bless,

Toby



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