

THE ASSUMPTION

A CATHOLIC FAMILY FEAST DAY PACK



HIDDEN LIFE

FORMING MINDS, HEARTS AND HANDS IN THE SPIRIT OF NAZARETH.

HIDDEN LIFE:

LIVING THE LITURGICAL YEAR AT HOME



THE ASSUMPTION OF THE BLESSED VIRGIN MARY



15 AUGUST

"My soul doth magnify the Lord."
— Luke 1:46

A DAY TO CELEBRATE

Today the Church rejoices in the glory of the Blessed Virgin Mary. Mary, the Mother of God, was taken body and soul into Heaven at the end of her earthly life. The Assumption reminds us that Heaven is our true home and that our bodies, wonderfully created by God, are destined for resurrection and glory. Today, we celebrate Our Blessed Mother and ask her to lead us ever closer to her Son, Jesus.

TODAY WE WILL:

- ♡ Learn about the Assumption
- ♡ Read from Sacred Scripture
- ♡ Pray with Mary
- ♡ Make something beautiful
- ♡ Spend time in God's creation
- ♡ Prepare a special feast
- ♡ Give thanks for the gift of our bodies
- ♡ Remember that Heaven is our true home

THE FEAST AT A GLANCE

Feast: The Assumption of the Blessed Virgin Mary

Date: 15 August

Liturgical rank: Solemnity

Liturgical colour: White

Season: Ordinary Time

What is the Assumption?

The Assumption is the truth taught by the Catholic Church that, when the course of Mary's earthly life was complete, she was taken body and soul into the glory of Heaven. Mary is not simply a soul in Heaven. Her whole person-body and soul-is with God.

Why do we celebrate it?

The Assumption celebrates what God has done for Mary, but it also points towards the future that awaits all those who belong to Christ. We believe that, at the end of time, our bodies will rise again. Our Lady already shares in this glory in a unique way. She is a sign of hope for the Church and a reminder of where we are ultimately going.

For little children

Mary is in Heaven with Jesus, body and soul.

God made Mary for Heaven, and she shows us the beautiful destiny that God has prepared for us too.

A word to remember

ASSUMPTION

To be assumed means to be taken up.

Mary was taken up by God into the glory of Heaven.

WHAT ARE WE CELEBRATING?

Mary, Body and Soul, in Heaven

Every human person is made of both body and soul. Our bodies are not accidents or temporary containers for our souls. God created the human person as a unity of body and soul, and He called His creation good. This is why the Assumption matters so much. At the end of Mary's earthly life, God brought her, body and soul, into the glory of Heaven. Mary is therefore a beautiful sign of the destiny God desires for His people.

The Assumption is not the Ascension

There are two words that can sometimes be confused:

Ascension

Jesus Christ ascended into Heaven by His own divine power.

Assumption

Mary was assumed, or taken up, into Heaven by the power of God.

Mary goes before us

Mary's Assumption gives us hope. We do not know exactly what our own journey will look like, but we know that death is not the end.

Christ has conquered death.

The Christian hope is not simply that our souls will live forever. We look forward to the resurrection of the body and everlasting life. Our Lady gives us a glimpse of this future.

For parents

The Assumption can be a wonderful opportunity to speak naturally with children about death, Heaven and the resurrection. These are not subjects that need to be frightening. For a Catholic family, they are part of the story of our hope. They are opportunities for us to teach our children that: Jesus has conquered death, we are made for Heaven, our bodies and lives matter, Mary is already enjoying the glory for which we hope, one day, Christ will raise the dead and his elect will have glorified bodies.

STORY OF OUR LADY

Mary was the daughter of St Anne and Joachim and lived a hidden life. She was not a queen sitting upon an earthly throne. She lived quietly, faithfully and humbly. She said yes to God.

When the Angel Gabriel came to her and announced that she might become the Mother of the Saviour, Mary answered:

"Behold the handmaid of the Lord; be it unto me according to thy word."

She carried Jesus in her womb, birthed Him, cared for Him, taught Him, watched Him grow, and followed Him throughout His earthly life. And she stood beneath His Cross as He drew His final breath. Mary's life was completely united to the life of her Son.

She knew both joy and sorrow.

She knew the wonder of Nazareth and the anguish of Calvary.

She knew what it meant to trust God even when she could not see the whole plan.

After Christ's Resurrection and Ascension, Mary remained with the early Church. The Church has always honoured her as the Mother of God and as a model of perfect discipleship. At the end of her earthly life, Mary was taken body and soul into Heaven. The woman who had carried Christ in her womb now reigns with Him in glory!

Think about this:

Mary's earthly life was often very ordinary. She cooked, cleaned, cared for her family, laughed, travelled, prayed, suffered, loved. Her holiness was found in faithfully living the life God had given her. This is good news for us! Holiness does not require an extraordinary life. It requires extraordinary love in the ordinary things God gives us to do.

Tell your children:

Mary's life was hidden too. She did not need to be famous. She simply loved God and faithfully did what He asked. And now she is Queen of Heaven!

THE WORD OF GOD

Mary's Magnificat

One of the most beautiful passages we can pray with on the Feast of the Assumption is Mary's song of praise, known as the Magnificat. Mary spoke these words when she visited her cousin Elizabeth.

Read Luke 1:46-55 together as a family.

"My soul doth magnify the Lord,
and my spirit hath rejoiced in God my Saviour."

Mary's heart is filled with praise. She knows that God has looked upon her in her lowliness and has done great things for her. She does not boast about herself. Instead, she gives all glory to God.

Talk about it

What does Mary thank God for?

Why do you think Mary calls herself the handmaid of the Lord?

What does Mary's prayer teach us about humility?

How can we praise God today?

Try this

Choose one sentence from Mary's Magnificat. Write it below.

Then say it together as a family before your evening meal.

Family prayer

Holy Mary, Mother of God,

Teach us to say yes to God as you did.

Teach us to praise Him in times of joy and trust Him in times of difficulty.

Help us to remember that Heaven is our true home.

Lead us always closer to your Son.

Amen.

WORDS TO KNOW

ASSUMPTION

The taking of the Blessed Virgin Mary, body and soul, into the glory of Heaven.

SOLEMNITY

One of the highest-ranking celebrations in the Church's liturgical calendar.

GLORY

The splendour and majesty of God and the joy of sharing in His life.

RESURRECTION

The rising of the body from death.

Christ rose from the dead, and Christians look forward to the resurrection of the body.

IMMACULATE

Free from sin.

Mary was preserved from original sin from the first moment of her existence.

MAGNIFICAT

The name traditionally given to Mary's song of praise beginning:

"My soul doth magnify the Lord."

Can you remember?

The Assumption is about Mary's _____ and _____ being taken into Heaven.

Mary's song of praise is called the _____.

The colour associated with today's celebration is _____.

LET US PRAY

Today, pray a decade of the Rosary together; The Fourth Glorious Mystery: The Assumption of Our Lady into Heaven.

Before beginning, tell the children:

"Today we are thinking about Mary being taken body and soul into Heaven. As we pray, we can ask Mary to help us love Jesus and one day reach Heaven too."

Pray for...

- ♡ Our family
- ♡ Our grandparents
- ♡ Those who have died
- ♡ Those who are sick or suffering
- ♡ The Church, priests and religious
- ♡ Those who do not yet know God's love and the conversion of sinners

A Prayer to Our Lady

O Mary, assumed into Heaven,
You who are so close to your Son,
look kindly upon us who are still making our earthly journey.
Help us to imitate your faithfulness.
Teach us to say yes to God.
Help us to love Jesus more each day.
And when our earthly life is complete,
lead us safely to your Son in Heaven.
Our Lady of the Assumption, pray for us.
Amen.

A family tradition

Place a statue or image of Our Lady somewhere special in your home today. Light a candle before it while you pray together. Let the children choose a flower from the garden to place beside Mary.

MAKE SOMETHING BEAUTIFUL

A Crown for Our Queen

The Church calls Mary Queen of Heaven. Today, make a simple crown for Mary as a little gift of love.

You will need:

- Card or thick paper
- Scissors
- Glue
- Crayons, pencils or paint
- Ribbon
- Flowers, leaves or paper flowers
- Optional: gold or silver paper



What to do:

1. To make the crown cut a strip of card long enough to fit around a small statue or image of Mary.
2. Decorate using flowers, stars, leaves or Marian symbols.
3. Add your favourite Marian title.
4. Crown Mary.

Place the crown beside your family statue or image of Our Lady.

Then pray:

Hail Mary, full of grace...

For little ones

Don't worry about making it perfect.

Let your child tear paper, stick flowers, scribble patterns and choose the decorations.

The point is not the finished craft the point is making something beautiful for Mary.

A question to discuss

Why do you think Catholics call Mary a Queen?

COLOUR OUR LADY



As you colour, talk about:

- Who is Mary?
- Who is Jesus?
- Why do we call Mary the Mother of God?
- What happened to Mary at the end of her earthly life?
- What does Mary show us about Heaven?

Our Lady of the Assumption, pray for us.

GO OUTSIDE

Mary's Garden

The month of August is full of life. Flowers are blooming, fruit is ripening, birds are singing and the days are long! Take your children outside today and spend some quiet time noticing God's creation. Mary's Assumption is a wonderful opportunity to remember that God created the natural world to be received with wonder and gratitude.

Your nature walk

Take a basket or notebook outside.

Look for:



A flower



A leaf



An insect



A piece of fruit



A bird



Something beautiful in the sky

Do not rush, let your children stop and look and wonder.



Nature journal

Ask your child to choose one thing they found particularly beautiful. Ask: What did you see? What colour was it? What did it feel like? What did you notice that you had never noticed before?

A Marian tradition

If you have flowers in your garden, choose a few to arrange beside an image of Our Lady. As you do so, remind your children:

"We give beautiful things to Mary because she is the Mother of Jesus and our spiritual mother. And everything beautiful ultimately comes from God."

Finish with a prayer

Thank you, God, for the beauty of Your creation.

Thank you for Mary.

Thank you for the gift of life.

Help us to see Your goodness everywhere we look.

Amen.

FEAST DAY FOOD

Make the Day Special

Catholic families have traditionally marked important feasts with special foods. A feast is more than simply eating something delicious. A beautiful meal tells our children: today is different, today is worth celebrating! For the Assumption, prepare something fresh, colourful and beautiful.

A Summer Feast - consider serving:

Fresh bread, seasonal fruit, a simple roast or family favourite, fresh vegetables or salad, a Marian-inspired dessert.

You might decorate the table with:

🌸 Fresh flowers 🕯️ A candle 💙 White napkins 🌿 Herbs or greenery
💙 Blue ribbon or flowers

Marian Summer Cake

You will need

- 175g butter
- 175g caster sugar
- 3 eggs
- 175g self-raising flour
- 1 tsp vanilla extract
- A splash of milk
- Fresh berries
- Whipped cream or icing

Method

1. Heat the oven according to your cake tin and recipe requirements.
2. Cream the butter and sugar together.
3. Beat in the eggs.
4. Fold in the flour and vanilla.
5. Add a little milk if needed to make a soft batter.
6. Bake until golden and cooked through.
7. Allow to cool.
8. Decorate with cream and fresh summer berries.

Let the children help decorate the cake.



FOR LITTLE ONES

A Feast for Tiny Tots

The youngest members of the family do not need a worksheet to participate in the liturgical year. They need to see, touch, smell, hear and do.

1. Find Mary's Colours

Can you find something:

● BLUE

● WHITE

● GREEN

🌸 PINK

Bring your objects together and make a little collection.

2. Give Mary a Flower

Help your child choose a flower. Let them carry it carefully and place it beside a statue or picture of Mary.

Say: *"This is for Mary."*

Then pray:

Hail Mary..

3. Make a Mary Basket

Fill a small basket with:

- Flowers
- Leaves
- Blue fabric
- A picture of Mary
- A small cross

Let your toddler explore the objects.



4. Look Up

Go outside, lie on the grass together and look at the sky.

Say: *"Mary is with Jesus in Heaven."*

Then simply sit together; sometimes the most important thing we can give a child is wonder.

FOR OLDER CHILDREN

Delve Deeper

The Assumption opens the door to some of the great questions of the Catholic faith. Read Luke 1:46-55 together. Then read about the Assumption in the Catechism of the Catholic Church, paragraphs 966-974.

Think

1. Why do you think God chose to give Mary this special privilege?
2. What does Mary's Assumption tell us about the dignity of the human body?
3. How is the Assumption different from Christ's Ascension?
4. Why is Mary called a sign of hope for the Church?
5. What does Mary's life teach us about doing ordinary things with great love?

Look at sacred art

Find a traditional painting or icon of the Assumption. Spend several minutes looking at it quietly.

Ask:

- Where is Mary?
- What is happening around her?
- What colours do you notice?
- Where does the artist draw your eyes?
- How are the angels represented?
- How does the artwork communicate joy?

Then draw your own interpretation of the Assumption.

Copywork

"My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour."

Write the verse carefully and beautifully on a sheet of paper.

A final thought

Mary's life was not about herself, everything in her points towards Christ. Mary teaches us how to receive Christ, carry Christ, follow Christ and ultimately be with Christ.

LIVE THE FEAST

Don't just learn about it, celebrate it!

The liturgical year is not a school subject. It is the life of the Church entering into the life of the family. Today, make the Assumption something your children can see, hear, taste, touch and remember. Establish rich family traditions.

Our Assumption Day

- ☐ Attend Holy Mass
- ☐ Dress beautifully for the feast
- ☐ Put an image or statue of Mary somewhere special
- ☐ Place flowers beside Our Lady
- ☐ Pray the Rosary or a decade together
- ☐ Read Luke 1:46-55
- ☐ Learn about the Assumption
- ☐ Make a crown for Mary
- ☐ Spend time outside
- ☐ Complete a nature study
- ☐ Prepare a special meal
- ☐ Eat together as a family
- ☐ Sing a Marian hymn
- ☐ Do something kind for someone else
- ☐ Thank God for the gift of our bodies
- ☐ Make one family tradition



You do not need to do everything in this booklet. Choose one thing that you could repeat every year. Over time, these little traditions become part of your children's memories of the Faith.

Remember

The goal is not to create more work for Mum. The goal is to make the Faith visible in the home. A feast should feel like a feast for everyone!

FEAST DAY MEMORIES

OUR ASSUMPTION DAY

The date: _____

Where we went: _____

What we made: _____

What we ate: _____

What we prayed: _____

My favourite part was:

Something beautiful I saw today: _____

Something I learned: _____

Something I want to remember: _____

Draw our feast day:

CONCLUSION

A LITTLE NOTE FROM ME

Dear family,

Thank you for inviting Hidden Life into your home!

I created these little feast day guides because I have come to realise just how much our children learn through the atmosphere we create around them. They may not remember every lesson we teach them, but they will remember the feast days we make special and the rich family traditions we set.

The Catholic Faith is not meant to be something we simply teach our children from a book, it is something we live. It is found in the ordinary days of family life, in our meals, our work, our conversations, our walks outside, our celebrations and our prayers. And the liturgical year gives us such a beautiful opportunity to bring all of these things together.

I hope these pages help inspire you to make feast days your own and establish personal familial customs. *But please (and I cannot express this enough) don't feel that you have to do everything.* You don't need the perfect craft, the perfect meal or a perfectly planned feast day. You don't need a beautifully decorated home or children who sit quietly through every activity. Perhaps today you simply go to Mass, pick a flower for Our Lady, eat something delicious together and say a Hail Mary before bed – that is enough. What matters is that our children grow up knowing that the Faith belongs everywhere.

So from my family to yours, I hope this feast day brings a little more beauty, a little more prayer and a little more joy into your home. May Our Lady draw your family ever closer to her Divine Son, and may she teach us all to live our own hidden lives faithfully, lovingly and joyfully.

Every blessing,
Eden McCourt



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