

Feast of the Holy Family

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As we celebrate the Feast of the Holy Family, we are reminded that love is the foundation of family life. Family life is like building a beautiful house. To construct a house, or any building, we need many different materials, placed in the right proportion, in the right place, and at the right time. However, before this, we must first ensure that the foundation is solid and strong. A strong foundation can withstand heavy winds, earthquakes, rain, and snow. If the foundation is weak, or poorly built, the entire house is in danger.

The beautiful story of the Holy Family highlights the essential foundation of family life: love. Saint Joseph fled to Egypt and later returned to Israel, to protect the Child Jesus and His mother. He did everything that God commanded. Joseph was committed and obedient to God's plan. Such commitment and true obedience comes from a heart filled with love. He acted not out of fear or obligation, but out of pure love. Joseph did not say: "Angel, you are troubling me; let me sleep. I am exhausted after the long journey, and from struggling to find a place for the Child to be born." Nor did he ask: "Why doesn't God save the Child by performing a miracle?" Instead, Joseph trusted God completely and responded with loving obedience. Everything he did flowed from love.

The Holy Family is the role model for our own families. We often see elderly couples around us who love and care for each another deeply. Their love endures not merely because of human affection, but because they have a crucial element added to their relationship: the love of Christ. Saint Paul expressed the same sentiment when he alluded to the love that binds us together, reflecting Christ's unconditional love for His Body, the Church.

Without love, the basic foundation of family life, life becomes miserable and sorrowful. This is echoed in the Second Reading when Saint Paul reminds us: "Above all, clothe yourselves with love, which binds everything together in perfect harmony."



A song becomes beautiful when there is harmony among the singers. In the same way, family life becomes beautiful when there is harmony among its members. This harmony is possible only when the music of love is alive in each heart. From this love flow compassion, kindness, humility, meekness, forgiveness, and patience: virtues Saint Paul urges us to cultivate. Saint Paul also gives us a clear path for family life: “Whatever you do, in word or deed, do everything in the name of the Lord Jesus.” This is the way to make our families resemble the Holy Family. Problems arise in the family when we live only for ourselves: for our own pleasure, comfort, and desires. Selfishness, pride, and arrogance take root when Jesus is pushed out of family life. When Christ is absent, the foundation of love weakens; relationships erode, and divisions, breakups, and separations occur.

The Holy Family always lived according to the will of God. Joseph said ‘yes’. Mary said a courageous ‘yes’ that lasted until she stood at the foot of the Cross. Jesus Himself taught us the meaning of saying ‘yes’ to the Father’s will. Their lives were lived entirely for the glory of God.

We too are called to do everything in our families for the glory of God. We all know that the family is the place where children are born and formed in virtue. Aristotle called the family “a school of virtue”. It is within the household that individuals first learn responsibility, respect, love, and moral values. The mutual responsibilities between husband and wife, parents and children, shape virtues such as justice, patience, temperance, and prudence: qualities essential not only for family life but for a healthy society. Therefore, the family is vital for the well-being of humanity itself.

Let us pray for our families today. May Saint Joseph and the Blessed Virgin Mary intercede for us to their Son, Jesus Christ: that our families may also become truly ‘holy families’, firmly built upon the strong and unshakable foundation of love.