

Sts. Joachim and Anne

July 26



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1st Century BC–1st Century AD • Galilee

Sts. Joachim and Anne were the parents of the Blessed Virgin Mary and the grandparents of Jesus.

Joachim and Anne had been married for many years but were sad because they were not able to have children. They prayed day and night for a baby, because they knew children were a great blessing.

Imagine the joy in their hearts when a little baby girl was born to them! They named their little girl Mary.

Anne held the sweet little baby close to her heart, and Joachim sang prayers of thanksgiving to God. Together, they taught Mary how to pray and be close to God.

They were so thankful to God that they promised to give Mary to His service. There is a tradition that when Mary was a little girl of three, her parents gave her to the Temple to serve as a temple virgin. There she learned to weave veils, bake the temple bread, and make ready the incense used by the priests.

At the age of fourteen, Mary was betrothed to Joseph. Then, the angel Gabriel appeared to Mary and told her that she was to be the Mother of God. Afterward, Mary visited her cousin Elizabeth to help her with the birth of John the Baptist. When Mary returned, she must have told her mother and father all about what the angel had said and how she was carrying Jesus in her womb. Anne and Joachim knew how special and full of grace their daughter was. They must have trusted God and praised the mystery of His ways.

After Jesus was born and the Holy Family settled in Nazareth, Anne held Jesus close to her heart just as she had held Mary, and Joachim sang prayers of thanksgiving to God. How blessed the holy grandparents were to have Jesus as a grandson!

Sts. Joachim and Anne, please bless my grandparents!