

## #FollowersOfChrist: Celebrating #FilipinoAmericanHistoryMonth with #FilipinoCatholicTraditions

Every October, the United States celebrates Filipino American History Month to commemorate the first Filipino settlers to set foot in the continental US in the 1500s. There are lots of different traditions and cultural aspects that make Filipinos in America unique, but one very important thing is their faith. The influence of the religion is prominent amongst Filipino-Americans. Here are a few very Filipino Catholic traditions.

### Numerous #Ninongs and #Ninangs

Since the beginning of one's life in the Church, Filipino-Americans have set themselves apart by appointing numerous godfathers and godmothers, also known as *ninongs* and *ninangs*, respectively, for their children, especially for their first born. *Ninongs* and *Ninangs* aren't just part of their faith family but actually become part of their greater family.

### A #SantoNino in Every Home (Or Even in Every Room!)

A Filipino-American home can be easily identified by the Santo Nino in their home or by the many other religious icons and statues. Ranging from Lourdes grottos to Divine Mercy paintings to Last Suppers hanging in the living room, there is no shortage of religious imagery in a Filipino-American home. This is to show how important the faith is in our everyday lives.

### A #Rosary in Every Car

Filipino-Americans take their faith everywhere they go -- including in transit! While a rosary dangling from the rear-view mirror may help find your car, the rosary is there to protect you. In the same way that Mary protects us with her mantle, she also protects the vehicle we commute in.

### Many #Devotions and #Novenas

Our devotion to faith is not only celebrated on Sundays and Holy Days of Obligation. Filipino-Americans are particularly noted for their strong devotions, most especially for the Santo Nino, the Blessed Mother (and her many titles!), the Black Nazarene, and the Filipino saints San Lorenzo Ruiz and San Pedro Calungsod.

### Celebrating #Fiestas with #Fellowship and #Food

No feast day is without a big celebration! And while the biggest fiestas are in the Philippines, here in the US, Filipino-Americans host pretty big celebrations! Fiestas are especially great opportunities to gather with many Filipino-Americans including family and friends, all while feasting on yummy Filipino cuisine!

### Culture and Faith Rooted in #Family

Catholic tradition is very much rooted in Filipino culture. When our parents, grandparents, or great-grandparents moved to the US from their homes in the Philippines, they sought to keep their traditions alive. The best way was to pass down these generations, including their faith, to the younger generations. It was and has always been family – a way to pass down the culture and the faith even when we are so far away from home.



by Jessica Abejar



### We pray through the intercession of these saints and during these feasts:

- October 1 – St. Therese of the Child Jesus
- October 4 – St. Francis of Assisi
- October 7 – Our Lady of the Rosary

- October 15 – St. Teresa of Jesus
- October 18 – St. Luke the Evangelist
- October 22 – St. John Paul II
- October 28 – St. Simon and Jude the Apostles



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