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# Seasoning the Seasons™

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Saint Blaise

## Saint Blaise, Bishop and Martyr

Saint Blaise (sometimes spelled Blase) was the bishop of Sebaste in Armenia in the early 4th century. While little is known of his life, he is believed to have been martyred during the persecution of Christians.

Although we know few facts about Saint Blaise, stories about him have long been part of our revered and received Christian tradition. He was said to have been not only a bishop, but also a physician. And one story handed down to us says he miraculously saved a boy who was choking to death on a fish bone.

As this story spread, people began praying to Saint Blaise for healing, especially from diseases of the throat. Devotion to Saint Blaise became very popular in the Middle Ages.



Saint Blaise  
Late 15th-Early 16th Centuries  
Karolia Museum of Art



And to this day, we still celebrate Saint Blaise's feast day (optional memorial) on February 3rd with the Blessing of Throats. Two candles which were blessed the day before (February 2nd - the Feast of the Presentation of the Lord) are tied together with red ribbon in the shape of a cross. These candles are then touched to our throats as Saint Blaise is invoked to intercede for us that God may deliver us from diseases of the throat and all other illnesses.