

LITURGICAL

Living at Home

MARCH: MONTH OF ST. JOSEPH

Lent

Liturgically, Lent is a period of forty days (not counting Sundays) that follows Ash Wednesday and leads us up to the Triduum & Easter.

Lent is not a time for punishment or self-inflicted misery, but rather it is a season that allows us to simplify and grow in holiness. Lent reminds us of Jesus' sufferings and death on the cross. This recollection can help us to grow in our desire for a closer relationship with Christ.

As Catholics we are required to fast and abstain from meat on Ash Wednesday and Fridays in Lent, but there is much more you can do (ranging from simple to very challenging) that can help you grow in holiness through added prayer, fasting, and almsgiving in this season.

Don't try to do too much at first but bring Lent into your home by practicing a few of these disciplines as a family.

St. Patrick - March 17

Who is St. Patrick?

St. Patrick was born into a Catholic family in Britain in the fifth century. He was kidnapped by Irish pirates when he was 16 years old and forced into slavery for six years. He escaped his captors but was called by God back to the country of Ireland to teach the Irish pagans about Christ.

In his lifetime he is thought to have baptized thousands, ordained priests and established religious communities. All for Jesus!

How to celebrate

Celebrate St. Patrick's day by wearing green! Pray the St. Patrick's Breastplate prayer as a family.

Enjoy some Irish food for dinner! Corned beef and cabbage is traditionally eaten on this day in the U.S., but Irish soda bread and shepherd's pie are also great family friendly options.

St. Joseph - March 19

Who is St. Joseph?

St. Joseph is the husband of the Virgin Mary and the earthly father of Jesus. He worked as a carpenter and it is likely he taught his trade to Jesus as well.

St. Joseph is powerful intercessor in prayer and has been known as the "Terror of Demons".

How to celebrate

Consider praying the Litany of St. Joseph.

For dessert make (or buy) cream puffs. This is a traditional dessert on St. Joseph's day in Italy. They are called Zeppole di San Giuseppe or St. Joseph's Sfinge. Many recipes can be found online.



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