

Living LENT Feast Days

While “feasting” is not typically associated with Lent, there are a few special days in the Lenten calendar that merit celebration. Here are a few ideas to get you started!



February 14: Feast of St. Valentine

- Valentine was a Roman bishop imprisoned and later martyred for marrying Christian couples.
- Celebrate by making a **“spiritual bouquet”** for a loved one
- Say a prayer for marriages, especially the new engaged, newlyweds, and those discerning marriage



March 3: Feast of St. Katharine Drexel

- Learn more about St. Katharine, the 2nd American-born saint and patron of racial justice & philanthropists, at [catholic.org](https://www.catholic.org) or with this **free video for kids!**
- Honor St. Katharine’s life of service by spending time serving those in your community who are underserved
- Make this **“Hearts for the Homeless”** activity as a family
- Say a rosary as a family for those are suffering from injustice



March 7: Feasts of Sts. Perpetua & Felicity

- Learn more about Sts. Perpetua and Felicity at [catholic.org](https://www.catholic.org) or with this **free video for kids!**
- Grab your crayons and markers and color **this coloring sheet** of Sts. Felicity & Perpetua
- Take a meal to a new mom in your parish
- Say a pray for people who are being persecuted for their faith today



March 17: Feast of St. Patrick

- Learn more about St. Patrick on [catholic.org](https://www.catholic.org). For kids, watch this [free Veggie Tale video!](#)
- Pray the [“Breastplate” prayer](#), attributed to St. Patrick.
- St. Patrick used the shamrock to teach about the Trinity, pray the Sign of the Cross (our most common Trinitarian prayer) with extra attention. Cut out your own shamrocks to decorate.
- Make some traditional St. Patrick’s Day foods, like Irish Soda Bread or corned beef & cabbage.
- Listen to traditional Irish music during dinner



March 19: Solemnity of St. Joseph

- [Learn more](#) about St. Joseph and how his feast is celebrated around the world. Adults may consider a 30-day consecration to St. Joseph or reading Pope Francis’ letter about St. Joseph, [“Patris Corde.”](#)
- Add a [St. Joseph prayer](#) to mealtime grace.
- Place an image of St. Joseph in a prominent place in your home
- Watch the [“Catholic All Year: St. Joseph” episode](#) on formed.org and try some of [Kendra’s recipes & crafts!](#)
- In honor of St. Joseph, a carpenter, make a plan to tackle one of those “fix it” or “refurbishing” jobs around the house.



March 25: Solemnity of the Annunciation

**Note: The Annunciation takes places on April 8th in 2024 because March 25th takes place during Holy Week. The Church moves the feast to after Easter when this occurs. However, you can still celebrate on the 25th!*

- Read the Gospel story of the Angel Gabriel announcing to Mary that she would be the mother of God (*Luke 1:26-38*)
- Watch a [short video for kids](#) about the Annunciation from “Brother Francis”
- Pray the Angelus as a family before dinner
- Donate baby supplies to a crisis pregnancy center or women’s shelter (like InnerVisions, Catholic Charities, or Mary’s Helping Hands).
- Pray the joyful mysteries of the rosary before bedtime