

# *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!



## March 7: Feasts of Sts. Perpetua & Felicity

- Learn more about Sts. Perpetua and Felicity at [catholic.org](https://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://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

- 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