

Some Feast Days within Lent

While “feasting” is not particularly Lenten, there are a few special days in the Lenten calendar that merit *celebration*. Here are a few ideas to get you started.



March 17: Feast of St. Patrick

- Learn about St. Patrick [here](#). (For kids, free [Veggie Tale video](#), or purchase this [DVD](#).)
- Pray the “[Breastplate](#),” a prayer attributed to St. Patrick. Or listen to it [sung](#).
- 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 [Irish music](#) during dinner.



March 19: Solemnity of St. Joseph

- Learn [here](#) about St. Joseph and how his feast is celebrated around the world. Audio story for kids: [MP3 for purchase](#). Adults may consider the 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 for the day.
- In honor of St. Joseph, a carpenter, tackle one of those “fix it” or “refurbishing” jobs around the house.
- Kids love crafts with [wooden popsicle sticks](#).



March 25: Solemnity of the Annunciation

- Yes, this feast is nine months before Christmas! Read the [story](#) of the Angel Gabriel announcing to Mary that she would be the mother of God. Kids videos: [2 min](#). and [30 min](#).
- Pray the [joyful mysteries of the rosary](#) or learn about and pray the [Angelus](#).
- Bring a meal to a family with a new baby or bring some baby supplies to a crisis pregnancy center or women’s shelter.
- Play one of these [baby shower games](#) for kids.



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