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.
- Listen to Irish music during dinner.

March 20: 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.