

March 1: St. David- Daffodils are a symbol of the this Welsh saint. Buy a bunch in his honor.

# family MATTERS

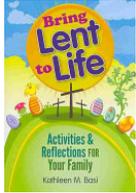
## THE MONTH OF MARCH

March 2: World Day of Prayer- Pray the Our Father for peace.



What Lenten practice is your family doing this year? Is it the usual practice of "giving up" something or did you add something to your families prayer life such as Eucharistic Adoration, daily Mass, Stations of the Cross?

Lent is a time of sacrifice, but it doesn't mean all six weeks need to be filled with sorrow. It is not meant to be the season of "gloom and doom", but one of Joy. The word "lent" actually means "springtime" and Spring is a time when many people find good reasons to celebrate with great Joy.



Here are some simple ways you may bring joy into your family during this season of Lent.

1. Try a new recipe for meatless Friday's.
2. Buy a small bouquet of flowers to bring Spring's hope into the house.
3. Celebrate a new life, and thank God for His gift of creation.
4. Visit a local nursing home and bring cheer to the residents there.
5. Read the book, "Bring Lent to Life" by Kathleen Basi



March 13: Celebrate the Anniversary of Pope Francis' election.



March 17th- Everyone is Irish on St. Patrick's Day

St. Patrick of Ireland is one of the world's most popular saints. To celebrate St. Patrick's Day, therefore, is to commemorate his life and works and to give thanks to God for the gift of this great saint, while imploring him to intercede on our behalf before the Most Blessed Trinity.

According to legend, St. Patrick used the shamrock to explain the Trinity. St. Patrick left us with the Celtic Cross, which is now world famous and revered by all. There are many ways in which you and your family can celebrate and honor the life of St. Patrick, who devoted himself tirelessly to prayer, fasting and walking the faith with the Irish people. Go to Mass, enjoy a special meal together, pray the Lorica (St. Patrick's Breastplate), or start a tradition of giving a shamrock plant as a gift to a friend, teacher or grandparent.

March 19- Solemnity of St. Joseph  
Remember the dads who work to take care of their families.

John Paul II called St. Joseph, the Guardian of the Redeemer. He humbly accepted his role as guardian, husband and father in the Holy Family.

St. Joseph (patron of the Universal Church) is known to help the faithful especially by praying for the following: craftsmen, families, fathers, house hunters, travelers, and more.

What will you do on this feast day of St. Joseph?

Pray the simple but powerful nine day novena prayer to St. Joseph.

Make a St. Joseph Altar in your home.

Pray the Litany of St. Joseph.

For more ideas go to [catholicculture.org/liturgical year](http://catholicculture.org/liturgical-year).

## Holy Week

The week between Palm Sunday and Easter Sunday is the most sacred time of the year for Catholics. During this special time, we enter into the passion of Christ, his crucifixion, death and resurrection.

### Holy Thursday

"So when he had washed their feet and put his garments back on and reclined at table again, he said to them,

"Do you realize what I have done for you?"- John 13:12

Have you or your children ever participated in the washing of the feet at Mass on Holy Thursday?

### Good Friday

"Jesus said, 'it is finished.' And bowing his head, he handed over the spirit."-John 19:30

Venerating the cross at church on Good Friday is a time for the faithful to individually revere the cross and ponder the enormity of Christ's salvific act.

### Easter Vigil

"Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they

laid Jesus there."-John 19:41-42

As a family talk about the symbols that are visible at the Easter Vigil. What emotions do these symbols bring forth in us?

### Easter Sunday

"On the first day of the week, Mary Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb."-John 20:1

Place a large white pillar candle on your kitchen table and celebrate the light of Christ's resurrection.

Happy Easter!