



Sts. Perpetua and Felicity

family MATTERS

THE MONTH OF MARCH

St. Frances of Rome
Patron Saint of Motorists and Widows



In the United States of America, the month of March is most often associated with St. Patrick's Day. St. Patrick, the patron saint of Ireland, devoted himself tirelessly to prayer, fasting and walking the faith with the Irish people. St. Patrick's Day, what began as a religious feast day in the 17th century has evolved into a variety of festivals across the world, celebrating the Irish Culture with parades, special food and drink, music, dancing and a whole lot of **GREEN!** However, throughout the rest of the Catholic World (with the exception of Ireland) the month of March is associated with St. Joseph, the husband of the Blessed Virgin Mary and the foster Father of Jesus Christ. St. Joseph's feast day falls on March 19, two days after St. Patrick's Day. The feasts of St. Katharine Drexel (March 3) and Sts. Perpetua & Felicity (March 7) and St. Frances of Rome (March 9) are celebrated this month, and this year, we begin the season of lent, as Ash Wednesday begins on March 6th.

How are you going to celebrate these special days with your family in the month of March?

Why not kickoff Lent this year by celebrating Mardi Gras?

Fat Tuesday, as it is known in English, is a long-standing tradition of the Catholic Church and it marks the last day of ordinary time before the start of Lent. The holiday became particularly popular as people feasted on foods that would be given up during the forty days of Lent. Meats, eggs, and milk were finished off in one day, giving the holiday its French title of 'Mardi Gras' which means Fat Tuesday. The original intent of Mardi Gras has always been to indulge. While Lent is a season of self-sacrifice and repentance, it is not meant to be a period of self-punishment or extreme hardship.

Celebrating Mardi Gras with Kids

1. Start the day with a Beignet
2. Make a DIY mask
3. Bake a King Cake
4. Practice your French
5. Whip up some Jambalaya
6. Make Mardi Gras Necklaces
7. For more ideas go to www.care.com



ASH WEDNESDAY



"Remember that you are dust and to dust you shall return."

Print this Lenten Family Calendar

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/len/activities-and-resources/lenen-family-calendar>

and post it in a prominent place in your home to help you honor the season of Lent. With ideas for practicing the traditional pathways of prayer, fasting, and almsgiving, your family can take simple steps to a meaningful Lent.



In many homes, saint celebrations and feast days are marked with a special dish, either from the saint's country of origin or that share some connection to the saint's life. For Saint Joseph's feast day, it's traditional to serve Italian dishes. How about a special pasta dish, Italian fried olives and fig cookies. For more recipes go to the kennedyadventures.com. Don't feel like you have to make a huge, elaborate feast. Planning something simple, but lots of fun, is one of the very best ways to celebrate a feast day.