



The month of March is dedicated to

St. Joseph

The first four days fall of March fall during the liturgical season known as *Tempus per Annum* or **Ordinary Time** (formerly known as *Time after Epiphany*) which is represented by the liturgical color green. Green, the symbol of hope, is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. The remainder of the month of March is the liturgical season of **Lent** which is represented by the liturgical color violet or purple — a symbol of penance, mortification and the sorrow of a contrite heart. All saint days that are usually Memorials are shifted to Optional Memorials during the season of Lent.

The Holy Father's Intentions for the Month of March 2025

For families in crisis:

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences. (See also <https://popesprayerusa.net/popese-intentions/>)

Feasts for March 2025

2. **EIGHTH SUNDAY IN ORDINARY TIME**, Sunday
3. **Katharine Drexel (USA)**, Opt. Mem.
4. **Tuesday Before Ash Wednesday (Mardi Gras)**, Opt. Mem.
7. **Perpetua and Felicity**, Opt. Mem.
8. **John of God**, Opt. Mem.
9. **FIRST SUNDAY OF LENT**, Sunday
16. **SECOND SUNDAY OF LENT**, Sunday
17. **Patrick**, Opt. Mem.
18. **Cyril of Jerusalem**, Opt. Mem.
19. **JOSEPH, SPOUSE OF MARY**, Solemnity

23. [THIRD SUNDAY OF LENT](#), *Sunday*
25. [ANNUNCIATION OF THE LORD](#), *Solemnity*
30. [FOURTH SUNDAY OF LENT](#), *Sunday*

Highlights of the Month

As we continue our journey "up to Jerusalem" during the month of March, three prominent ideas are proposed for our contemplation by the liturgy of Lent: the Passion and Resurrection of Christ, baptism, and penance.

The **Solemnity of St. Joseph** (March 19) is a special landmark this month in which we will celebrate the great honor bestowed upon the foster father of Jesus. The **Solemnity of the Annunciation** is celebrated on March 25. And if you are Irish (who isn't?), **St. Patrick's feast** is another cause for a joyful celebration.



The saints that we will focus on this month and try to imitate are:

- St. Katharine Drexel** (March 3),
St. Casimir (March 4),
Sts. Perpetua and Felicity (March 7),
St. John of God (March 8),
St. Patrick (March 17),
St. Cyril of Jerusalem (March 18),
and **St. Joseph** (March 19).

The Optional Memorials of **St. Frances of Rome** (March 9) and **St. Turibio de Mogrovejo** (March 23) are superseded by the Lenten Sunday liturgy.

A Time of Penance and Promise

Here and there in the stark March landscape, a few plants and trees are beginning to give evidence of the new life that winter's frost and chill had concealed from our eyes. The Church's vibrant new life has been obscured, too, by the austerity of the penitential season of Lent. But that life is indisputable, and it will burgeon forth on Easter as Christ coming forth from his tomb!



At the beginning of this month we will embark on our journey to the cross by receiving ashes and donning the purple of penance. During this month our journey to the cross with our acts of penitence. We will reflect on our mortality (*Remember man thou art dust*) and the shortness of life (*and to dust thou shall return*). We will heed the call, *Now is the acceptable time, now is "the day of salvation (2 Corinthians 6:2)." Just like Our Lord's earthly life every moment of our lives is leading up to the last moment—when for eternity we will either go to God or suffer the fires of hell.*

The Solemnity of the Annunciation bravely appears during Lent; a pure white flower in the purple Lenten landscape. It seems to be, at first glance, a Christmas feast, but upon reflection we grasp that the feast is intimately linked to the Paschal mystery. For what Christ inaugurated at His Incarnation in accepting to offer himself for the human race, he will complete in his sacrifice on the cross.

As the weeks of Lent progress let us not tire of doing our good works and penance, but continue with the enthusiasm of the catechumens on their way to Easter and Baptism. May our Lenten observance be a joyful journey — and not a forced march.

Go to Joseph



“This patronage must be invoked as ever necessary for the Church, not only as a defense against all dangers, but also, and indeed primarily, as an impetus for her renewed commitment to evangelization in the world and to re-evangelization,” wrote St. John Paul II in *Redemptoris Custos (Guardian of the Redeemer)*.

John Paul II further said, “Because St. Joseph is the protector of the Church, he is the guardian of the Eucharist and the Christian family. Therefore, we must turn to St. Joseph today to ward

off attacks upon the real presence of Christ in the Eucharist and upon the family. We must plead with St. Joseph to guard the Eucharistic Lord and the Christian family during this time of peril.”

March 17

[St. Patrick](#)

St. Patrick is called the "Apostle of Ireland." He established the Catholic Church throughout Ireland on lasting foundations. He traveled all over the country preaching, teaching, building churches, opening schools and monasteries, converting chiefs and bards, and everywhere supporting his preaching with miracles.



Recipe of the Month

[St. Joseph's Cream Puffs](#)

For St. Joseph's Day try this simple of version of a special dessert for the Solemnity of St. Joseph called *St. Joseph's Sfinge*.



Activity of the Month

[St. Joseph's Table](#)

The family, who with lighted candles goes in spirit to the Temple with our Lady, will learn a wonderful lesson of her humility.



Symbols

[St. Joseph](#)

The only record of St. Joseph is found in the Gospels where it states that he was a just man, of Davidic descent, who worked as a carpenter. His symbol is a carpenter's square and a lily of the Madonna.



[St. Patrick](#)

Saint Patrick's Saltire or Saint Patrick's Cross is a red saltire (X-shaped cross) on a white field, used to represent the island of Ireland or Saint Patrick, the patron saint of Ireland.



[St. Cyril of Jerusalem](#)

The Bishop of Jerusalem, a teacher and scholar, who triumphed in his struggle against Arian doctrines. The moneybag refers to a story that he sold the ornaments of the church to provide food for the poor.



The Lord has put his faithful servant in charge of his household.

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The month of March is dedicated to St. Joseph. We don't know much about him except what is mentioned in the Gospels. Joseph was the husband of the Blessed Virgin Mary and the foster-father of Jesus. Holy Scripture proclaims him as a "just man," and the Church has turned to Joseph for his patronage and protection. Pope Leo XIII in his encyclical [*Quamquam Pluries*](#) (*On the Devotion to St. Joseph*) in 1889 explains why we place so much trust in this saint:

"Thus in giving Joseph the Blessed Virgin as spouse, God appointed him to be not only her life's companion, the witness of her maidenhood, the protector of her honor, but also, by virtue of the conjugal tie, a participator in her sublime dignity. And Joseph shines among all mankind by the most august dignity, since by divine will, he was the guardian of the Son of God and reputed as His father among men. Hence it came about that the Word of God was humbly subject to Joseph, that He obeyed him, and that He rendered to him all those offices that children are bound to render to their parents. From this two-fold dignity flowed the obligation which nature lays upon the head of families, so that Joseph became the guardian, the administrator, and the legal defender of the divine house whose chief he was. And during the whole course of his life he fulfilled those charges and those duties. ...It is, then, natural and worthy that as the Blessed Joseph ministered to all the needs of the family at Nazareth

and girt it about with his protection, he should now cover with the cloak of his heavenly patronage and defend the Church of Jesus Christ."

One hundred years later John Paul II echoes his predecessor in his 1989 Apostolic Exhortation *Redemptoris Custos* (Guardian of the Redeemer), hoping "that all may grow in devotion to the Patron of the Universal Church and in love for the Savior whom he served in such an exemplary manner ... In this way the whole Christian people not only will turn to St. Joseph with greater fervor and invoke his patronage with trust, but also will always keep before their eyes his humble, mature way of serving and of "taking part" in the plan of salvation." St. Joseph is invoked as patron for many causes. He is the patron of the Universal Church. He is the patron of the dying because Jesus and Mary were at his death-bed. He is also the patron of fathers, of carpenters, and of social justice. Many religious orders and communities are placed under his patronage.— *Jennifer Gregory Miller*

Joseph the Just Man

The Church encourages us to be devoted to Joseph because he is a model in the heroic practice of all the virtues. The example of virtuous living that he gave in the exact fulfillment of the duties of his state of life is worthy of our reflection. Read the gospel and you will see his faith, hope and charity practiced under trying circumstances. He was prudent in caring for his wife and the child; he showed great leadership in protecting them and assisting them. He was religious in every sense, with that delicacy and sincerity of conscience that is proper to the saints of God. He was just in his dealings with God and man. He was conspicuous for his fortitude and courage. He was truly outstanding in the practice of virginal chastity. More: he *protected* and *defended* Mary's virtue in the time of courtship and all during their life together. They had made a promise of chastity, and because they were resolved to live it for God they were blessed above all others. While Mary *inspired* him to practice this virtue perfectly, he, as a real man, understood the profound meaning of her inspiration and how it came from a heart that was steeped in the love of God. Time and again the Church has made it clear that Joseph is not a saint for only a certain number of souls, but that he can help *all* men. Excepted from *St. Joseph: a Theological Introduction* by Michael D. Griffin, O.C.D.



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St. Joseph in Popular Devotion



St. Joseph plays a prominent part in popular devotion: in numerous popular traditions; the custom of reserving Wednesdays for devotion to St. Joseph — popular at least since the end of the seventeenth century — has generated several pious exercises including that of the *Seven Wednesdays*; in the pious aspirations made by the faithful; in prayers such as that of Pope Leo XIII, *Ad te, Beate Ioseph*, which is daily recited by the faithful; in the [Litany of St. Joseph](#), approved by St. Pope Pius X; and in the recitation of the [Chaplet of St. Joseph](#), recollecting the [Seven agonies and seven joys of St. Joseph](#).

That the solemnity of St. Joseph falls in Lent, when the Church concentrates her attention on preparation for Baptism and the memorial of the Lord's Passion, inevitably gives rise to an attempt to harmonize the Liturgy and popular piety. Hence, the traditional practices of a "month of St. Joseph" should be synchronized with the liturgical Year. Indeed, the liturgical renewal movement attempted to instill among the faithful a realization of the importance of the meaning of Lent. Where the necessary adaptations can be made to the various expressions of popular piety, devotion to St. Joseph should naturally be encouraged among the faithful who should be constantly reminded of the "singular example [...] which, surpassing all states of life, should be recommended to the entire Christian community, whatever their condition or rank."

— *Directory on Popular Piety and the Liturgy*

St. Joseph Model of Fathers

In the litany of St. Joseph, we say, St. Joseph, Head of the Holy Family, pray for us. There is more hidden behind this invocation than meets the eye. We know, of course, that Mary is the Virgin Mother of Jesus Christ. We know that the Savior was not conceived of a human father. Yet the Church has never tired insisting on the fatherhood of St. Joseph in the Holy Family. It is crucially important to understand that there are two levels to fatherhood. There is the physical level of providing for the conception of a human body. In this sense, Christ did not have a human father. But a father is not only to cooperate with his wife



in generating a child. He is also to cooperate with her in rearing the offspring which his spouse brings into the world. From all eternity, Joseph was destined to be the spouse of the Blessed Virgin. They were truly married. Joseph was Mary's husband, and she was his wife. Marriage is the most intimate of all unions between two human beings. It imparts a community of gifts between those joined together in matrimony. Consequently, in giving Joseph the Blessed Virgin as his spouse, God appointed him to be not only her life's companion, but also the witness of her virginity, the protector of her honor. No, by reason of his conjugal tie to Mary, he participated in her sublime dignity. We cannot exaggerate the importance of seeing St. Joseph as the true spouse of Mary. Under God, he was to share in her unique role as Mother of the Word made flesh who dwelt among us. St. Luke tells us that, on returning to Nazareth after Mary and Joseph found the young Christ in the temple, Jesus advanced in wisdom and age and grace before God and men (Luke 2:52). What are we being told? We are being told that the Christ child constantly manifested greater wisdom as he grew in age. In God's mysterious providence, both Mary and Joseph contributed to this manifestation of greater wisdom in Jesus.

— *Father John Hardon*

"Of all the people I have known with a true devotion and particular veneration for St. Joseph, not one has failed to advance in virtue; he helps those who turn to him to make real progress. For several years now, I believe, I have always made some request to him on his feast day, and it was always been granted; and when my request is not quite what it ought to be, he puts it right for my greater benefit."— *St. Teresa of Avila*

