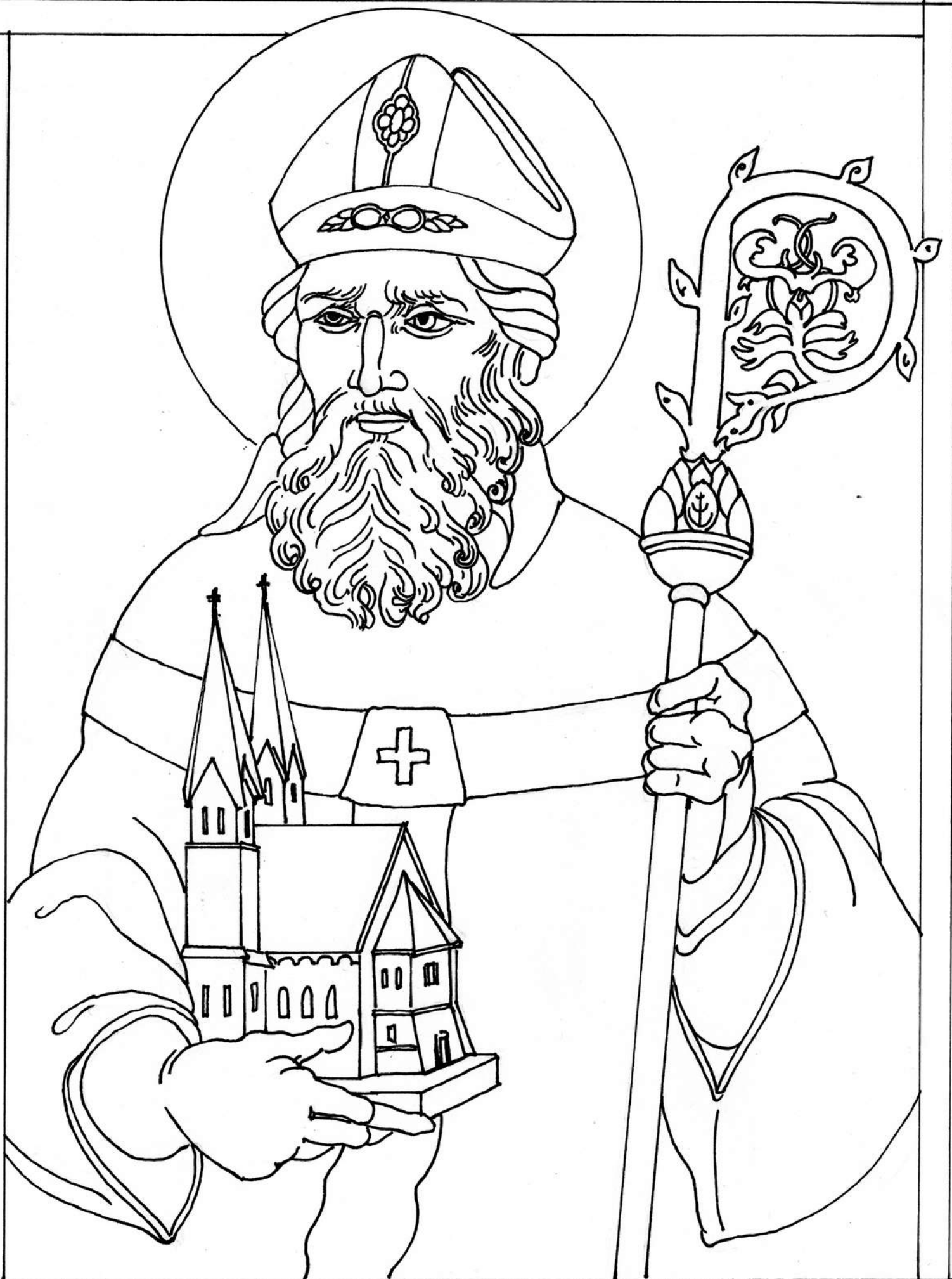


MARCH

calendar

*Liturgical
Living*



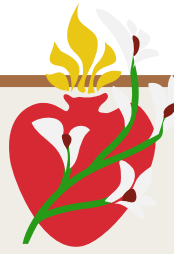
✚ St. Patrick ✚



ST. JOSEPH, PRAY FOR US



March



Devotion-Saint Joseph
Virtue: Mortification

Prayer is good when accompanied by fasting
almsgiving and righteousness: a little with
righteousness is better than much with
wrongdoing." - Tobit 12 : 8

Daily Morning Prayer "Prayer to St. Joseph"

Joseph, son of David, and husband of Mary; we honor you, guardian of the Redeemer, and we adore the child you named Jesus. St. Joseph, patron of the universal Church, pray for us, that like you we may live totally dedicated to the interests of the Savior. Amen.

Say Grace before meals

Bedtime Prayer

(Examen - reflect on the day, the highs & lows,)

Prayer for Fasting

Lord, give us grace to inaugurate with holy fasting the defenses of Christian warfare, so that we who are to fight against spiritual wickedness, may be helped and strengthened by self-denial. Amen.

*optional daily devotions:

- Divine Mercy Chaplet at 3pm
- Rosary

Weekly

Weekend Mass Obligation
Family Rosary

Monthly

Confession:

Wed. 5-5:45pm
Sat. 8:40-10am*

First Friday
March 7th

First Saturday
March 1st
Mass @ 8:00am*

*Note this is the last Saturday 8am Mass at the parish for the foreseen future.

XLT Adoration
March 19th
6-7pm

Celebrate a Feast Day
(*see next page)

Novena of the Month
St. Joseph Novena

Starts Mar. 10th

SCAN ME!



March Challenges:

- Read the Daily Readings at USSCB, on Hallow, or Amen App.
- Take advantage of Hallow's free 3-month subscription and participate in "Lent Pray40: The Way"
- Find a way to honor the Patron our parish, St. Joseph, either in your *domestic church* at home or at the Cathedral.
- Focus on this Month's virtue of **Mortification**- *the action of subduing one's bodily desires.* How can you live this virtue out in your daily life?
- Focus on how you can incorporate PRAYER, FASTING, and ALMSGIVING into your month.
- Fill a bag of food and goods for the Families-in-Need Mar 12th delivery.
 - Peanut Butter, Jelly (no glass), crackers, granola bars, shampoo.

ADDITIONAL RESOURCES



Catholic Apps:



Hallow



Laudate



Formed



Ascension

HAVE QUESTIONS?
julie.g@cathedraljc.org

LIKE/FOLLOW ON:



For Daily Readings and more:

www.usccb.com

@CATHEDRALOFSTJOSEPH

@JCCATHEDRAL

https://watch.formed.org/catholic-all-year-with-kendra-tierney

MAROH calendar Liturgical Living

Ideas for Celebrating Feasts/Memorials in March

4th Mardi Gras/Fat Tuesday/Shrove Tuesday - The traditional colors are green (faith), gold (power) and purple (justice). This day is meant to allow Catholics to have a day of feasting and celebration immediately before the penitential practices of Lent begin. Originally a day to use up all the ingredients of the things you aren't going to be using during Lent. Enjoy this day of exuberance and fun before the penitential season.

5th Ash Wednesday - The official first day of Lent and a day of fasting and abstinence. While today is not a Holy day of Obligation, it is a great opportunity to enter the penitential season in an intentional way. For rules on fasting and abstinence, check out the USCCB webpage. Bonus points if you take steps to make your home "feel" like Lent. Veil your crucifixes with purple clothes, decorate with rocks, cacti and burlap cloth, make a 46 day paper chain to count down the days, and/or make visible sign as a reminder of your lenten sacrifices.

7th Sts Perpetua and Felicity - Catechumens (not yet baptized into the faith) who were arrested and imprisoned. They refused to renounce their faith, even baptized while in jail and publicly confessed their Christianity before the Roman governor at their trial. Perpetua was a nursing mother of a son and Felicity was pregnant with her first child. Roman law forbade executing pregnant women. Eventually, both women were forced to give their babies to their families and were executed in the Roman games by a line of gladiators, a boar, a bear, a leopard and finally gored by a savage cow. Perpetua was said to be fixing her hair while she was being attacked. Maybe take extra effort to fix your hair today. Since this feast day falls on a Friday, the revenge meal of a burger or steak would take you out of our obligation to abstain from meat on Fridays.

9th St. Frances of Rome - married at the age of 13, she had always wanted to become a nun. She had three children and was married for almost forty years in a happy marriage. At the age of 52, after her husband died, she became a professed Benedictine Oblate of Mary - realizing her childhood dream on God's time. She was tasked with learning the art of homemaking. Take time to teach your children a new skill in keeping their home and family cared for.

17th St. Patrick - kidnapped at 16 and enslaved as a shepherd in Ireland for 6 years - he heard God speak to him in a dream telling him a ship awaited him. He fled from his master, travelled 200 miles away to a port where indeed a ship waited. Upon returning home he had another dream where the people of Ireland called on him to return and teach them about Christ. Convicted and convinced he then became an ordained priest, then confirmed a bishop and finally received permission to return to Ireland. Traditional Irish fare including corned beef sandwiches, cabbage and potatoes (and for those adults, whiskey and beer), of course wear your green!

19th St. Joseph - Our Cathedral's patron saint and also patron of workers and fathers! Husband of the Virgin Mary and father of Jesus on earth. We are hosting XLT Adoration 6-7pm followed by a "St Josephs Table" celebration in Cana Hall where we will serve spaghetti and meat sauce, bread, salad, desserts and also get to spend time catching up with Fr. Joseph! Also check out the St. Joseph Novena that begins on March 10th.

25th Solemnity of the Annunciation of the Lord - This date is also considered to be the date on which God created man, the date on which Adam and Eve fell, the date our Lord was crucified, and the date Frodo Baggins cast the one ring into the fiery depths of Mount Doom! Jewish tradition held that a great man would die on the same day as his conception. Decorate for a baby shower for a boy, say the Angelus prayer at noon, or if you're looking for a challenge, at 6am, noon, and 6pm!



PRAYER REQUESTS

NAME

REASON

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



