

Liturgical Living

March 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fat Tuesday	2 Ash Wednesday	3 St. Katharine Drexel	4	5
6	7 Feast of SS. Perpetua and Felicity	8 St. John of God	9 St. Frances of Rome	10 **Begin St. Joseph Novena**	11	12
13	14	15	16	17 St. Patrick	18	19 St. Joseph (Solemnity)
20	21	22	23	24 St. Catherine of Sweden	25 Solemnity of the Annunciation of the Lord (Lady Day)	26
27	28	29	30	31		

Liturgical living is a beautiful way for individuals and families to learn about the traditions, saints, and rituals of our faith. This leads to a deeper comprehension and connection to our faith. Pick a few things each month to try and start to see the connection of the Catholic Faith to life outside of mass on Sunday! Give it a try!

March is the Month of Saint Joseph

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. Saint Joseph, patron of the universal Church, pray for us, that like you we may live totally dedicated to the interests of the Savior. Amen.

Fat Tuesday: The idea of fun and feasting before Lent is a good idea and a very Catholic one! The word “carnival” comes from the Latin *carne vale*, meaning “farewell to meat.” There are different traditions all around the world as Lent is celebrated throughout the world. One example is the French-derived Mardi-Gras tradition with a King’s cake, masks, and beads. Start the day with the cake and crown a King. Indulge in something like an extra piece of chocolate or a movie if those are typically off limits during the week. Then prepare for Lent in your home and Heart!

Lent: Lent is a perfect time to start liturgical living if you are feeling a tug to spend more time on your spiritual life. During Lent, we are required to abstain from meat on Lenten Fridays and fast on Ash Wednesday and Good Friday. Confession is also recommended and to represent Jesus’ time in the desert fasting and praying we also are asked to do acts of prayer, fasting, and almsgiving. A friendly reminder that Lent is not a time to punish oneself, rather a time to perfect oneself in the eyes of the Lord with the help of grace.

Some ideas for this Lent:

- *Take the worst parking spot you can find and pray for someone on your walk to your destination.
- *Make your bed or someone else’s each day
- *Go to mass once more a week than you already go
- *Don’t leave dishes in the sink overnight
- *Don’t use the dishwasher
- *Don’t buy anything that isn’t on your grocery list while shopping
- *Don’t eat out at restaurants
- *Give up one social media platform
- *Say one decade of the Rosary as a family each week or a whole Rosary once a week
- *Turn off the radio in the car
- *Be in bed at a set time each night
- *Don’t use the snooze button

*Have dinner as a family

*Have the house tidied up before Sunday

*Say the morning offering each day (put it on your mirror and say it while brushing your teeth)

*Read the Sunday readings before attending mass

*Attend Stations of the cross and have simple suppers on Fridays

Now back to the Feast Days of March:

March 7: Saints Perpetua and Felicity:

O God, at the urging of whose live the Martyrs Saints Perpetua and Felicity defied their persecutors and overcame the torment of earth, grant, we ask, by their prayers, that we may ever grow in your love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

March 9: Saint Francis of Rome

O God, who have given us in Saint Frances of Rome a singular model of both married and monastic life, grant us perseverance in your service, that in every circumstance of life we may see and follow you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen

March 10th: Begin St. Joseph Novena- Pray each day until his feast day on the 19th (9 total days) <https://www.praymorenovenas.com/st-joseph-novena>

March 17: Saint Patrick, Bishop:

Read about the life of St. Patrick. There are some great videos and books for Children. Enjoy your corned beef, cabbage, fun treats, and remember to wear something green.

O God, who chose the Bishop Saint Patrick to preach your glory to the peoples of Ireland, grant, through his merits and intercession, that those who glory in the name of Christians may never cease to proclaim your wondrous deeds to all. Through our Lord Jesus Christ, your Son who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.

March 19: Saint Joseph, Spouse of The Blessed Virgin Mary

Grant, we pray, almighty God, that by Saint Joseph's intercession your Church may constantly watch over the unfolding of the mysteries of human salvation, whose beginnings you entrusted to his faithful care. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen

Pray a Litany to St. Joseph. Have a feast and pray for St. Joseph's intercession in your life.

March 24th: Saint Catherine of Sweden

Saint Catherine is often invoked for those who have suffered a miscarriage or still birth. Let's pray for those who have suffered this pain.

March 25th: The Annunciation of the Lord (Solemnity)

Enjoy mass on this critically important day in history. Thank Mary for her yes and our chance at Heaven for all eternity. Oh the history for this day! Check it out and enjoy some Waffles! I'll leave the research to you on this one.

Prayer: O God, who willed that your Word should take on the reality of human flesh in the womb of the Virgin Mary, grant, we pray, that we, who confess our Redeemer to be God and man, may merit to become partakers even in his divine nature. Who lives and reigns with you in the unity of the Holy Spirit, on God, for ever and ever. Amen.¹

¹ Tierney, Kendra. *The Catholic All Year Compendium: Liturgical Living For Real Life*. Ignatius Press, 2018.

² Tierney, K. (2021). *The Catholic All Year Prayer Companion: The Liturgical Year in Practice*. Ignatius Press.