**Traditions for St Joseph**

We see, for example, that **Sundays** honor Christ’s Resurrection; **Mondays**, the Holy Spirit and holy souls in Purgatory. **Tuesdays** lay claim to the Holy Angels, and **Thursdays** are devoted to the Blessed Sacrament and thus the Holy Priesthood. **Fridays**are dedicated to Christ’s Passion and to His Sacred Heart, while **Saturdays** honor Our Lady, because it was on Holy Saturday that She waited in joyful hope with the fearful disciples for the Resurrection of Jesus from the dead.

Holy Mother Church has given **Wednesday**, “the day the week turns on”—as author David Clayton highlights in his book *The Little Oratory*—to St. Joseph. This means that the middle of the week is the perfect time to reflect on, be grateful for, and intercede on behalf of holy fatherhood, both spiritual and biological.

**Adopting St. Joseph Traditions in the Home** Individuals and families will choose to observe these devotional times in diverse ways. Regardless of the demands of your state of life or busy schedule, simply being aware of these devotions of Holy Mother Church can give us a “lens” through which to view the workings of God’s grace in our daily lives.

On a practical level, resources like [*The Little Oratory: a Beginner’s Guide to Praying in the Home*](https://www.catholiccompany.com/little-oratory-i41589/) by David Clayton and Leila Marie Lawler (Sophia Institute Press, 2014) can be helpful for sanctifying everyday life with a liturgical rhythm, thus making the family home a place of prayer in union with the Holy Family.

The Year of St. Joseph in the Diocese of Charlotte is an ideal time to “go to Joseph” for all the help we need to be holy. Even small details like adding the invocation, “St. Joseph, pray for us!” following grace before meals, marking the top of your notepad or homework assignment with “JMJ”, or setting an alarm on your phone to spend a moment with the holy Patriarch can be effective reminders of the closeness of the Holy Family of Jesus, Mary, and Joseph.

**Begin a new family tradition of celebrating St. Joseph’s Feast Day with these festive ideas.**

We’re privileged to celebrate St. Joseph three times on the liturgical calendar: his solemnity on **March 19th** which honors him as the Chaste Spouse of the Blessed Virgin Mary; his **May 1st** feast which honors his vocation as a worker; and on the **Sunday during the Octave of Christmas** which honors his role as the guardian and protector of the Holy Family. This makes three opportunities to draw closer to our spiritual father and learn from the holy example he gave us as a devoted follower of Jesus and Mary, a diligent worker for the Kingdom of God, and the supreme model of a quiet and humble spiritual life.

During this Year of St. Joseph, *“Go to Joseph; what he says to you, do.”* (Genesis 41:55)

**St. Joseph’s Table**

Create a makeshift St. Joseph shrine and dinner festival to share delicious treats with those less fortunate.

**Seven Sundays Devotion**

Receive Holy Communion on seven consecutive Sundays while offering prayers in honor of Joseph’s seven joys and seven sorrows.