



June

Oct. 2020 –
Sept. 2021

Joseph: Father Figures.

After the Blessed Virgin Mary, St. Joseph is the greatest of the saints. He is the one “into whose custody God entrusted his most precious treasures,” Jesus and Mary. St. Joseph listens to God’s directions for him, as spoken through the angel, and he puts those directives into action. St. Joseph listens to God and acts immediately. St. Joseph models for us the family’s vocation to holiness. Two elements to a healthy Christian family are serving God and then serving each other in the family.

PRAY

Consider praying the “Prayer to St. Joseph after the Rosary” after praying a rosary. This prayer can be found on our website.

Pray an “Our Father” prayer daily for an increase in vocations to both the priesthood and marriage.

Pray the “Litany of St. Joseph” entrusting your cares to your spiritual father.

For My Father: A Child's Prayer

Dear St. Joseph,
help my dad to be a good father.
Help him when he is tired,
when he is worried, when he is in a hurry.
Give him pride in his work and a little more
time to have fun. Help me to show my dad
how much I love him. Amen.

EAT

Remember to pray BEFORE and AFTER each meal! Ask each person at the table the best part of their day.

Prepare a special meal with Dad's favorite foods.

Celebrate with tons of traditional food– Some of the most traditional foods made and eaten to celebrate St. Joseph are fava beans, fancy breads in symbolic shapes, pasta, breads decorated with figs, wine, Italian pastries, and fruits. Eat Zeppole– these are a famous traditional pasty eaten on St. Joseph's feast day.

PLAY

Do something kind for your dad or father figure in your life! Have a Mass said for him or make him a handmade card.

Complete a service project together as a family to honor St. Joseph who was humble and hard-working.

Have a friendly competition of horse shoes, washers, or cornhole.

Learn about St. Joseph's virtues and try to imitate them.

Share your favorite memories of your father.

Take Dad Out to a Ball Game. ...
Go Bowling. ...
Go Fishing. ...
Play Catch. ...

Want More?

Visit our website:

<https://www.victoriadiocese.org/year-of-the-family>



Share pictures of activities using #DOVFamilies or email them to lighthouse@victoriadiocese.org.