

# St Joseph

## St. Joseph (San Giuseppe) Feast Day Traditions From Italy

- Have A St. Joseph's Altar– fill your table or a special prayer space with symbols of St Joseph and symbolic foods, or create the included paper altar.
  - SYMBOLS OF ST. JOSEPH Symbols of St. Joseph, including lilies, staff, sandals, ladder, saw, hammer, and nails, are often seen on the Altar.
  - PALMS Palms adorning the Altar represent the palms cast at the feet of Jesus as he entered Jerusalem
  - SYMBOLIC PASTRIES These items represent things sacred and holy to the Church and Holy Family. The dough on this monstrance is artistically shaped to expose a fig filling. These large and elaborate pieces are not edible.
  - BREAD Much of it is baked in symbolic shapes. This bread may be eaten.
  - FRUITS & VEGETABLES Fresh fruits, prepared salads, and a variety of fresh vegetables adorn the meatless Altar.
  - FAVAS & BREADCRUMBS Seasoned bread crumbs represent the sawdust of Joseph the carpenter. Fava beans serve as a token of the Altar – a reminder of God's provision through the intercession of St. Joseph.
  - FISH Traditionally, there is no meat on the St. Joseph Altar as the feast occurs during Lent. It is also a reminder of the Last Supper. Whole fish represent the 12 apostles, Jesus Christ, and the miracle of the loaves and fishes.
  - WINE Wine is symbolic of the miracle of Cana and the vineyards of Sicily.
  - CAKES & COOKIES Cakes and cookies of all kinds are placed on the altar. Cannoli, red wine cookies, biscotti, amaretto macaroons, fig cakes, and almond cookies, to name just a few.
- Wear red– a color of Italy and of celebration for this day!
- Celebrate with tons of traditional food– Some of the most traditional foods made and eaten on this day are fava beans, fancy breads in symbolic shapes, pasta, breads decorated with figs, wine, Italian pastries, and fruits. Add breadcrumbs (or grated Parmesan) to your pasta to represent sawdust.
- Collect food for the less fortunate– there is generally a separate area where food is collected to the poor and donated to those who visit the altar or donated to food banks when the altar is taken down.
- Eat Zeppole– these are a famous traditional pastry eaten on St. Joseph's feast day. They are traditionally fried but there are also baked varieties. They are generally filled with cream and topped with ricotta and a red cherry. You could substitute for cream puffs.
- Pray the Litany of St Joseph provided in this packet!

# St Joseph

## Litany of St. Joseph

Lord, have mercy.      *Lord, have mercy.*  
Christ, have mercy.      *Christ, have mercy.*  
Lord, have mercy.      *Lord, have mercy.*  
Jesus, hear us.      *Jesus, graciously hear us.*

God, the Father of Heaven,      *Have mercy on us.*  
God, the Son, Redeemer of the world,      *Have mercy on us.*  
God, the Holy Spirit,      *Have mercy on us.*  
Holy Trinity, One God,      *Have mercy on us.*  
Holy Mary,      *pray for us.*  
St. Joseph,      *pray for us.*  
Renowned offspring of David,      *pray for us.*  
Light of Patriarchs,      *pray for us.*  
Spouse of the Mother of God,      *pray for us.*  
Chaste guardian of the Virgin,      *pray for us.*  
Foster father of the Son of God,      *pray for us.*  
Diligent protector of Christ,      *pray for us.*  
Head of the Holy Family,      *pray for us.*  
Joseph most just,      *pray for us.*  
Joseph most chaste,      *pray for us.*  
Joseph most prudent,      *pray for us.*  
Joseph most strong,      *pray for us.*  
Joseph most obedient,      *pray for us.*  
Joseph most faithful,      *pray for us.*  
Mirror of patience,      *pray for us.*  
Lover of poverty,      *pray for us.*  
Model of artisans,      *pray for us.*  
Glory of home life,      *pray for us.*  
Guardian of virgins,      *pray for us.*  
Pillar of families,      *pray for us.*  
Solace of the wretched,      *pray for us.*  
Hope of the sick,      *pray for us.*  
Patron of the dying,      *pray for us.*  
Terror of demons,      *pray for us.*  
Protector of Holy Church,      *pray for us.*



Lamb of God, who take away the sins of the world,      *spare us, O Lord.*  
Lamb of God, who take away the sins of the world,      *graciously hear us, O Lord.*  
Lamb of God, who take away the sins of the world.      *And prince over all his possessions.*  
He made him the lord of his household.

Let us pray, — O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever.

**Saint Joseph, pray for us.**