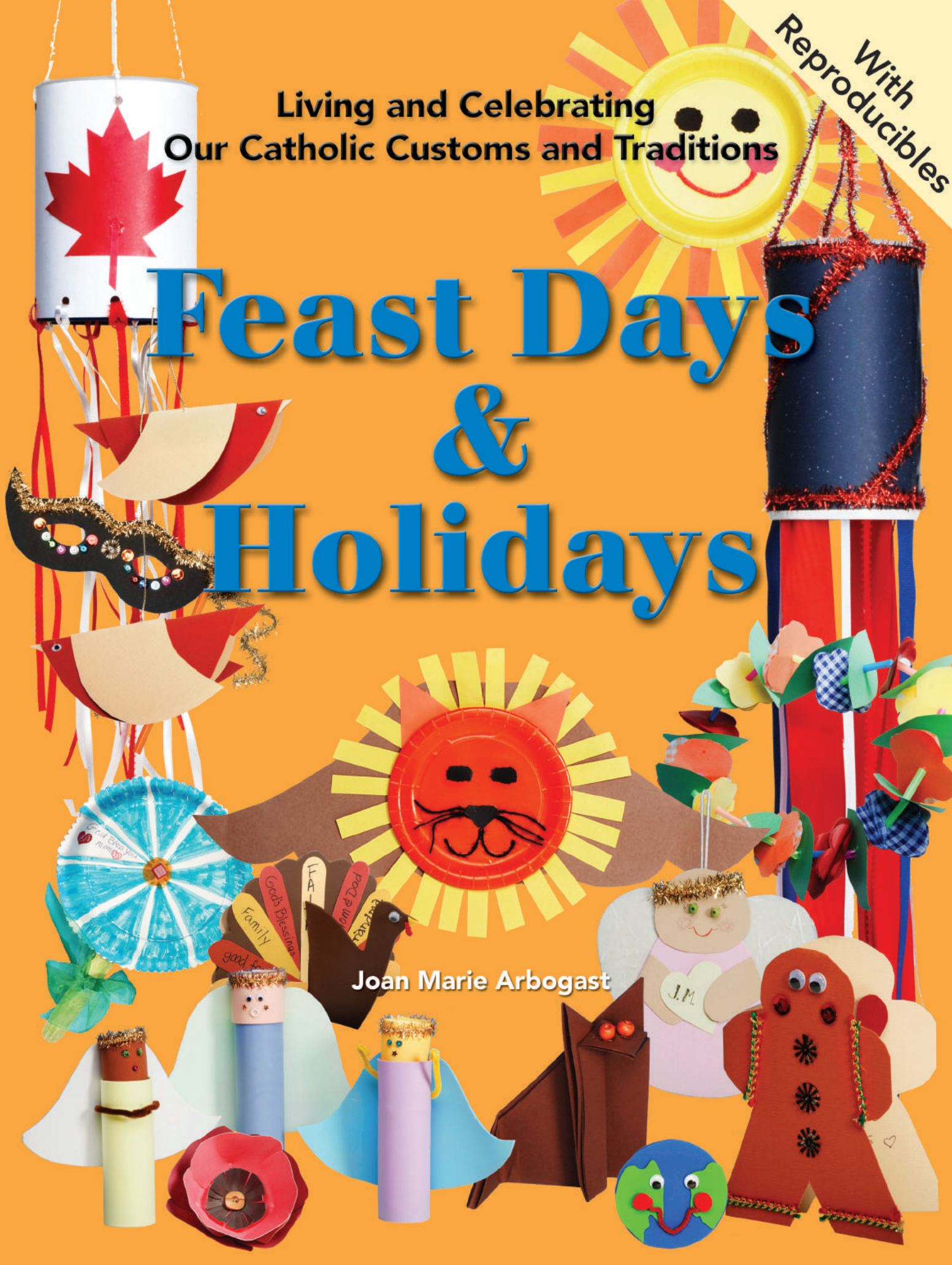


Living and Celebrating
Our Catholic Customs and Traditions

With
Reproducibles

Feast Days & Holidays

Joan Marie Arbogast



**Living and Celebrating
Our Catholic Customs and Traditions**

Feast Days & Holidays



Joan Marie Arbogast

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BOOKS & MEDIA
Boston

Contents

Dear Parents and Teachers	1
How to Use This Book	2
January	4
<i>Mary, the Holy Mother of God</i>	4
<i>New Year's Day</i>	6
<i>World Day of Peace</i>	8
<i>Saint Elizabeth Ann Seton</i>	10
<i>Epiphany of the Lord</i>	13
<i>Baptism of the Lord</i>	16
<i>Martin Luther King Day (U.S.A.)</i>	19
<i>Week of Prayer for Christian Unity</i>	22
<i>Conversion of Saint Paul</i>	25
<i>Saint Thomas Aquinas</i>	27
February	29
<i>The Presentation of the Lord</i>	29
<i>Saint Bakhita of Sudan</i>	32
<i>Our Lady of Lourdes</i>	34
<i>Saint Valentine's Day</i>	38
<i>Mardi Gras</i>	41
<i>Ash Wednesday</i>	44
<i>Washington's Birthday/President's Day (U.S.A.)</i>	49
March	51
<i>Saint Katharine Drexel</i>	51
<i>Saint Patrick</i>	54
<i>Saint Joseph, Spouse of the Blessed Virgin Mary</i>	59
<i>The Annunciation of the Lord</i>	61
<i>Palm Sunday of the Passion of Our Lord</i>	63

<i>Thursday of the Lord's Supper (Holy Thursday)</i>	66
<i>Friday of the Passion of the Lord (Good Friday)</i>	69
April	73
<i>Easter Sunday of the Resurrection of the Lord</i>	73
<i>Earth Day</i>	77
<i>National Arbor Day (U.S.A.)</i>	81
<i>Saint George</i>	83
<i>Saint Mark, the Evangelist</i>	86
<i>World Day of Prayer for Vocations</i>	90
<i>Saint Catherine of Siena</i>	92
May	94
<i>National Day of Prayer (U.S.A.)</i>	94
<i>The Ascension of the Lord</i>	96
<i>Mother's Day</i>	100
<i>Saint Damien of Molokai</i>	103
<i>Pentecost Sunday</i>	105
<i>The Most Holy Trinity</i>	108
<i>Victoria Day (Canada)</i>	110
<i>Memorial Day (U.S.A.)</i>	112
<i>The Visitation of the Virgin Mary to Elizabeth</i>	114
June	116
<i>The Most Holy Body and Blood of Christ (Corpus Christi)</i>	116
<i>Saint Anthony of Padua</i>	119
<i>Flag Day (U.S.A.)</i>	122
<i>Sacred Heart of Jesus</i>	124
<i>Immaculate Heart of Mary</i>	127
<i>Father's Day</i>	129
<i>The Nativity of Saint John the Baptist</i>	132
<i>Saints Peter and Paul, Apostles</i>	134

July	137
<i>Canada Day</i>	137
<i>Saint Thomas, the Apostle</i>	140
<i>Independence Day (U.S.A.)</i>	142
<i>Blessed Kateri Tekakwitha</i>	144
<i>Saint James the Greater, Apostle</i>	147
<i>Saint Joachim and Saint Anne</i>	149
<i>Saint Ignatius of Loyola</i>	152
August	155
<i>Saint John Mary Vianney</i>	155
<i>The Transfiguration of the Lord</i>	157
<i>Saint Maximilian Kolbe</i>	159
<i>The Assumption of the Blessed Virgin Mary</i>	162
<i>Saint Monica</i>	164
<i>Saint Augustine</i>	167
September *	170
<i>Labor Day (U.S.A.) / Labour Day (Canada)</i>	170
<i>Nativity of the Blessed Virgin Mary</i>	173
<i>The Exaltation of the Holy Cross</i>	175
<i>Saint Matthew, Apostle and Evangelist</i>	178
<i>International Day of Peace</i>	181
<i>Saint Vincent de Paul</i>	186
<i>Saints Michael, Gabriel, and Raphael, Archangels</i>	189
October	194
<i>Saint Thérèse of Lisieux</i>	194
<i>Guardian Angels</i>	196
<i>Saint Francis of Assisi</i>	199
<i>Respect Life Sunday</i>	202

* In Canada for Feast of Saints John de Brébeuf, Isaac Jogues, and Companions, see October 19, page 208.

<i>Columbus Day (U.S.A.)/</i>	
<i>Thanksgiving Day (Canada)</i>	204
<i>Saint Luke, the Apostle</i>	206
<i>Saints John de Brébeuf, Isaac Jogues,</i> <i>and Companions (U.S.A.)</i>	
<i>(September 26 in Canada)</i>	208
<i>World Mission Sunday</i>	211
<i>Halloween</i>	213
November	215
<i>All Saints</i>	215
<i>The Commemoration of All the Faithful</i> <i>Departed (All Souls)</i>	219
<i>Veterans Day (U.S.A.) /</i>	
<i>Remembrance Day (Canada)</i>	221
<i>Our Lord Jesus Christ, King of the Universe</i>	225
<i>Thanksgiving (U.S.A.)</i>	227
<i>Saint John Berchmans</i>	232
<i>Saint Andrew, Apostle</i>	235
December	238
<i>Saint Nicholas</i>	238
<i>The Immaculate Conception of the Blessed</i> <i>Virgin Mary</i>	240
<i>Human Rights Day</i>	242
<i>Our Lady of Guadalupe</i>	246
<i>The Nativity of the Lord (Christmas)</i>	248
<i>Saint Stephen</i>	252
<i>Saint John, Apostle and Evangelist</i>	254
<i>The Holy Family of Jesus, Mary, and Joseph</i>	256
Answer Key	258

Dear Parents and Teachers,

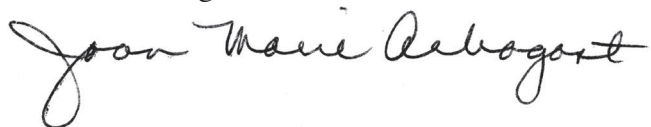
Feast Days and Holidays is the newest title in the *Living and Celebrating Our Catholic Customs and Traditions* series. It offers background information about selected feast days and holidays, plus suggested activities that can be used to celebrate these special days. Like *The Advent-Christmas Book* and *The Lent-Easter Book*, this book holds a variety of kid-friendly prayers, craft projects, recipes, and reproducible pages that can help make the learning experience come alive.

If you are familiar with the first two books in this series, you will notice the format for *Feast Days and Holidays* is somewhat different. It focuses on individual days rather than liturgical seasons. Included are major holy days, a sampling of saints' feast days, and some secular holidays, too.

It is my hope that this newest addition to the series will provide you with plenty of fresh ideas to help you cultivate the sprouting seeds of faith you have so lovingly planted in the hearts of our youth.

I'd also like to take this opportunity to acknowledge some pretty amazing women whose ministry makes books like this possible—editor of *Feast Days and Holidays*, Christina M. Wegendt, FSP; editor of *The Advent-Christmas Book* and *The Lent-Easter Book*, Kathryn James Hermes, FSP; illustrators Virginia Helen Richards, FSP, and D. Thomas Halpin, FSP; crafter, Natividade Pereira Nascimento, FSP; photographer, Mary Emmanuel Alves, FSP; Therese Maria Touma, of the Maronite Servants of Christ our Light, who so graciously helped with the photo shoot; editor, Maria Grace Dateno, FSP; and editor, Jaymie Stuart Wolfe. I so appreciate all their assistance and expertise! God has blessed them with generous, spirit-filled hearts. I'd also like to thank my husband and grown children who are patient and understanding when I am knee-deep in craft projects, waist-deep in research, and chin-deep in writing assignments.

Blessings,

A handwritten signature in cursive script, reading "Joan Marie Delvago". The signature is written in dark ink and is positioned below the word "Blessings,".

How to Use This Book

Feast Days and Holidays is designed for parents, teachers, and catechists as a resource to help them pass on elements of our faith to our youth. Like the other titles in the series of *Living and Celebrating Our Catholic Customs and Traditions*, it offers a variety of activities that can be used in the classroom, in religious education programs, whole parish catechesis, and at home. As the title indicates, its focus is on individual days rather than liturgical seasons. Each day included in the book offers the items of information that follow.

Name and Date of Feast Day or Holiday

If the feast day or holiday is celebrated on a set date, that date is listed, like Christmas, December 25. However, some feast days have moveable dates like Easter and Pentecost, which vary from year to year. In those instances, specific dates are not listed. Some feast days are holy days of obligation where Catholics are required to attend Mass. In the United States, these include: January 1, Mary, the Holy Mother of God; forty days after Easter, the Ascension of the Lord (this holy day is celebrated on Sunday in some dioceses); August 15, the Assumption of Mary; November 1, All Saints Day; December 8, the Immaculate Conception; December 25, the Nativity of the Lord (Christmas). In Canada, two holy

days of obligation are observed: January 1, Mary, the Holy Mother of God; and December 25, the Nativity of Our Lord (Christmas).

Liturgical Colors

Liturgical colors are listed for feast days as they are a part of our Catholic tradition. White symbolizes light, purity, triumph, and glory. It is worn on feast days of the Lord, Mary, angels, and saints who did not die as martyrs. White is also worn during the seasons of Christmas and Easter and for celebrations such as weddings. Red represents blood, fire, martyrdom, and God's unending love. It is worn on Palm Sunday, Pentecost, and martyrs' feast days. Violet represents penance, sorrow, and humility. It is worn during Advent and Lent. Another common color worn is green. It signifies hope, eternal life, and the Holy Spirit. It is worn after Epiphany until Lent, and after Pentecost until Advent. By discussing the colors and their meanings, children will begin to recognize the significance of the liturgical colors they see at Mass.

About the Day (or Saint)

This section is directed to parents and teachers and provides helpful information which can be used to explain the significance of a particular day to children/students. Any customs or traditions associated with the day will be mentioned here. Feast days are part

of our Catholic tradition, and so is the practice of honoring saints who have gone before us. Though God calls each of us to be holy, some have answered that call in extraordinary ways. And so we celebrate those who did. Saints' feast days are generally celebrated on the anniversaries of their deaths. Because the circumstances in which they lived, some saints serve as "patrons." They intercede to God for certain people, places, things, or occupations. Some saints are martyrs, as they willingly died for their faith. These designations are noted.

Prayer

Because prayer is an essential part of our relationship with God, and a meaningful part of our days, each feast and holiday includes a prayer for the day. Written especially for

children, these prayers can help them focus on the significance of a particular feast day or holiday and help them to understand that we are united in prayer with those who have gone before us in faith.

Activities

This section holds suggested activities for parents and teachers to share with their children or students to help them put their faith into action. Some are geared for large groups, others for smaller groups.

Craft/Kitchen Fun/Reproducible

This section includes fun and creative ways to reinforce lessons learned. For solutions to the reproducible pages, you'll find an answer key at the back of the book.

January

Mary, the Holy Mother of God

Solemnity

January 1

Liturgical Color

White

About the Day

After celebrating Christ's birth for the past seven days of the Octave of Christmas, we celebrate Mary's role in our salvation as the Mother of our Savior, Jesus Christ. A holy day of obligation, Catholics attend Mass to celebrate this special honor given Mary. Scripture tells us that when Mary went to visit her cousin, Elizabeth, her cousin greeted her as "the mother of my Lord" even before Mary shared her incredible news! So full of grace was Mary, that Elizabeth couldn't help but notice. As we celebrate Mary's role as Mother of Jesus, we also recognize Mary as our heavenly Mother, and Mother of the Church. As mothers care for their children, Mary cares for us, too.

Prayer

Hail Mary, Mother of Jesus,
how blessed are you that God chose *you*
to be the Mother of Jesus, his Son!
Thank you for bringing the Savior into
the world!

Please help me to grow closer to Jesus.
Help me to grow in faith, hope, and love.
Amen.



Coloring Page with Puzzle

Directions: Around the picture is a string of letters. Beginning at “start” with the letter M, write every other letter on the blanks until all letters are used and every blank is filled. By the time you finish, you will have found a total of four titles for Mary. When you have finished the puzzle, you can color the picture, too.



1. _____

2. _____

3. _____

4. _____

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New Year's Day



Celebrated

January 1

About the Day

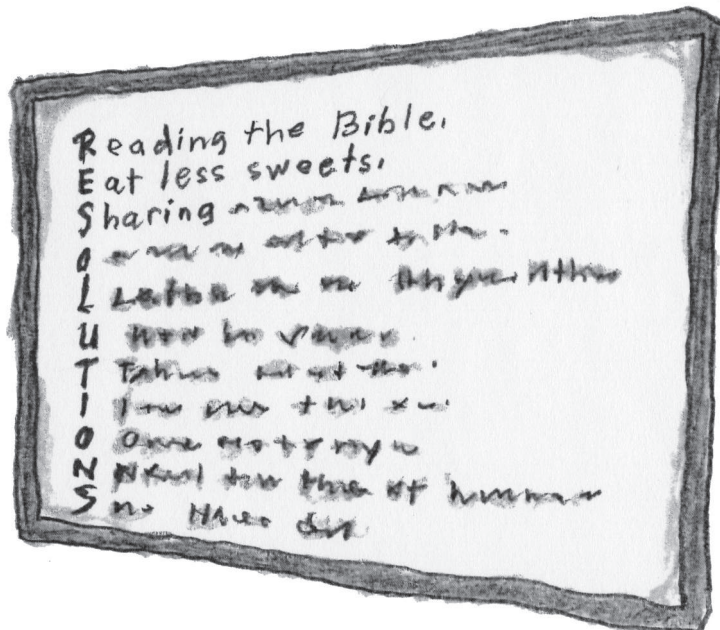
Most countries around the world claim January 1 as New Year's Day. A few, however, like China, celebrate it somewhere between January 21 and February 20, depending on the new moon of the lunar calendar. Regardless of the date on which it is celebrated, many of the festivities are the same. New Year's Eve parties and festivities help mark the end of one year and the beginning of another. Traditional countdowns, noise-makers, and confetti help welcome the brand new year. So do our prayers of thanksgiving for the year that has past and our prayers for God's blessings on the days to come. We also make New Year's resolutions, ones that will hopefully help us to grow stronger in faith, hope, and love.

Resolutions That Help Us Grow in Faith!

Help students make resolutions that can actually help them grow in faith.

Directions:

Display the word RESOLUTIONS in a prominent place so children can see it as they complete this activity. Have children compile a list of possible resolutions beginning with the letters found in the word. Examples include: **R**ead the Bible more often. **E**at less sweets and donating that money to the poor. **S**haring the Good News with others. And so on. Display the list at home or in the classroom as a reminder of resolutions we can keep to help us grow in faith.



World Day of Peace

Celebrated

January 1

About the Day

In addition to celebrating Mary, the Holy Mother of God, and New Year's Day, we also observe World Day of Peace on January 1. When you think about it, it makes perfect sense considering we just celebrated the birthday of the Prince of Peace!



Word Search for PEACE

Directions: Circle all the different words for PEACE hidden here in different languages.

AMANI (Swahili)
 FRIEDE (German)
 FIFA (Fon, West Africa)
 HEIWA (Japanese)
 HÒA BÌNH (Vietnamese)
 IRÍNI (Greek)
 MALUHIA (Hawaiian)
 MIR (Croatian, Bosnian)

PACE (Italian, Romanian)
 PAIX (French)
 PAX (Latin)
 PAZ (Portugese, Spain)
 PYONGHWA (Korean)
 SANTIPAP (Thai)
 SHOLIM (Yiddish)
 WOLAKOTA (Lakota)

