

# The Year of Saint Joseph

December 8<sup>th</sup>, 2020 - December 8<sup>th</sup>, 2021

Pope Francis proclaims a Year of Saint Joseph!

In a new Apostolic Letter, [Patris corde](#), Pope Francis proclaims a Year of Saint Joseph beginning on the Feast of the Immaculate Conception 2020 and ending on the same feast day in 2021. In his letter, Pope Francis described Saint Joseph as a model father and a support and guide for troubled times.

[WHAT CATHOLICS NEED TO KNOW ABOUT THE YEAR OF SAINT JOSEPH \(CNA\)](#)

# PRAYERS AND DEVOTIONS

## For the Year of St. Joseph

Prayer to St. Joseph after the Rosary

[USCCB](#)

To you, O blessed Joseph,  
do we come in our tribulation,  
and having implored the help of your most holy Spouse,  
we confidently invoke your patronage also.

Through that charity which bound you  
to the Immaculate Virgin Mother of God  
and through the paternal love  
with which you embraced the Child Jesus,  
we humbly beg you graciously to regard the inheritance  
which Jesus Christ has purchased by his Blood,  
and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family,  
defend the chosen children of Jesus Christ;  
O most loving father, ward off from us  
every contagion of error and corrupting influence;  
O our most mighty protector, be kind to us  
and from heaven assist us in our struggle  
with the power of darkness.

As once you rescued the Child Jesus from deadly peril,  
so now protect God's Holy Church  
from the snares of the enemy and from all adversity;  
shield, too, each one of us by your constant protection,  
so that, supported by your example and your aid,  
we may be able to live piously, to die in holiness,  
and to obtain eternal happiness in heaven.

Amen.

## Litany of Saint Joseph

USCCB

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

God our Father in heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

Saint Joseph,

Noble son of the House of David,

Light of patriarchs,

Husband of the Mother of God,

Guardian of the Virgin,

Foster father of the Son of God,

Faithful guardian of Christ,

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

pray for us.

Head of the Holy Family,	pray for us.
Joseph, chaste and just,	pray for us.
Joseph, prudent and brave,	pray for us.
Joseph, obedient and loyal,	pray for us.
Pattern of patience,	pray for us.
Lover of poverty,	pray for us.
Model of workers,	pray for us.
Example to parents,	pray for us.
Guardian of virgins,	pray for us.
Pillar of family life,	pray for us.
Comfort of the troubled,	pray for us.
Hope of the sick,	pray for us.
Patron of the dying,	pray for us.
Terror of evil spirits,	pray for us.
Protector of the Church,	pray for us.
Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	have mercy on us.
God made him master of his household,	And put him in charge of all that he owned.

*Let us pray.*

O God, who in your inexpressible providence  
were pleased to choose Saint Joseph  
as spouse of the most holy Mother of your Son,  
grant, we pray,  
that we, who revere him as our protector on earth,  
may be worthy of his heavenly intercession.

Through Christ our Lord.

*R/. Amen.*

## Activities and Ideas For the Year of St. Joseph

### **Short History of the St. Joseph's Altar**

St. Joseph is the patron saint of Sicily and his table is a tradition dating back to the Middle Ages when Sicily was under a severe drought. Unable to grow any crops, countless people died during the famine. The peasants prayed to St. Joseph to intercede with God on their behalf. They promised St. Joseph that if God caused it to rain, they would hold a special feast honoring him. Indeed, the rains came and the crops were planted. With the harvest, the people prepared the promised feast. Saint Joseph is also the patron saint of the poor, homeless, and unwed mothers. Thus, the St. Joseph's table by tradition should be open to everyone. The traditions, symbols, and menus are all very important to the feast, but may vary according to where in Sicily a family originated. The tradition was brought to the US in the late 19th and early 20th centuries by Sicilian immigrants who mostly settled in Louisiana, Texas, California, Colorado, New Jersey, and New York.

**[Catholic Icing: Saint Joseph's Altar: Fun Food for Kids](#)**

**[Carrots of Michaelmas: Making a Simple St. Joseph's Day Altar](#)**

**Catholic Icing: Celebrating the Feast of St. Joseph in your home**

**Catholic Culture: Tupa Tupa (Knocking) for St. Joseph's Day**

**Catholic Mom: St. Joseph, our "Father" in Faith**

**Aleteia: 12 Ways to Honor St. Joseph in March**

Reading and Information  
For the Year of St. Joseph

**The Vatican News Announcement: Year of St. Joseph**

**Apostolic Letter: *Patris Corde***

**USCCB: St. Joseph**



# Traditions and Customs For the Year of St. Joseph

## **Zeppole for Saint Joseph [\(Source\)](#)**

### Ingredients

#### Ingredients for pastry

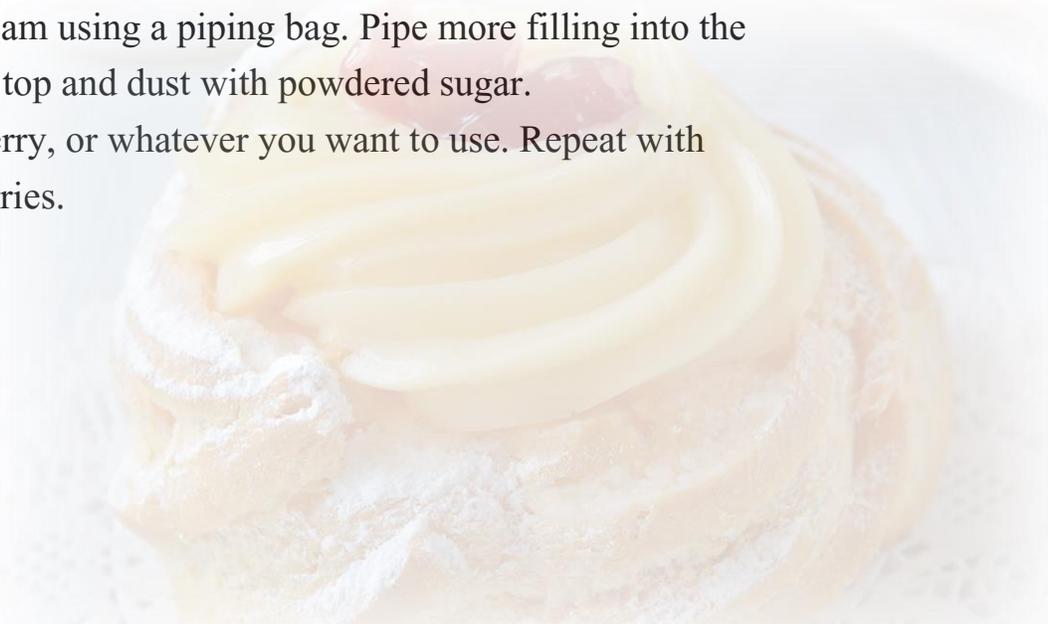
- (4 oz) 1/2 cup butter
- 1 1/2 teaspoons of sugar
- (8 oz) 1 cup water
- (5 oz) 1 cup flour
- 4 eggs at room temperature

#### Filling

- 2 egg yolks
- 2/3 cup (200 ml) milk at room temperature
- 1/2 cup plus 1 tbsp (5 oz) sugar
- 2 1/4 tbsp corn starch or potato starch
- pinch of salt
- 1 tsp vanilla extract
- powdered sugar to sprinkle
- Fabbri cherries (optional) use an organic maraschino or omit

# Instructions

1. Heat oven to 400°F.
2. First prepare the choux pastry, by placing the butter, sugar and water in a medium sized saucepan over medium heat, until it comes to a rolling boil. Add the flour, all at once, and stir vigorously with a wooden spoon for about a minute until the mixture forms a ball.
3. Remove from heat, add an egg, and beat well, until well incorporated, before adding the next egg. Repeat with remaining eggs, until the batter is smooth and satiny.
4. Place in piping bag or spoon onto a baking tray lined with a silicone sheet or parchment paper into small puffs, about 3" apart. Pipe the upper part of the pastry so there is a small hole in the center, or make one with the back of a teaspoon.
5. Bake for about 30 minutes. Turn off oven, and leave for 10 minutes, then place on cooling rack.
6. While the cream puffs are baking, make the filling. Place the egg yolks, sugar, corn or potato starch, salt and vanilla into a pot and whisk together. Begin pouring in the warm milk, then turn the burner on a low heat. Continue whisking and pouring, and gradually increase the heat. Cook until the mixture thickens and is cooked (it will be a few minutes.)
7. Make a hole with a skewer, into the side of the choux pastry and fill with pastry cream using a piping bag. Pipe more filling into the indentation on top and dust with powdered sugar.
8. Top with a cherry, or whatever you want to use. Repeat with remaining pastries.



# Symbols of St. Joseph in Art

## For the Year of St. Joseph

Often, symbols are included in icons and paintings and other works of art depicting a particular Saint. For Saint Joseph, three common symbols he is seen with include: three white flowers (lilies), carpenters tools, and the infant Jesus. **To learn more about Symbols of Saint Joseph in Art, [click here!](#)**

### **Three White Flowers or Lilies:**

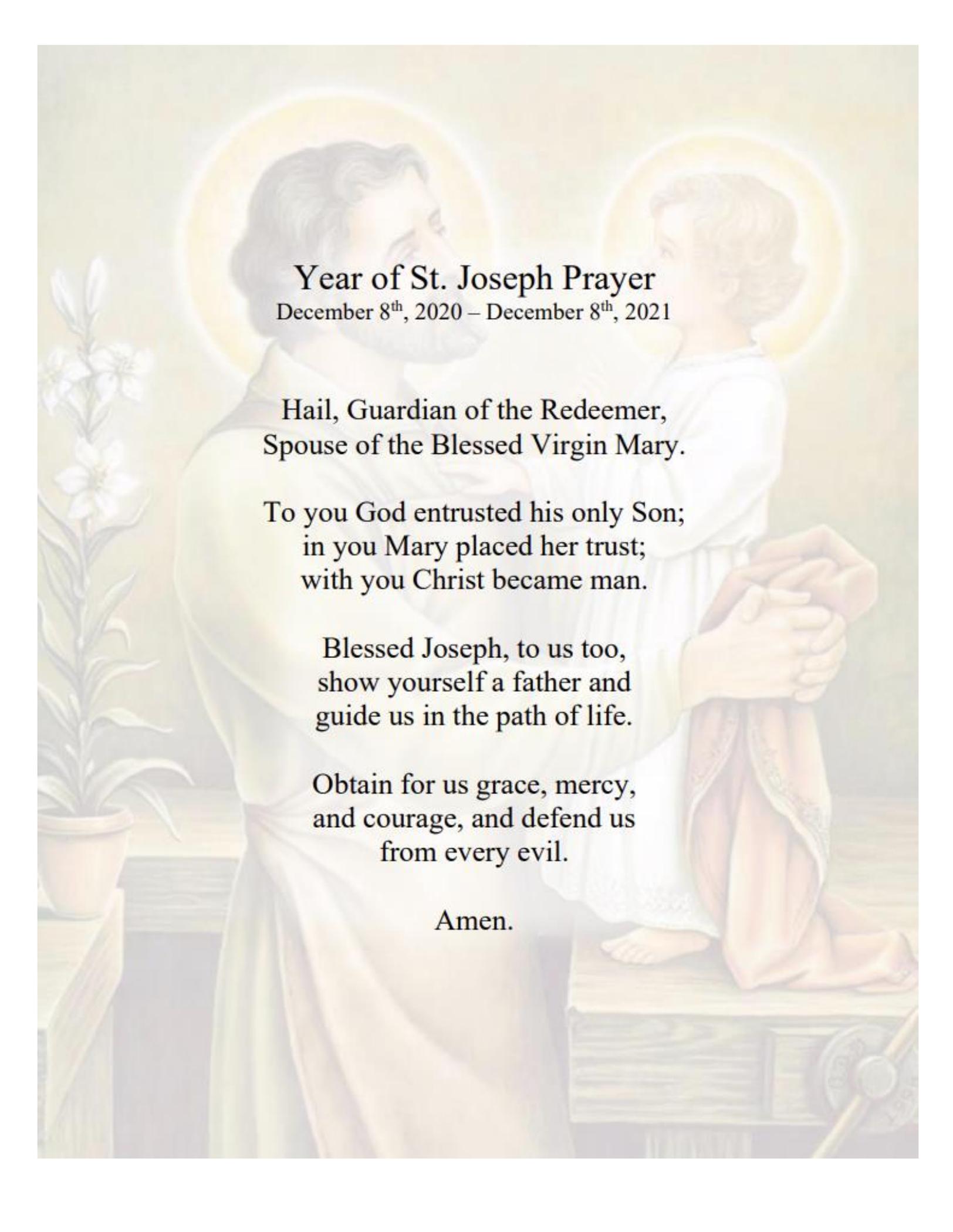
The lilies or white flowers that St. Joseph is seen holding in statues and art is symbolic of his obedience and virtuous life that he lived. Joseph remained faithful to his wife and was always listening for the voice of God.

### **Carpenters Tools:**

In the few Biblical descriptions of St. Joseph, we learn that he is a carpenter by trade.

### **Baby Jesus:**

St. Joseph is often seen holding the infant Jesus in his arms. A tender depiction of Jesus in his earthly father's arms.



## Year of St. Joseph Prayer

December 8<sup>th</sup>, 2020 – December 8<sup>th</sup>, 2021

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.

To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.

Blessed Joseph, to us too,  
show yourself a father and  
guide us in the path of life.

Obtain for us grace, mercy,  
and courage, and defend us  
from every evil.

Amen.



**AVE MARIA PARISH**  
One Body • One Spirit • One Hope