



St. Patrick's Breastplate Prayer



**I summon today
All these powers between me and those evils,
Against every cruel and merciless power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me an abundance of reward.**

**Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.**

**I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.**



Art by Matthew Watters

SECOND Week of Lent

CELEBRATE ST. JOSEPH

March 19

Even during Lent, there are special days that the Church designates for celebration. The Solemnity of St. Joseph is one of those days. This day is particularly important in Sicily, Italy where San Giuseppe (St. Joseph in Italian) is the patron. The traditions continue in the United States with many Italian-Americans.

The spouse of Mary the mother of Jesus and the legal father of Jesus according to Jewish law, Joseph is a model of humility and obedience to God's will. He followed God's instructions, given by angels in his dreams, and took the pregnant Mary into his home as his wife, protected her and Jesus at the child's birth in Bethlehem through the family's sojourn in Egypt, and provided for them as a carpenter in Nazareth. This feast, which was celebrated locally as early as the ninth century, became a universal feast in the fifteenth century, when it was placed on the liturgical calendar. Pope Pius IX named St. Joseph Patron of the Universal Church in 1870; he is also the patron saint of carpenters, the dying, and workers.



Eat together

Traditional food for the day includes Italian pastries called zeppole or sometimes St. Joseph's Pastries. These are cream-filled pastries with a cherry on top. Minestrone soup is another tradition.



One of the favorite things we do is celebrate the saint feast day of our namesakes. For instance,

We celebrate the feast day of St. Ephraim, St. John Paul II, St. Isabella, The Annunciation (St. Gabriel), St. Blaise, and a St. Joseph feast day. These are the saints our children were named after. We will usually take the day off from most chores, have some kind of dessert, read about the saint, and celebrate in other ways.

The Combs Family from St. Joseph in Fremont



Pray together

Memorare to St. Joseph

Remember, O most pure spouse of the Blessed Virgin Mary, my great protector, Saint Joseph, that no one ever had recourse to your protection, or implored your aid without obtaining relief. Confiding therefore in your goodness, I come before you. Do not turn down my petitions, foster father of the Redeemer, but graciously receive them. Amen.



Celebrate together

One popular tradition originating in Sicily is the St. Joseph's Table. Legends from the Middle Ages attributed the end of a devastating drought to a prayer-devotion that the Sicilian people made to St. Joseph. To show their gratitude, they prepared a table with special foods to honor St. Joseph. This celebration became an annual tradition.

Make a St. Joseph's Table at home! Traditional tables include:

- A white tablecloth
- Three tiers (representing the Trinity)
- A statue of St. Joseph on the top tier
- Flowers, especially lilies
- Candles
- Celebratory food

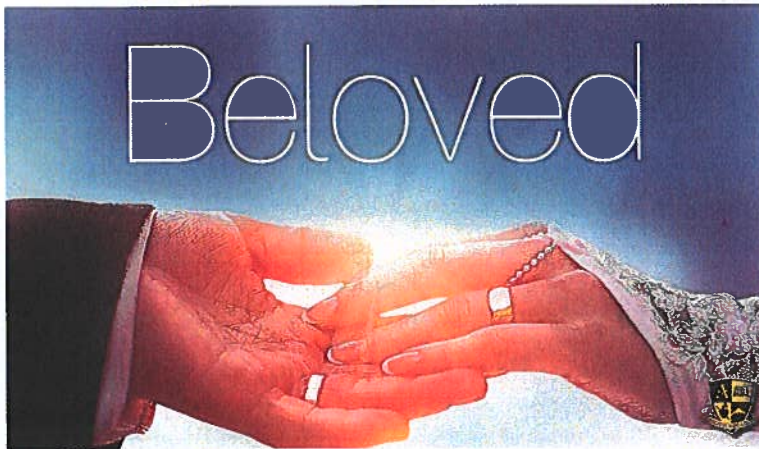
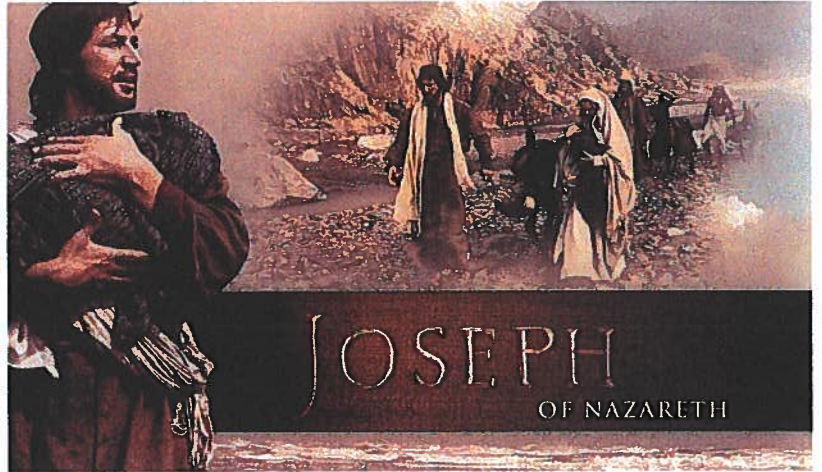
Learn more about how to create a St. Joseph table in your home:

March 13, 2022

WATCH

JOSEPH OF NAZARETH: THE STORY OF THE MAN CLOSEST TO CHRIST

With this year being consecrated to St. Joseph, we celebrate the feast day of Christ's foster father with even more joy and respect! Enter into the life of this great saint through the movie Joseph of Nazareth!



BELOVED - SESSION 4: THE TOTAL GIFT OF SELF

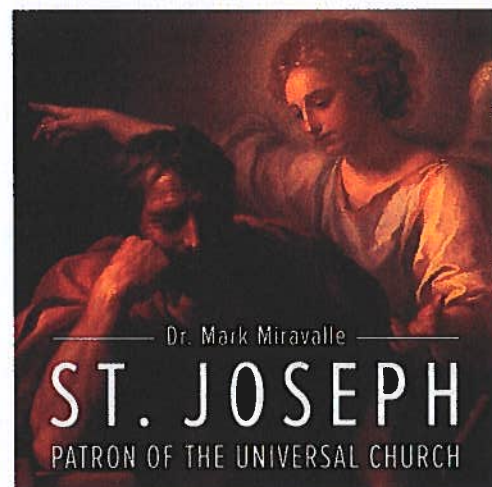
As foster father of Christ and virginal husband of Mary, St. Joseph fully gives himself to both his family and to God. Explore how we can emulate this gift of self in this episode of our Beloved series!

LEARN

LISTEN

ST. JOSEPH: PATRON OF THE UNIVERSAL CHURCH BY MARK MIRAVELLE

St. Joseph, the holiest of the patriarchs, serves as a model of fatherhood, obedience, chastity, and so many other virtues. Join Dr. Mark Miravalle as he shares incredible lessons found in the hidden life of Joseph.



Our parish has a FORMED subscription. To set up your free account visit formed.org/signup and select our parish.

WHEN MAN COMES INTO CONTACT WITH GOD, MERE SPEECH IS NOT ENOUGH...
-BENEDICT XVI-

SACRED MUSIC UNVEILED



SUNDAY, MARCH 20TH, 2022

ST. THOMAS MORE UNIVERSITY PARISH

A THREE PART EVENT

Join a choir of young adults as they unveil the musical treasures of the Catholic Church in liturgy and concert!

PART I : THE MASS

Sunday, March 20th @ 5:00pm
425 Thurstin St, Bowling Green, OH 43402

The choir puts their music completely at the service of the Lord for His glory, and to lead all of us more deeply into His Heart during this Mass!

PART II : THE CONCERT

In the church @ 7:00pm

This 30-minute concert will fill the church with the Lenten music of the Faith that has echoed down through the centuries.

PART III: THE SEMINAR

Immediately following the Concert

What's the big deal about sacred music? Why do we have music at Mass? Singing and chanting is just for professionals, right? Wrong! Join the choir for a 45-minute seminar as they "unveil" the answers to these questions from both a personal and practical perspective, and walk you through the basics of Gregorian chant. Audience participation encouraged.

ALL PORTIONS OF THE EVENT ARE FREE AND OPEN TO THE PUBLIC

