

Seven Sundays in Honor of Saint Joseph

A long-standing tradition in the Church is to prepare for the feast of Saint Joseph by dedicating the seven Sundays before March 19 to Saint Joseph, in memory of his seven sorrows and joys. It is encouraged that one meditate upon these sets of Sorrows and Joys, and conclude by praying the Litany of Saint Joseph.

JOSEPH'S SEVEN SORROWS

1. The doubt of St. Joseph
(Matt. 1:19)
2. The poverty of Jesus' birth
(Luke 2:7)
3. The Circumcision
(Luke 2:21)
4. The prophecy of Simeon
(Luke 2:34)
5. The flight into Egypt
(Matt. 2:14)
6. The return from Egypt
(Matt. 2:22)
7. The loss of the Child Jesus
(Luke 2:45)

JOSEPH'S SEVEN JOYS

1. The message of the Angel
(Matt. 1:20)
2. The birth of the Savior
(Luke 2:10-11)
3. The Holy Name of Jesus
(Matt. 1:25)
4. The effects of the Redemption
(Luke 2:38)
5. The overthrow of the idols of Egypt
(Is. 19:1)
6. Life with Jesus and Mary at Nazareth
(Luke 2:39)
7. The finding of the Child
Jesus in the Temple
(Luke 2:46)

These seven Sundays are best celebrated preceding the Sunday just before the Feast of Saint Joseph, the last Sunday of January or first Sunday of February. However, you can observe these any time of the year and as frequently as you like. This year the Seven Sundays in Honor of Saint Joseph begin on January 31, 2021.

Saint Teresa of Avila also had a special devotion to Saint Joseph: *"I know by experience that the glorious St. Joseph assists us generally in all necessities. I never asked him for anything which he did not obtain for me."*