

Seven Sundays 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 19 March to Saint Joseph, in memory of his seven sorrows and joys.

01/30/2026

The custom of the Seven Sundays of Saint Joseph

Pope Gregory XVI, whose pontificate began in 1831, encouraged the

custom of dedicating the seven Sundays before March 19 to Saint Joseph in memory of his seven sorrows and joys, and attached many indulgences to this devotion. His successor, Blessed Pope Pius IX, asked the faithful to petition Saint Joseph to alleviate the afflictions of the universal Church in those times.

Meditations for each of the Seven Sundays of Saint Joseph are available at this link.

Other resources to get to know Saint Joseph better:

"With a Father's Heart," Apostolic Letter by Pope Francis

Apostolic Exhortation "Redemptoris Custos" by Saint John Paul II

Get to Know and Love Saint Joseph

Seven sorrows and joys of Saint Joseph

"Saint Josemaria and the Role of Saint Joseph in Christian Life" (article by Lucas Mateo-Seco)

pdf | document generated automatically from <https://opusdei.org/en-ca/article/seven-sundays-of-saint-joseph/> (01/31/2026)