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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.

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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:

First Sunday of Saint Joseph
Second Sunday of Saint Joseph
Third Sunday of Saint Joseph
Fourth Sunday of Saint Joseph
Fifth Sunday of Saint Joseph
Sixth Sunday of Saint Joseph
Seventh Sunday of Saint Joseph

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)

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