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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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