

OLV Rel. Ed. Newsletter: March 2026

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March 2026 Reflection

Saint Joseph was the savior of the Savior, because he listened to the holy angels, whose messages would guide St. Joseph to know how to protect the Christ Child from harm. So close to God was he, that even when he slept, St. Joseph was attuned to God's voice, heeding His call that came through dreams. Through a God-given dream, St. Joseph learned of King Herod's malicious plot to destroy the Christ Child, and eliminate Him as a threat to his throne. The holy angels relayed God the Father's message that St. Joseph should take his family to Egypt to remain safe from King Herod's nefarious plot. Faithfully, St. Joseph obeyed God's call, leading his family in the journey to Egypt. When the crisis was averted, and it was time to return home to Israel, the holy angels would bring a new message to St. Joseph, telling him to travel to Nazareth in order to remain safe from King Herod's son, the new ruler Archelaus.

Well before these episodes, St. Joseph had received an annunciation from a holy angel, just as Our Lady was visited by St. Gabriel the Archangel, who informed her of God's plan for her to become the Mother of Jesus. Saint Joseph, in his humility, had been willing to depart from Our Lady, to whom he was engaged, when he learned that she was expecting a child, believing that Our Lady had been specially chosen by God to bear the Savior, in fulfillment of the prophecy that the Savior would be born of a virgin; Saint Joseph felt that he was not worthy to be with Our Lady, and wanted her to be given entirely to God the Father. However, the holy angel assured St. Joseph that it was God the Father's plan for him to wed Our Lady, and become the foster father of Jesus, the Savior.

Like Our Lady, St. Joseph said "yes" to God's plan for him, and would devote his life to loving Jesus and Mother Mary, protecting them. Saint Joseph was visited by the holy angels because of his own deep holiness; they approached St. Joseph, for his Chaste Heart was totally pure and humble, just like the Heart of the Savior Himself, Whom the holy angels adored. Saint Joseph was like a guardian angel to his family, and could fulfill this role, because of his own closeness to the holy angels. Similar to the holy angels, he had a complete willingness to serve God, doing all things out of love for Him. Saint Joseph teaches us to trust in God, and to be messengers of God's grace, for through our actions, like St. Joseph, we can speak powerfully, testifying to God's goodness by radiating His love in our faithful works for Him, especially in our loyalty to, and care of, our family members. May St. Joseph help us to always journey with the holy angels, working in union with them to glorify God the Father.

On St. Joseph's Day, celebrated on March 19 (hence, why the whole month of March is dedicated to St. Joseph!), it is customary to construct edible St. Joseph's Day altars. Just as St. Joseph

offered himself to God for His service, we humbly offer a feast to feed the stomachs and souls of our friends and family. As St. Joseph preserved Jesus, the Bread of Life, so, too, do we preserve our communities through making bread and other delectable dishes to share. There are typically three tiers comprising the St. Joseph’s Day altar, representing the three theological virtues (faith, hope, and love), the Blessed Trinity (God the Father, God the Son, and God the Holy Spirit), the three pillars of Lent (almsgiving, prayer, and fasting), and the Holy Family (Jesus, Mary, and Joseph). We are reminded to pray that we may practice works of charity humbly and obediently like St. Joseph, that we may grow in virtue, and join the Holy Family in the Heaven of the Blessed Trinity.

In our prayers, we ask that the holy angels would help us to reverence God like they and St. Joseph do, so that we may love God the Father’s treasures, Jesus and Mother Mary, wholeheartedly. God entrusted His treasures to St. Joseph, and now, through St. Joseph, He dispenses these treasures, so we go to St. Joseph to feed us through bringing us closer to Jesus and Mother Mary, just as the Old Testament Joseph fed the people with the grain he preserved in a time of famine, preventing them from starving. We pray to open our hearts to saying “yes” to God like Our Lady, St. Joseph, and the holy angels, that we may always be fed with the happiness, peace, and hope that comes from doing God’s will. Saying “yes” to God the Father in loving obedience, as His child, means that we may filled with the Holy Spirit like Our Lady, and bring Christ into the world, carrying Him with us on every journey, while accompanied by the holy angels, who constantly adore Him, and therefore, were always near St. Joseph, the perpetual adorer of Christ. Jesus is always with us in the Holy Eucharist, so we pray to be like St. Joseph and the holy angels in always responding to His Presence with great love, and a willingness to faithfully do what He is calling us to. May St. Joseph and the holy angels help us to guard Christ’s Presence within our hearts, remaining free of sin.

Deo gratias,
Katie Sadakerski, Director of Religious Education
March 2026 Prayers

Prayer to St. Gabriel for Protection for Those Whom we Love

O loving messenger of the Incarnation, do thou descend upon all those for whom I wish peace and happiness. Spread thy wings over the cradles of newborn babes, O thou who didst announce the coming of the Infant Jesus. Give to the young a lily petal from the virginal sceptre in thy hand. Cause the Ave Maria to echo through all hearts, that they may find grace and joy through Mary. Finally, deign to recall those sublime words which were uttered on the day of the Annunciation, “Nothing shall be impossible with God”, and repeat them in hours of trial to all those whom I love, that their confidence in our Lord may be rekindled when all other help fails. Amen.

Special Devotions for March 2026

Marian Chant of the Season: Ave Regina Caelorum
Suggested Prayer: Litany of St. Gabriel the Archangel