



Saints of the Season

Third Week of Advent

December 13 - Celebrate the Feast of St. Lucy

[St. Lucy](#), is known as the patron saint of blindness. Lucy's history has been lost and all we really know for certain is that this brave woman who lived in Syracuse - Syracuse, Italy - lost her life during the persecution of Christians in the early fourth century. St. Lucy (Lucia) feast day brings many different types of celebrations in various countries. Her feast is also tied in with the celebration of light and winter, as her name means light and her feast day originally coincided with the winter solstice, which marked the shortest day of the year.

Santa Lucia is celebrated all over Italy. Sicilians still commemorate Santa Lucia's intervention during a severe famine in 1582. Miraculously, ships filled with grain appeared in the harbor on December 13. The people were so hungry that they didn't take the time to grind the grain into flour but boiled the grains immediately. Sicilians refuse to eat anything made of wheat flour for this day, which means forgoing pasta and bread. Instead they eat a most popular dish called *cuccia*, a porridge which is made with boiled whole wheat berries, ricotta and sugar.

Many countries have special St. Lucy's day traditions, but perhaps the most well-known are the ones of Italian and Scandinavian origin. "The oldest daughter of a family will wake up before dawn on St. Lucy's Day and dress in a white gown for purity, often with a red sash as a sign of martyrdom. On her head she will wear a wreath of greenery and lit candles. Today, many use battery operated candles to avoid any hazards! 'St. Lucy' will go around her house and wake up her family to serve them special St. Lucy Day foods" which were usually baked sweets.

Family Activity

Enjoy a special breakfast served by the youngest in the family. If the youngest is a girl, she can dress as "Santa Lucia" with a wreath of candles on her head. If the youngest is a boy, a cone shaped hat decorated with stars is used for "Star Boys". See below for some special recipes. Or do the same procession in the evening, serving treats of cookies.



Prayer

Saint Lucy's Prayer:

Saint Lucy, you did not hide your light under a basket, but let it shine for the whole world, for all the centuries to see. We may not suffer torture in our lives the way you did, but we are still called to let the light of our Christianity illumine our daily lives. Please help us to have the courage to bring our Christianity into our work, our recreation, our relationships, our conversation -- every corner of our day. Amen

More Information

Showerofrosesblog.com - Ideas for Celebrating St. Lucia Day

Catholicicing.com - Easy St. Lucy Buns Without Saffron (A Beginner's Celebration!)

Italiankitchenconfessions.com - Santa Lucia Shortbread Cookies: A Holiday Treat From Veneto

