

5 WAYS TO HAVE A SHAMROCKIN' ST. PATRICK'S DAY!

share some Luck

Cut out four-leaf clovers from green paper. On one side, write an encouraging note to a loved one (or even a stranger). Place the shamrocks around the house, in their sack lunch, or on their car windshield.

Optimism is the faith that achievement

Start where you are. Use what you have. Do what you can.

why a shamrock?

Legend has it that Saint Patrick used the clover's three leaves to help explain the Holy Trinity (Father, Son, Holy Spirit) to the pagans in Ireland. Each leaf of the clover is separate, and yet they all make up one entity.



make some GREEN TREATS

Going green is easy and fun! Add a few drops of food coloring to make green pancakes and eggs for breakfast. Or if you have little ones who love sweets, whip up a green milkshake using mint ice cream.



why GREEN?

Green is thought to have been popularized in the U.S. by Irish immigrants who wore green and carried Irish flags as a point of pride for their home country. There's also a legend that green makes one invisible to leprechauns, who pinch anyone they can see!



host a pot Luck

Invite your friends and family to bring their best Irish dishes to a Feast of St. Patrick. Corned beef and cabbage, Irish soda bread and shepherd's pie are all great options!



5 Ways to Have a SHAMROCKIN' St. Patrick's Day from your friends at Catholic Central.

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What is the Feast of St. Patrick?

The Feast of St. Patrick, also known as St. Patrick's Day, is a celebration of the life of Saint Patrick, who died on March 17th. Saint Patrick is credited with bringing Christianity to Ireland, and people often celebrate the day by feasting together.

At the End of the Rainbow

Want a healthy way to celebrate the day? Serve a rainbow fruit or veggie tray by laying out colored fruits or veggies in the shape of a rainbow. Then place a sweet or savory dip in a gold pot on the platter.



Why Rainbows?

Leprechauns supposedly hide their pots of gold at the end of a rainbow. But since rainbows never end, you can't find their gold.

Lucky Sharms Race

Divide into teams. Place a bowl of Lucky Sharms for each team on a table at one end of the room. In this relay, each team member tries to fish a Lucky Sharms marshmallow out of the bowl using a spoon held in his or her mouth. The first team to bring back one of each kind of marshmallow wins.



What is the Luck of the Irish?

This term was coined during the gold and silver rush of the late 19th century. Several successful miners were Irish or Irish American and their association with mining fortunes led to the use of the phrase.

