



Saint Lucy Feast Day is December 13th

Saint Lucy was born into a rich and noble Roman family around the year 283. Her father died when she was 5 years old. She was raised a devout Catholic by her mother. When she was a teenager she decided to consecrate her life to God, but her mother, who was ill, arranged for her to be married to a young wealthy pagan man. She refused to marry him and devoted her life to helping the poor. Tradition holds that Saint Lucy would wear a wreath of candles on her head so she could see better and free her arms to carry supplies and food to Christians hiding in the catacombs. Saint Lucy was eventually martyred for her faith. There are many stories and traditions connected to Saint Lucy you may enjoy reading about.

This is a special feast day in Sweden and one tradition is for the oldest daughter of the family to wake up before dawn and dress in a white gown for purity, often with a red sash as a sign of martyrdom. On her head she wears a wreath of greenery and lit candles. She goes around the house and wakes up her family to serve them special Saint Lucy foods. In Scandinavia it is common to have a Mass and procession on Saint Lucy's feast day.

The name Lucy (or Lucia) means "light", a fitting name for a young woman who was known to visibly glow and radiate in her love for Jesus. The feast falling during the Advent season—and the start of a long, dark winter—there are many beautiful traditions associating this saint with the meaning of her name, the story of her life, and her glorious position in heaven. Check the internet for Catholic traditions for Saint Lucy.

To make Saint Lucy's crown you can use canned cinnamon rolls. Unroll each cinnamon roll from the can and braid them into Saint Lucy's crown. Add birthday candles for the full effect.



You can craft a simple head wreath with paper, staples, and faux leaves. Tissue paper is good for the candle flames. They can be completed in enough time for the cinnamon roll crown to bake.