

A {mini} Feast Table Kit

What is a Feast Table?

Years ago, my mom attended a class offered by the Dominican Sisters of St. Cecelia that encouraged families to set up something the Sisters called a “family Feast Day Table.” The Sisters encouraged this table (or it could be a small shelf, a corner of your kitchen counter, or any little space you claim) as a place set aside in the home to display sacred art, statues, pictures, objects, and books that assist the family in following the Church year.

How can I set up a Feast Table in my home?

Start very simply - with a calendar. When the year’s calendar is complete - cut it up and use the beautiful art. Build from there by printing images off the web; collecting traditional holy cards; purchasing inexpensive thrift store coffee table/art books - cut them up for the sacred art inside; hunt for old statuary treasures on ebay. Slowly collect picture books that reflect the liturgical year. Learn about the liturgical colors used throughout the year (violet, green, red, white, and occasionally black and rose). Collect fabric to set out in those colors - placemats, fabric stores, good quality felt, wide satin ribbon - children love to set out the color for the day!

When do I set it up?

I refresh books and art seasonally, usually at the beginning of each month or before a major liturgical season (Advent, Christmas, Lent or Easter). Look toward the feasts on the calendar and focus on the Holy Days, Solemnities and special feasts in your family (name days or special patron saints). It’s been helpful to me over the years to set up monthly files, and as I build my collection of art, holy cards, and resources, I drop them in the monthly file after I remove them from the Feast Table. That makes it easy to set up the table next year.

Resources for your Feast Table - Many times you can find free books and printables shared by bloggers! Make use of those as you grow your collection!

- ❖ Jessica @ Shower of Roses - <http://showerofroses.blogspot.com/>
- ❖ Jennifer @ Family in Feast and Feria - <http://familyfeastandferia.com/>
- ❖ I share our Feast Table @ Wildflowers and Marbles - <http://wildflowersandmarbles.com/> (category: faith | feast table)
- ❖ Wonderful book for learning about the Church year and liturgical traditions: Treasure and Tradition: The Ultimate Guide to the Latin Mass, St. Augustine Academy Press, available through their website @ <http://staugustineacademypress.com/treasure-and-tradition-the-ultimate-guide-to-the-latin-mass/>



PEOPLE ARE INSTRUCTED IN THE TRUTHS OF THE FAITH AND BROUGHT TO APPRECIATE THE INNER JOYS OF RELIGION FAR MORE EFFECTIVELY BY THE ANNUAL CELEBRATION OF OUR SACRED MYSTERIES THAN BY ANY OFFICIAL PRONOUNCEMENT OF THE TEACHING OF THE CHURCH.

SUCH PRONOUNCEMENTS USUALLY REACH ONLY A FEW AND THE MORE LEARNED AMONG THE FAITHFUL;

Feasts reach them all.

THE CHURCH’S TEACHING AFFECTS THE MIND PRIMARILY;

HER FEASTS AFFECT BOTH MIND AND HEART AND HAVE A SALUTARY EFFECT UPON MAN’S WHOLE NATURE.

Pope Pius XI

NON NOBIS