

Joseph, an unfailing
and powerful friend
of the cenacle



THE PRESENCE OF SAINT JOSEPH

May the grace and peace of the Holy Spirit be with us forever!

Dear members of the Missionary Cenacle Apostolate, I hope you all are doing well, especially enjoying good health and well-being.

This occasion, I am happy to share with you a series of reflections on the figure of Saint Joseph. As is known, Pope Francis has declared a year dedicated to Saint Joseph in commemoration of the 150th anniversary of being declared Patron of the Catholic Church. The year of Saint Joseph began on December 8, 2020 and will end on December 8, 2021.

In that same spirit we remember that one of the devotions of the Missionary Cenacle Family is precisely to Saint Joseph “an unfailing and powerful friend” as described by Fr. Judge.

In light of this, it seems that is a good opportunity to pray, reflect and meditate on the figure of Saint Joseph and of our devotion to this holy man, especially in this time of pandemic that we still live in.

I propose to you a series of 12 monthly reflections on Saint Joseph, assisting us with the writings of Fr. Judge and the Apostolic Letter *Patris corde* and other writings of Pope Francis.

I sincerely hope that these materials serve as a tool that continue to nurture our spiritual life either personal, family, and as a cenacle.

IN THE HOLY TRINITY

Fr. Arturo Quezada ST

International Spiritual Guide

MONTH # 1 THE DEDICATION OF JOSEPH

Opening Prayer: Teach us Joseph

Teach us, Joseph,
how not to be a protagonist,
how to work without showing off,
how to advance without trampling,
how to collaborate without driving,
how you love without claiming.

Tell us how to live
being number two ... or three,
how great things are done
from a second place.
Tell us how the vast majority
of us have to occupy
these places.

The second places,
where our
true and hidden greatness is found.
Tell us how to live with elegance
being not important.
Convince us that we can be
and must be useful, faithful, effective,
even heroes,
being "non- important".

Explain to us how to be great without showing off,
how to fight without applause,
how to progress without advertising,
how to persevere and how to die
without receiving
tributes or statues of honor.

How to be helpful, positive, generous
without needing to be "important" and even more difficult,
how to give it all, without being the protagonist,
and despite this, feel peace,
deep happiness, and joy.
Teach us, Joseph!

The grace that I seek: To learn the loving dedication of Saint Joseph by approaching the aspects of my life in the experience of my own dedication.

Apostolic Letter *Patris corde*: "Saint Paul VI pointed out that Joseph concretely expressed his fatherhood "by making his life a sacrificial service to the mystery of the incarnation and its redemptive purpose. He employed his legal authority over the Holy Family to devote himself completely to them in his life and work. He turned his human vocation to domestic love into a superhuman oblation of himself, his heart and all his abilities, a love placed at the service of the Messiah who was growing to maturity in his home".[8] " (*Patris corde* 1)

Fr Judge: "What love he had for Jesus and Mary! How they loved this quiet, tender, thoughtful guide, provider, and companion! We very much need the help of Saint Joseph. We need his spirit of prayer. " (MCM 198)

Meditation: pause in silence (1 minute) and repeat this phrase while breathing deeply:

As I breath in - may I surrender ...

As I breath out – as you did it.

Reflection: Thinking about the loving giving of Saint Joseph moves me to... where or when do I have reservations in my giving? Where do I want to experience a more generous giving?

Thanking God: spontaneous petitions. (Pray for the health of the sick who fight against Covid-19)

Suggestion: During this month, choose specific situations to live a generous dedication to yourself, your family, your work, pause and constantly repeat the suggested phrase when breath in and breath out.

By the end of the day: Ask God for the grace to be a person of dedication. Make an examination of conscience evaluating the moments of your day in which you lived with greater or less intensity your dedication.

Final prayer: Prayer of Pope Francis to Saint Joseph:

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.