

MONTH # 4 THE WELCOMING 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!

Reflections for the year of Saint Joseph

Opening Prayer: Teach Us Joseph

The grace that I seek: To reflect on the welcoming attitude that characterized Saint Joseph and embrace that same attitude to the disconcerting of life.

Apostolic Letter *Patris corde*: "Often in life, things happen whose meaning we do not understand. Our first reaction is frequently one of disappointment and rebellion. Joseph set aside his own ideas in order to accept the course of events and, mysterious as they seemed, to embrace them, take responsibility for them and make them part of his own history. Unless we are reconciled with our own history, we will be unable to take a single step forward, for we will always remain hostage to our expectations and the disappointments. "
(*Patris corde* 4)

Fr Judge: "What confidence we should have in him, in whom Jesus and Mary had such trust. He is one of the chief patrons of the Cenacle. We should esteem this as a very particular grace-that we have him for a friend who had care of the Holy Family, and in whom Jesus and Mary had such love and joy. We need Saint Joseph very much; we need his prayer, we need his sympathy, we need his protection, we need his influence and power with God. " (MCM 233)

Meditation: pause in silence (1 minute) and repeat this phrase when breathing deeply: As I breathe in - may I accept adversity

As I breathe out- with the attitude of Joseph

Reflection: What is my reaction to adverse situations such as the pandemic? Do I usually rebel against what I find difficult to accept? How do I assume responsibility of my story and reconcile with it?

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

Suggestion: During this month, pay attention to your reactions to adverse situations, acknowledge and modify them, pause and constantly repeat the suggested phrase when breathing in and breathing out.

By the end of the day: Ask God for the grace to know how to read the complicated events in your life with an attitude of openness and transformation.

Final prayer: Prayer of Pope Francis to Saint Joseph

Hail, Guardian of the Redeemer,

Reflections for the year of Saint Joseph

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.