

MONTH # 10 THE CHASTITY OF SAINT 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 on the year of Saint Joseph

The grace that I seek: Reflect of St. Joseph chastity so that I can imitate it in my own life.

Apostolic Letter *Patris corde*: "Being a father entails introducing children to life and reality. Not holding them back, being overprotective or possessive, but rather making them capable of deciding for themselves, enjoying freedom and exploring new possibilities. Perhaps for this reason, Joseph is traditionally called a "most chaste" father. That title is not simply a sign of affection, but the summation of an attitude that is the opposite of possessiveness. Chastity is freedom from possessiveness in every sphere of one's life. Only when love is chaste, is it truly love. A possessive love ultimately becomes dangerous: it imprisons, constricts and makes for misery. God himself loved humanity with a chaste love; he left us free even to go astray and set ourselves against him." (*Patris corde* 7)

P. Judge: "Let no one be so remiss and thoughtless as not to place his needs, spiritual and temporal, before the chaste spouse of Immaculate Mary. God invites us to go with simple faith and love to His beloved foster-father, that we may be helped in every necessity. " (MCM 271)

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

As I breathe in - may I be chaste

As I breathe out - after the example of Saint Joseph

Reflection: Reflecting on the chastity of Saint Joseph invites me to... in what areas of my life do I tend to possess people, situations or things? What do I need to live in a more chaste way?

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

Suggestion: During this month, practice chastity more vigorously and constantly repeat the suggested phrase as you breathe in and breathe out.

By the end of the day: Ask God for the grace to have a heart and mind open to chastity.

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.

Reflections on the year of Saint Joseph

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.