

**MONTH # 9 THE SILENCE 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:** Learning from the silence of Saint Joseph reflecting on the silences that my life needs.

**Apostolic Letter *Patris corde*:** "Joseph found happiness not in mere self-sacrifice but in self-gift. In him, we never see frustration but only trust. His patient silence was the prelude to concrete expressions of trust." (*Patris corde* 7)

**Fr Judge:** "The feast of our Blessed Father is indeed a day of joy and blessedness. There is in the hearts of all a great happiness. The thought of him brings a delight that, saving our Blessed Mother, no other saint can give to us. It may be we experience this the more since we owe so much to his intercession." (MCM 332)

**Meditation:** pause in silence (1 minute) and repeat this phrase while breathing deeply:           As I breathe in - may I be quiet

  As I breathe out - so that you Lord can speak

**Reflection:** Learning from the silence of Saint Joseph invites me to... in what areas of my life do I need silence? How do I silence internal noises to listen to God?

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

**Suggestion:** During this month practice silence more diligently and reflect on important aspects of your life. Pause 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 learn to be silent and to be able to hear his voice.

**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.