

**MONTH # 11 THE SUFFERING 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 silence that my life needs.

**Apostolic Letter *Patris Corde*:** "If the first stage of all true interior healing is to accept our personal history and embrace even the things in life that we did not choose, we must now add another important element: creative courage. This emerges especially in the way we deal with difficulties. In the face of difficulty, we can either give up and walk away, or somehow engage with it. At times, difficulties bring out resources we did not even think we had."  
" (*Patris corde* 5)

**Fr Judge:** "How little we know of this blessed Saint and yet how much can we say of him-the Saint of work-a-day life, the Saint who appeals to every soul burdened with. care, (everyone) upset and harassed to know what is his present duty. How Saint Joseph must have suffered! Remember, he did not see the triumph of Easter. his was all Good Friday. " (MCM 271)

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

As I breathe out- with the attitude of Saint Joseph

**Reflection:** Learning about the difficulties Saint Joseph faced and overcame invites me to... when do I give up when faced with difficulties? How can I live a positive attitude towards my difficulties?

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

**Suggestion:** During this month try to face your problems with a positive attitude and constantly repeat the suggested phrase when breathing in and breathing out.

**By the end of the day:** Ask God for the grace to persevere and overcome the difficulties of life.

**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

*Reflections on the year of Saint Joseph*

and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.