

THE YEAR OF ST JOSEPH

FAMILY PRAYER SHEET

March -

Inspiration of families:

Head of the Holy Family

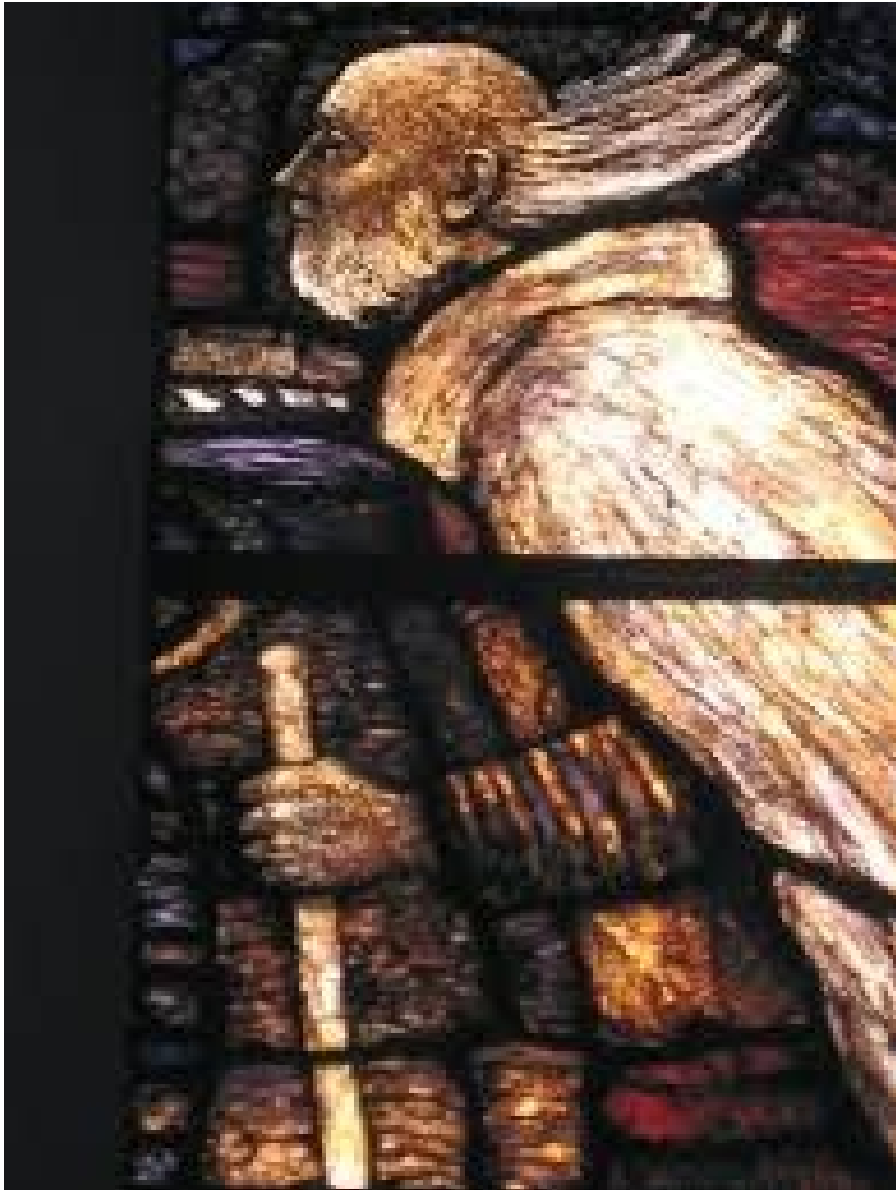


Dear NPCAT Families

This prayer sheet aims to help families pray together during the Year of St Joseph. Each month we will take a different theme to reflect on inspired by St Joseph. We hope that you will be able to use the activities to help our children and adults grow in faith during this year. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading from the Gospel

A reading from the Gospel according to Luke 2:41-52

Now every year his parents went to Jerusalem for the festival of the Passover. And when he was twelve years old, they went up as usual for the festival. When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but his parents did not know it. Assuming that he was in the group of travelers, they went a day's journey. Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, "Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety." He said to them, "Why were you searching for me? Did you not know that I must be in my Father's house? But they did not understand what he said to them. Then he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart.

And Jesus increased in wisdom and in years, and in divine and human favor.

Alternatives for Younger Children

A short retelling: https://youtu.be/ho_3gvIWzbw

A short summary of Jesus' childhood: <https://youtu.be/irTmdgAOPfA>

Reflection

Jesus is brought up in Nazareth and lives with his mother Mary and Joseph his step-father. In this story we see that they are part of a wider community as they travel up to Jerusalem as a group for Passover. Here they celebrate the feast and then set off to return home. Except Jesus doesn't. Mary and Joseph thought Jesus was travelling with other members of the group and so it's only when they are setting up for the night they realise he wasn't with the group. They rush back to Jerusalem to find him. There they searched for three very long days, all the time very worried about what has happened to him. They eventually find him in the Temple doing God's work. They were confused by his answer but I would imagine they were extremely happy to find him safe and well.

After this incident they all went home to Nazareth and there it says Jesus was "obedient to them". This passage seems to suggest they worked together as a team to bring Jesus up and teach him their faith and to be a good person. Both of them were responsible in this work, they were there to support each other, in the good times and the most difficult times. In this family Jesus grow up, to be "wise" and someone who received God's favour.

Discussion Points

- What events do you celebrate together as a family?
- How do you think Mary and Joseph would have felt when they realised Jesus was missing?
- How do you think they would feel after they found him?
- Mary and Joseph are a team in what way do you think they support each other?
- In our lives we do lots of little things to support each other, what have you done this week to help support your family?
- Mary and Joseph brought Jesus up in the Jewish faith, as a family do you share your faith together?
- What are the ways that Jesus grew?

Activities

Finding Jesus in the Temple maze.

You will need: copies of the maze page at the end of this resource.

Help Mary and Joseph find Jesus in the Temple by find the way through the maze.

Activity taken from: <https://truesdaykids.com>

Jobs

Make a list of the jobs that Jesus might have done as a child. How does it compare to the jobs that you do?

Activity taken from: <https://missionbibleclass.org>

How did Jesus grow?

Jesus was a special child. He grew in four ways. Divide children into four groups and have each group make a poster showing one way that Jesus grew (physically, in wisdom, in knowledge about God, in getting along with other people.) How are you growing in each of these areas?

Activity taken from: <https://missionbibleclass.org>

What can you do for others?

- Do a job for someone without them asking you.
- Leave a thank you note for something that the members of your family do for you during the week.

Prayers

St Joseph,
be a father to me,
as you were to Jesus.
Guide me, as I go through life;
Teach me courage, loyalty
And to give my best to the work I do.

St Joseph,
Protector of families,
Pray for my family
And all those I love.

Prayer of St Joseph for children

Bless us, O Lord, as we sit together,
Bless the food we eat today,
Bless the hands that make our food,
Bless us, O Lord.
Amen

A Grace before meals

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

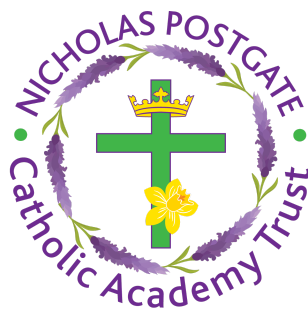
Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

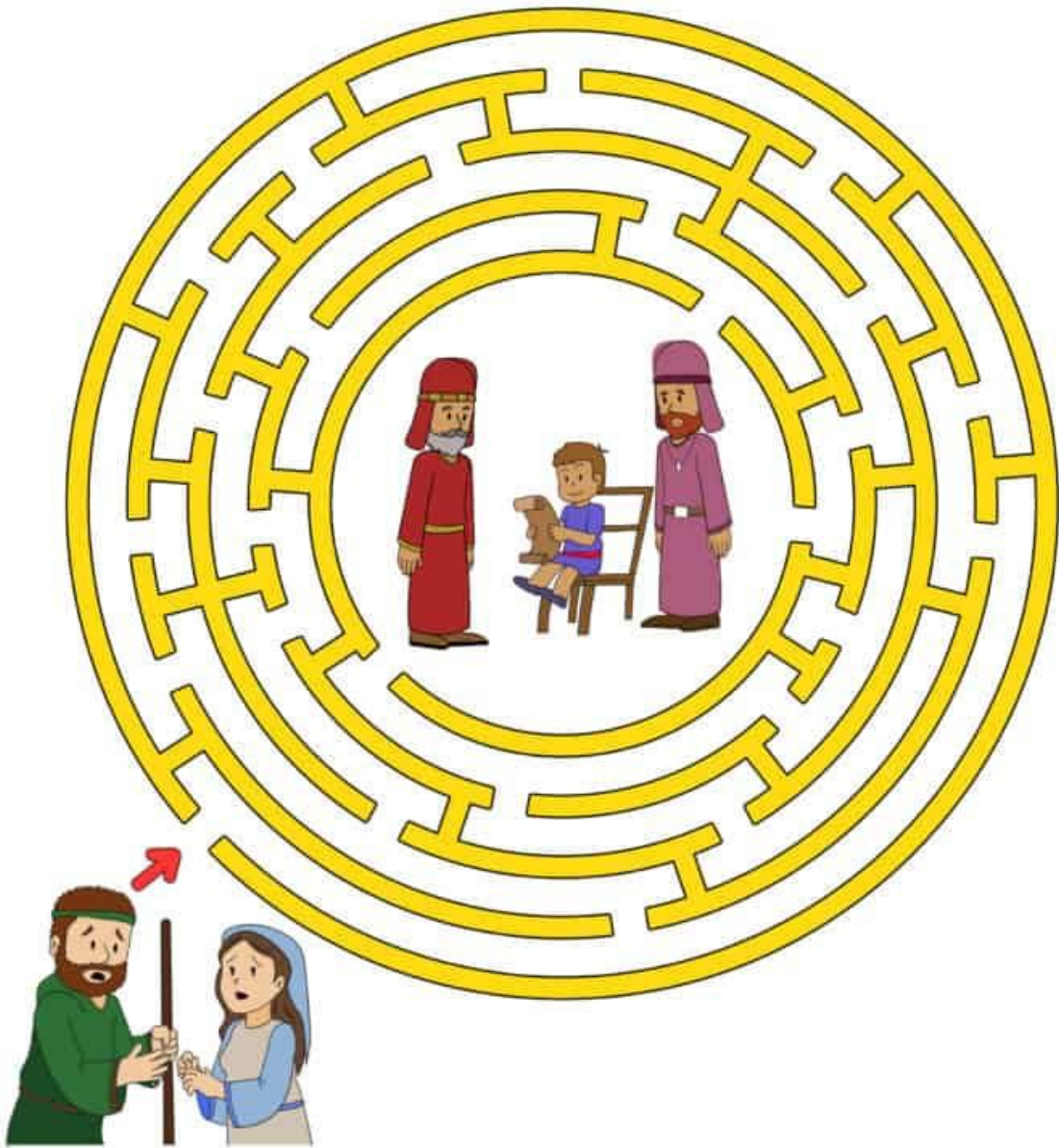
Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us



Help Mary and Joseph find Jesus in the temple



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