



THE YEAR OF ST JOSEPH

FAMILY PRAYER SHEET

*October -
Husband of Mary*

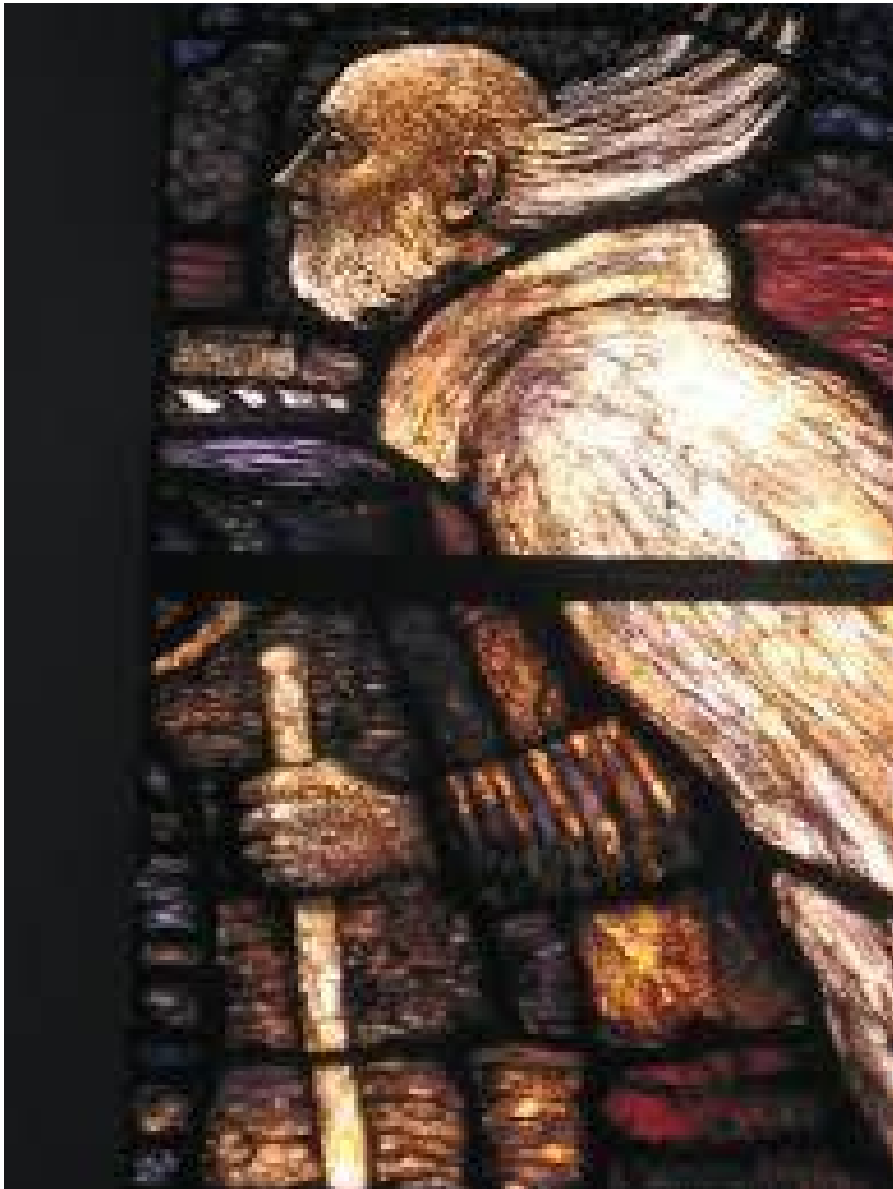


Dear NPCAT Families

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 Matthew 1:18-24

Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins." All this took place to fulfill what had been spoken by the Lord through the prophet:

"Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel, which means, "God is with us." When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

Alternatives for Younger Children

A short retelling of this bible passage for children: <https://youtu.be/JcxwyMbHKG>

Reflection

Joseph is often talked about as a 'just' man. This means he valued fairness and treating people well. This is something that can be seen in this story. Joseph didn't want to expose Mary to public shaming because she was pregnant before they were married. He wanted to treat her with respect and protect her as much as he could. Then he has his vision and the angel shares God's plan with him and he agrees to protect and care for Mary and her child Jesus.

The gospel stories that mention Joseph show his devotion to his family. He took them to Egypt until it was safe for them to return when they settled in Nazareth. All the time he is guided by God in the messages from the angel. In his letter Patris Corde Pope Francis quotes a homily and says *"The nobility of Joseph's heart is such that what he learned from the law he made dependent on charity. Today, in our world where psychological, verbal and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man."* Joseph showed a deep respect and care for Mary and was willing to accept God's instructions of how to act. Are we able to accept our own family so willingly?

Discussion Points

- Do you value fairness?
- How do you show this?
- Do you think it was easy for Joseph to accept what the angel told him and do God's will?

Activities

Treat others fairly

Do some fundraising or tell people about a charity that helps people to be treated fairly. You could look at CAFOD, Mission together, the SVP or YCW to name a few.

Make a St Joseph peg doll

You could make a St Joseph and Mary peg doll to retell the story for younger brothers or sisters. Use this link to find some printable sheets you can use or some inspiration to make your own:

<https://www.catholicicing.com/printable-advent-saint-peg-doll-wraps/>

Activities taken from: <https://www.catholicicing.com>

What can you do for others?

- Send a thank you card to someone who does something to help you this month.
- Do a job without being asked to do it.

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

St. Joseph, watch over me and care for me just as you cared for the child Jesus; and by your help, may I come to know your Son, and so grow in strength and wisdom and the favour of God. Amen.

Taken from: <https://www.dioceseofbrentwood.net/wp-content/uploads/2021/02/The-Year-of-St.-Joseph.pdf>

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

