

# YEAR OF ST. JOSEPH RETREAT GUIDE

This retreat guide is an aide to the do-it-yourself retreat and can be used individually or with a group.

All corresponding videos are available at [www.saltandlightradio.com](http://www.saltandlightradio.com). At the end of each video the reflections are posted on the screen. You can pause the meditation video to read them off the screen or use this printed guide. All the reflections and references for each meditation video can be found in this retreat guide.

You can pick and choose which meditations you would like to view. The following are available:

1. **Why Honor St. Joseph?**  
By Fr. Caleb Vogel  
Length: 14:41                      Reflections & references on page 2
2. **Solemnity of St. Joseph Gospel Reflection**  
By Fr. Mariusz Majewski  
Length: 17:54                      Reflections & references on page 2
3. **The Prayers and Devotions of St. Joseph**  
By Fr. Joseph Lustig  
Length: 22:57                      Reflections & references on page 3
4. **The Masculine Virtues of St. Joseph**  
By Fr. Nathan Dail  
Length: 23:29                      Reflections & references on page 4
5. **The Humility and Greatness of St. Joseph**  
By Deacon Sal Carranza  
Length: 24:44                      Reflections & references on page 3
6. **St. Joseph in Time of Disappointment**  
By Fr. Hugh Feiss, OSB  
Length 23:22                      Reflections & references on page 5

## **BONUS:**

During the Year of St. Joseph the faithful have the opportunity to gain one plenary indulgence a day either for themselves or for the souls in Purgatory.

Two of the indulgenced acts are:

1. Meditating on the prayer of the Our Father for 30 minutes.
2. Participate in a spiritual retreat for at least one day that includes a meditation on St. Joseph.

To obtain a plenary indulgence one must intentionally perform the specified act, receive the Eucharist on the day the act is performed, go to the Sacrament of reconciliation 3 weeks before or after, and be free from the attachment to sin.

## WHY HONOR ST. JOSEPH?

By Fr. Caleb Vogel

Length: 14:41

### FOR REFLECTION:

1. What is something about St. Joseph that you find very honorable (or admirable) and why?
2. What two characteristics of St. Joseph would benefit you most at this point in your spiritual journey?

### REFERENCE:

Matthew 1:18-20

## SOLEMNITY OF ST. JOSEPH GOSPEL REFLECTION

By Fr. Mariusz Majewski

Length: 17:54

### FOR REFLECTION:

1. What do my deeds say about my spiritual life?
2. Is my life rooted in the Word of God?
3. Do I dialogue with God? What are the fruits of this dialogue?

### REFERENCES:

Solemnity of St. Joseph Collect:

*Grant, we pray, almighty God,  
that by Saint Joseph's intercession  
your Church may constantly watch over  
the unfolding of the mysteries of human salvation,  
whose beginnings you entrusted to his faithful care.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.*

Matthew 1:16, 18-21, 24a

*Jesus of Nazareth: The Infancy Narratives* (2012) by Pope Benedict XVI

# PRAYERS AND DEVOTIONS SURROUNDING ST. JOSEPH

By Fr. Joseph Lustig

Length: 22:57

## **FOR REFLECTION:**

1. How did I learn to pray? What are my favorite prayers?
2. How do I live my faith at home?
3. What are my current devotions or how can I implement devotions into my daily life/week?
4. What feast days do I celebrate? Any additional ones I could start observing in a greater way?

## **REFERENCES:**

Prayers for Days and Seasons <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/days-and-seasons>

Seasons and Feast Days <https://www.ewtn.com/catholicism/seasons-and-feast-days>

Devotions <https://www.ewtn.com/catholicism/devotions>

*Encyclopedia of Catholic Devotions and Practices* (2005) by Ann Ball

### Monthly Devotions:

January, the Holy Name of Jesus  
February, the Holy Family  
March, St. Joseph  
April, the Holy Eucharist  
May, Our Lady  
June, the Sacred Heart  
July, the Most Precious Blood  
August, the Immaculate Heart of Mary  
September, Our Lady of Sorrows  
October, the Rosary  
November, Holy Souls  
December, the Divine Infancy

## THE MASCULINE VIRTUES OF ST. JOSEPH

By Fr. Nathan Dail

Length:

### **FOR REFLECTION:**

1. Am I properly formed to carry out the mission that I may need to protect my "garden"-intellectually, physically, and spiritually?
2. Are my desires properly ordered? Do I retreat into a virtual reality? (i.e.-video games, pornography, etc.)
3. What does meekness mean to me?
4. Do I properly provide and protect my flock?

### **REFERENCES:**

*Deus Caritas Est* Encyclical by Pope Benedict XVI

Venerable Fulton Sheen on St. Joseph: <https://www.ncregister.com/commentaries/jubilee-of-saint-joseph-ix>

*Consecration to St. Joseph: The Wonders of Our Spiritual Father* (2019) by Fr. Donald H. Calloway

## THE HUMILITY AND GREATNESS OF ST. JOSEPH

By Deacon Sal Carranza

Length: 24:44

### **FOR REFLECTION:**

1. Am I humbly accepting the graces that God offers me daily, or am I somehow rejecting them?
2. Do I question or do I accept God's plan for my life?
3. Am I doing things for God or with God?

### **REFERENCES:**

Letter on St. Joseph, *Patris corde*

*Consecration to St. Joseph: The Wonders of Our Spiritual Father* (2019) by Fr. Donald H. Calloway,

# ST. JOSEPH IN TIME OF DISAPPOINTMENT

By Fr. Hugh Feiss, OSB

Length: 23:22

## **FOR REFLECTION:**

1. In times of troubles, disappointments, and temptations where do I turn? Do I take them to prayer?
2. Think about a difficult time in your life that challenged you in ways that you needed to be challenged.
3. With the current state of my life today, what is one thing I need to deal with using creative courage?

## **REFERENCES:**

Letter on St. Joseph, *Patris corde (With a Father's Heart)* is available in digital, as are his writings, at [vatican.va](http://vatican.va), Most of his writings can be purchased from multiple publishers. For details, see Amazon, Pope Francis

*Fratelli tutti: On Fraternity and Social Friendship* (2020) (his vision of a better political and economic world)

*Let Us Dream* (a less technical presentation of the ideas of *Fratelli tutti* (2020)

*Querida Amazonia: The Beloved Amazon* (2020) (His response to the Synod devoted to the Amazon region)

*Amoris laetitia* (The Joy of Love (2016) (his response to the Synod on the Family)

*The Name of God Is Mercy* (2016) ( a key theme of his papacy)

*Laudato si: On Care for Our Common Home* (2015)

*The Joy of the Gospel (Evangelii gaudium)* (2013) His vision of the Church, its ministry, its ministers)

Jean Pierre de Caussade, (1675-1751) *Abandonment to Divine Providence* (there are many editions, including kindle audiobook)

St. Augustine, *On the Psalms* (the text in the talk can be found in the Liturgy of the Hours, Office of Readings for the First Sunday of lent)