



Self-directed Year of St Joseph Retreat

Introduction:

This retreat outline is intended to help participants gain the indulgences granted by the Holy Father in the Year of Saint Joseph (Dec. 8, 2020 to Dec. 8, 2021).

Indulgence Decree:

http://www.vatican.va/roman_curia/tribunals/apost_penit/documents/rc_trib_appen_pro_20201208_decreto-indulgenze-sangiuseppe_en.html

- 1) Participate in a spiritual retreat for at least one day that includes a meditation on St. Joseph.
- 2) Pray for St. Joseph's intercession for the unemployed that they might find dignifying work.
- 3) Recite the Litany of St. Joseph for persecuted Christians.
- 4) Entrust one's daily work and activity to the protection of St. Joseph the Worker.
- 5) Follow St. Joseph's example in performing a corporal work of mercy. These include feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the imprisoned, visiting the sick, and burying the dead.
- 6) Perform one of the spiritual works of mercy, such as comforting the sorrowful, counseling the doubtful, instructing the ignorant, admonishing the sinner, bearing wrongs patiently, forgiving injuries, and praying for the living and the dead.
- 7) Pray the rosary together with one's family in order that "all Christian families may be stimulated to recreate the same atmosphere of intimate communion, love and prayer that was in the Holy Family."
- 8) Engaged couples can also receive an indulgence from praying the rosary together.
- 9) Meditate for at least 30 minutes on the Lord's Prayer, because St. Joseph "invites us to rediscover our filial relationship with the Father, to renew fidelity to prayer, to listen and correspond with profound discernment to God's will."
- 10) Pray an approved prayer to St. Joseph on St. Joseph Sunday, the Sunday after Christmas in the Byzantine Catholic tradition.
- 11) Celebrate the feast of St. Joseph on March 19 with an act of piety in honor of St. Joseph.
12) Pray an approved prayer to St. Joseph on the 19th of any month.
- 13) Honor Joseph with an act of piety or approved prayer on a Wednesday, the day traditionally dedicated to St. Joseph.
- 14) Pray to St. Joseph on the Feast of the Holy Family on Dec. 27.
- 15) Celebrate the feast of St. Joseph the Worker on May 1 with an act of piety or prayer.

Retreat Planning Recommendations:

- DIY Retreats mean that you are the retreat master, so read through the options and make a plan. You might organize the time alone or in a group. It can take less than one half-day or be spread out over 2-9 days with extra time for journaling or reflection. You might also plan to repeat it regularly.
- Schedule the time on your calendar. Pope Francis encourages intentional devotion to St. Joseph especially on March 19 and May 1, feast of the Holy Family of Jesus, Mary and



Joseph, the Sunday of Saint Joseph (according to the Byzantine tradition), the 19 of every month and every Wednesday. Be flexible with interruptions and delays to your schedule. Ask the Lord to direct your time since you have dedicated it to Him.

- Find a quiet place to pray and focus the retreat. You could visit a retreat center or shrine or church. At home it is possible to arrange a room as a prayer space with a picture of St. Joseph. Perhaps you could participate in Adoration of the Blessed Sacrament at a church, journal in a special book, or pray your rosary on a walk in a special park.
- Remove as many distractions and chores from the designated time as possible. Prepare food ahead of the retreat or offer the day in fasting to simplify meals. Silence electronics and step away from screens if you are able.
- Schedule a conversation during the day with a spiritual friend, spiritual mentor, or spiritual director to discuss the progress of your reflections.
- Record and tell others about any answered prayers in the days following the retreat.

1. RECEIVE HOLY COMMUNION - Standard Requirement to Obtain Plenary Indulgence

Find a Livestream Mass: <https://archdpdx.org/live-masses>

Find an In-Person Mass: <https://archdpdx.org/parishfinder>

2. GO TO CONFESSION - Standard Requirement to Obtain Plenary Indulgence

After a thorough Examination of Conscience and within about three weeks before or after you perform the indulgenced activity, make a Sacramental Confession.

Examination of Conscience: <https://pastoralministry.archdpdx.org/reconciliation-1>

3. PRAY FOR POPE'S INTENTIONS - Standard Requirement to Obtain Plenary Indulgence

(Typically an Our Father, Hail Mary and Glory Be)

The Our Father

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen



The Hail Mary

Hail Mary, full of grace, the Lord is with you;
blessed are you among women, and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

The Glory Be (The Doxology)

Glory be to the Father, the Son, and the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

4. BE FREE OF ALL ATTACHMENT TO SIN

5. PERFORM AN INDULGENCED ACT

NOTE: A plenary, or “full” indulgence, can be obtained for oneself or applied to someone who has died. Only one plenary indulgence may be obtained on any given day.

From the Vatican Decree on Indulgences: “In the current context of the health emergency, the gift of the Plenary Indulgence extends particularly to the elderly, the sick, the suffering and all those who for legitimate reasons are unable to leave the house, and who with a soul detached from any sin and with the intention to fulfil, as soon as possible, the three customary conditions in their own home or wherever the impediment detains them, shall recite an act of piety in honour of Saint Joseph, Comfort of the Sick and Patron of a Happy Death, faithfully offering to God their suffering and the hardships of their life.”

Indulgence 1. ENTRUST ONE’S DAILY WORK AND ACTIVITY TO THE PROTECTION OF ST. JOSEPH THE WORKER.

Prayer Before Work

O Glorious Saint Joseph, model of all those who are devoted to labor, obtain for me the grace to work in a spirit of penance for the expiation of my many sins; to work conscientiously, putting the call of duty above my natural inclinations; to work with thankfulness and joy, considering it an honor to employ and develop by means of labor the gifts received from God; to work with order, peace, moderation, and patience, never shrinking from weariness and trials; to work above all with purity of intention and detachment from self, keeping unceasingly before my eyes death and the account that I must give of time lost, talents unused, good omitted, and vain complacency in success, so fatal to the work of God.

All for Jesus, all through Mary, all after thy example, O Patriarch, Saint Joseph. Such shall be my watch-word in life and in death. Amen. (Composed by Pope St. Pius X)



Indulgence 2. PRAY FOR ST. JOSEPH'S INTERCESSION FOR THE UNEMPLOYED THAT THEY MIGHT FIND DIGNIFYING WORK.

Prayer to St Joseph for workers and those seeking employment

Silent and well-known carpenter in Nazareth, model of workers, by the work of your hands you gave your contribution to the work of the Creator, you earned your living, and you provided for the needs of the Holy Family. Intercede for all workers, in the difficulties of their daily lives especially for the unemployed, in their anxieties for tomorrow, so that through the guidance of God, the great Architect and Builder, they all may use their strength and talents to make visible God's new creation, to offer a concrete service to society, and to earn wages worthy of their efforts. With confidence and trust we make this prayer through Jesus. Amen

From: Prayer for Catholic Living <https://www.cdow.org/StJosephTheWorker.pdf>

Indulgence 3. PRAY ANY LAWFULLY APPROVED PRAYER OR ACT OF PIETY IN HONOR OF SAINT JOSEPH

A Morning Offering through St. Joseph

Receive me, dear and chosen Father, and the offering of every movement of my body and soul, which I desire to present through thee to my blessed Lord.

Purify all! Make all a perfect holocaust! May every pulsation of my heart be a Spiritual Communion, every look and thought an act of love, every action a sweet sacrifice, every word an arrow of Divine love, every step an advance toward Jesus, every visit to Our Lord as pleasing to God as the errands of Angels, every thought of thee, dear Saint, an act to remind thee that I am thy child.

I recommend to thee the occasions in which I usually fail, particularly . . . [Mention these]. Accept each little devotion of the day, though replete with imperfection, and offer it to Jesus, Whose mercy will overlook all, since He regards not so much the gift as the love of the giver. Amen.



Indulgence 4. REFLECT ON ST. JOSEPH:

Article on St. Joseph:

Redemptoris Custos 1989 Apostolic Exhortation by John Paul II
Patris Corde

Recorded talk on St Joseph:

- Who St. Joseph Was and Why You Need to Know Him by St. Paul Center. Conversation with Dr. Scott Hahn and Fr. Donald Calloway. 14:51 minutes https://youtu.be/h92WKKBf_G0
- St. Joseph: An Example for All Husbands by Ascension Presents. Advent Visio Divina with Sr. Miriam Heideland. 10:49 minutes <https://www.youtube.com/watch?v=Y0BGOhk6iSE>
- St. Joseph and the Holy Family by Franciscan University Presents. Conversation with Jichael Herson, Fr. Sean O. Sheridan, TOR, Dr. Scott Hahn, Fr. Boniface Hicks, OSB. 58:30 minutes <https://www.youtube.com/watch?v=ysPHIMCKikM>
- Mother Angelica Live Classics – St. Joseph by EWTN. 1hour <https://www.youtube.com/watch?v=jHD709AbRn0>

Indulgence 5. MEDITATE FOR AT LEAST 30 MINUTES ON THE OUR FATHER.

The Our Father

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen

- Pope Francis' Meditation Transcript: <https://slmedia.org/blog/pope-francis-meditation-on-the-our-father-at-the-romanian-orthodox-cathedral-in-bucharest>
- What It Really Means to Pray "Our Father..." by Ascension Presents. Lent Conversation with Fr. Fr. Mark Mary TOR and Fr. Malachy TOR 7:58 <https://youtu.be/QstnmA3KoAE>

Reflection questions:

- When I pray it slowly, what part of the prayer is most exciting or interesting? What part is most challenging?
- How is my relationship to God the Father impacted by my relationship to my earthly father?
- How would I describe Heaven? How would I describe God's Kingdom?
- What is "our daily bread?"
- Who do I need to forgive?
- What kinds of temptation do I face? How can I plan to overcome them?
- Evil is an absence of God. In what new areas of my life can I ask the Lord to be present?



Indulgence 6. PERFORM A CORPORAL OR SPIRITUAL WORK OF MERCY

Examples: <http://www.saintadalbertparish.org/wp-content/uploads/2012/07/Works-of-Mercy-Examples-2.pdf>

Corporal Works of Mercy:

- Feed the hungry
- Give drink to the thirsty
- Give alms to the poor
- Shelter the homeless
- Visit the sick
- Visit the imprisoned / Ransom the captive
- Bury the dead

Spiritual Works of Mercy:

- Instruct the ignorant
- Counsel the doubtful
- Admonish the sinner
- Forgive injuries
- Comfort the sorrowful
- Bear wrongs patiently
- Pray for the living and the dead

Indulgence 7. RECITE THE HOLY ROSARY IN FAMILIES, AND BETWEEN THE HUSBAND AND WIFE, AND ENGAGED COUPLES

How to pray the Rosary: <https://www.usccb.org/how-to-pray-the-rosary>

End with the following prayer:

To you, O blessed Joseph (Ad te, beate Ioseph)

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

Entrust their work daily to the protection of Saint Joseph and to all believers who invoke with their prayers the intercession of the worker of Nazareth



O Glorious Saint Joseph, model of all those who are devoted to labor, obtain for me the grace to work in a spirit of penance for the expiation of my many sins; to work conscientiously, putting the call of duty above my natural inclinations; to work with thankfulness and joy, considering it an honor to employ and develop by means of labor the gifts received from God; to work with order, peace, moderation, and patience, never shrinking from weariness and trials; to work above all with purity of intention and detachment from self, keeping unceasingly before my eyes death and the account that I must give of time lost, talents unused, good omitted, and vain complacency in success, so fatal to the work of God.

All for Jesus, all through Mary, all after thy example, O Patriarch, Saint Joseph. Such shall be my watch-word in life and in death. Amen. (Composed by Pope St. Pius X)

Indulgence 8. PRAY THE LITANY OF SAINT JOSEPH FOR THE PERSECUTED CHURCH AND FOR THE RELIEF OF ALL PERSECUTED CHRISTIANS

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us. Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Ghost, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

St. Joseph, *pray for us.*

Illustrious son of David, *pray for us.*

Light of patriarchs, *pray for us.*

Spouse of the Mother of God, *pray for us.*

Chaste guardian of the Virgin, *pray for us.*

Foster father of the Son of God, *pray for us.*

Watchful defender of Christ, *pray for us.*

Head of the Holy Family, *pray for us.*

Joseph most just, *pray for us.*

Joseph most chaste, *pray for us.*

Joseph most prudent, *pray for us.*

Joseph most valiant, *pray for us.*

Joseph most obedient, *pray for us.*

Joseph most faithful, *pray for us.*

Mirror of patience, *pray for us.*

Lover of poverty, *pray for us.*

Model of workmen, *pray for us.*

Glory of home life, *pray for us.*

Guardian of virgins, *pray for us.*

Pillar of families, *pray for us.*

Solace of the afflicted, *pray for us.*



Hope of the sick, *pray for us.*
Patron of the dying, *pray for us.*
Terror of demons, *pray for us.*
Protector of Holy Church, *pray for us.*
Lamb of God, Who takes away the sins of the world,
Spare us, O Lord!
Lamb of God, Who takes away the sins of the world,
Graciously bear us, O Lord!
Lamb of God, Who takes away the sins of the world,
Have mercy on us!
V. He made him the lord of His household,
R. *And prince over all His possessions.*
Let Us Pray

O God, Who in Thine ineffable Providence didst vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

Indulgence 9. PRAY AN ACT OF PIETY IN HONOR OF SAINT JOSEPH, CONSOLATION OF THE SICK AND PATRON OF GOOD DEATH, CONFIDENTLY OFFERING GOD THE PAINS AND DIFFICULTIES OF HIS LIFE.

Daily Novena Prayer to St. Joseph

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, do assist me by your powerful intercession and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord, so that having experienced here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

O Saint Joseph, I never weary of contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Hold Him close in my name and kiss His fine head from me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for me. Amen.