

# A TENDER AND LOVING FATHER

## REFLECTION FOR THE YEAR OF ST. JOSEPH

*In the Apostolic Letter Patris Corde (With a Father's Heart), Pope Francis identifies the extraordinary attributes of St. Joseph as a "beloved, tender and loving, obedient, accepting, creatively-courageous, working father hidden in the shadows." (cf. No 1-7). The Canadian Conference of Catholic Bishops have prepared a series of guided reflections on each of the seven attributes. You may use these as individuals, families or in groups gathered in person or online.*

### PRAY

St. Joseph, with a father's heart, you taught Jesus about mercy and tenderness. When faced with doubt, you trusted in the Father's love for you.

Help us to confront our fears with tenderness so that we may respond to life's challenges in mature and loving ways.

Give us the wisdom to show tender mercy to others' frailty and weakness.

In Jesus' name, we pray!

### WATCH

In [this video clip](#), Most Rev. Joseph Dabrowski, CSMA, Auxiliary Bishop of London, reflects on St. Joseph as a tender and loving father. He considers questions such as:

- How does St. Joseph show the tender love of God?
- What are the ways in which we encounter God's mercy and tenderness?
- How does St. Joseph model for us how we are to be merciful and tender to those in our care?

### REFLECT

Journal or reflect quietly on what you have heard.

Take some time to consider:

- How does St. Joseph help us to know the tender and merciful love of God?
- Are you able to touch your frailty with tenderness?
- How does seeing others through the eyes of Christ help you to be a more tender and merciful person?

All material taken from the Canadian Conference of Catholic Bishops' Year of Saint Joseph Catechesis.

If you are reflecting with a group, include a personal reflection time and then open it up to discuss St. Joseph's as a Beloved Father.



Artwork: Joseph and the Child © Gisele Bauche, [spiritualityandart.ca](http://spiritualityandart.ca). All rights reserved. Used with permission.

### PRAY

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

Prayer: © Libreria Editrice Vaticana

All material taken from the Canadian Conference of Catholic Bishops © Concacan Inc., 2021.

[www.cccb.ca/evangelization-catechesis-catholic-education/celebrating-the-year-of-saint-joseph/patris-corde-guided-video-reflections/](http://www.cccb.ca/evangelization-catechesis-catholic-education/celebrating-the-year-of-saint-joseph/patris-corde-guided-video-reflections/)

