

# Family Faith at Home



## A Special Family Faith at Home Dedicated to the Year of St. Joseph

As you may know, last fall Pope Francis announced the Year of St. Joseph. In his decree, he said that he noticed during this pandemic the incredible—and often unseen—work of so many people. He reflected on this by saying, “How many fathers, mothers, grandparents and teachers are showing our children, in small everyday ways, how to accept and deal with a crisis by adjusting their routines, looking ahead and encouraging the practice of prayer. How many are praying, making sacrifices and interceding for the good of all. Each of us can discover in Joseph – the man who goes unnoticed, a daily, discreet and hidden presence – an intercessor, a support and a guide in times of trouble. Saint Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation.”<sup>1</sup>



This year our pope invites us not only to reflect upon the witness of St. Joseph but seek his intercession and to model ourselves after him too. Just as Joseph loved Jesus and Mary, “we must learn to love the Child and His mother, to love the sacraments and charity, to love the Church and the poor.”<sup>1</sup>

This week’s Family Faith at Home has an Act of Consecration to St. Joseph, a Litany to St. Joseph, and some activities you can do together to honor St. Joseph this Lent.

First, here is [a short video](#) explaining the year of St. Joseph.

### As a family, take time to read the following Gospel accounts that involve St. Joseph

Matthew 1: 18-25

Matthew 2: 13-23

<sup>1</sup> Francis, *Patris Corde*, Apostolic Letter, December 8, 2020.

### Discuss as a Family

1. Who is St. Joseph?
2. Ask the children, when Jesus was your age, what are the things you think St. Joseph taught him?
3. How did St. Joseph protect the baby Jesus? How do you think God protects you now?
4. How can we look at St. Joseph as a role model today?

### Share

“WITH A FATHER’S HEART: that is how Joseph loved Jesus, whom all four Gospels refer to as ‘the son of Joseph’... Thanks to his role in salvation history, Saint Joseph has always been venerated as a father by the Christian people. This is shown by the countless churches dedicated to him worldwide,... Even through Joseph’s fears, God’s will, his history and his plan were at work. Joseph, then, teaches us that faith in God includes believing that he can work even through our fears, our frailties and our weaknesses. He also teaches us that amid the tempests of life, we must never be afraid to let the Lord steer our course. At times, we want to be in complete control, yet God always sees the bigger picture... Joseph’s attitude encourages us to accept and welcome others as they are, without exception, and to show special concern for the weak, for God chooses what is weak (1 Cor 1:27). He is the “Father of orphans and protector of widows” (Ps 68:6), who commands us to love the stranger in our midst. I like to think that it was from Saint Joseph that Jesus drew inspiration for the parable of the prodigal son and the merciful father.” – excerpts from Pope Francis’ letter *Patris Corde*

### Videos

For families with younger children, [watch this video](#).

For families with older children, [watch this video](#).

### Pray

On Friday March 19, His Eminence, Cardinal Dolan, will consecrate the Archdiocese of New York to St. Joseph. This means that he will entrust us into the fatherly care and protection of St. Joseph, just like Mary and Jesus did. We invite you all to join the entire archdiocese in prayer that day by praying the Act of Consecration to St. Joseph.

### Do

As a family, engage in some of the corporeal works of mercy in honor of St. Joseph this Lent. The attached sheet has some ideas you can use.



# YEAR OF ST. JOSEPH

## VISIT THE SICK OR IMPRISONED

Make a card for one of our retired priests and mail it to:

Cardinal O'Connor  
Clergy Residence  
5655 Arlington Ave  
Bronx, NY 10471

## GIVE DRINK TO THE THIRSTY

If possible refrain from using bottled water and use the money you saved to donate to [Catholic Relief Services](#) to build wells.

or

Donate cases of bottled water to a local shelter.

## COMFORT THE SORROWFUL

Send a real card or letter to someone who may feel lonely or sad.

## SHELTER THE HOMELESS

Buy, collect, or make blankets to give to a homeless shelter.

## BURY THE DEAD

Look at your parish bulletin and as a family say a prayer for those who have died. You can offer this prayer:

“Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace.  
Amen.”

## FEED THE HUNGRY

Using non-perishable items, create a "Meal Kit" for a family of four and donate to a local food pantry. The meal kit should include all of the non-perishable ingredients and a recipe card.

Consider meals such as pastas, enchiladas, etc. that can be supplemented with fresh ingredients.

## CLOTHE THE NAKED

Go through your closets and donate items to your local shelter or thrift store.

Buy socks and donate to your local shelter.

## GIVE ALMS TO THE POOR

Participate in CRS Rice Bowl.

[Click here to learn more.](#)

Consider having a simple meal one day a week and donate the savings.



*For the Year of Saint Joseph*

# Act of Consecration to Saint Joseph

Archdiocese of New York



After Mass on the Solemnity of Saint Joseph, the celebrant kneels before an image or statue of Saint Joseph in the sanctuary. He invites all to kneel and leads the people in the following prayer:

### **Act of Consecration to Saint Joseph**

O Glorious Patriarch and Patron of the Church! O Virgin Spouse of the Virgin Mother of God! O Guardian and Virginal Father of the Word Incarnate! In the presence of Jesus and Mary, we, the clergy, religious, and lay faithful of the Archdiocese of New York, choose you this day to be our father, guardian, and protector.

O great Saint Joseph, whom God has made the Head of the Holy Family, accept us, we beseech you, though utterly unworthy, to be members of your "Holy House." Present us to your Immaculate Spouse; ask her also to adopt us as her children. With her, pray that we may constantly think of Jesus, and serve him faithfully to the end of our lives. O Terror of Demons, increase in us virtue, protect us from the evil one, and help us not to offend God in any way.

O Spiritual Father, we hereby consecrate the Archdiocese of New York to you. In faithful imitation of Jesus and Mary, we place all our concerns under your care and protection. To you, after Jesus and Mary, we consecrate our bodies and souls, with all their faculties, our spiritual growth, our homes, and all our affairs and undertakings.

Forsake us not, but adopt us as servants and children of the Holy Family. Watch over us at all times, but especially at the hour of our deaths. Console and strengthen us with the presence of Jesus and Mary so that, with you, we may praise and adore the Holy Trinity for all eternity. Amen.

## Litany to Saint Joseph

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 Spirit, *have mercy on us.*

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

Holy Mary, *pray for us.*

Saint Joseph, *pray for us.*

Noble offspring 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 courageous, *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.*

Example to parents, *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 the 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 hear us, O Lord.*  
Lamb of God, who takes away the sins of the world,  
*have mercy on us.*  
He made him lord over his house,  
*and the ruler of all his possessions.*

**Celebrant:** Let us pray.

Lord Jesus Christ,  
by your ineffable providence  
you chose Saint Joseph  
to be the spouse of your most holy Mother:  
grant, we beseech you,  
that we may have him for an intercessor in heaven,  
as we venerate him as our protector on earth.  
You who live and reign forever and ever. *℞ Amen.*

**At the conclusion of the Litany, the celebrant may light  
candles or place a bouquet of white lilies in front of an  
image or statue of Saint Joseph.**

**Celebrant:** Let us now conclude our consecration by reciting together the prayer that Pope Francis has promulgated for the Year of Saint Joseph:

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.

