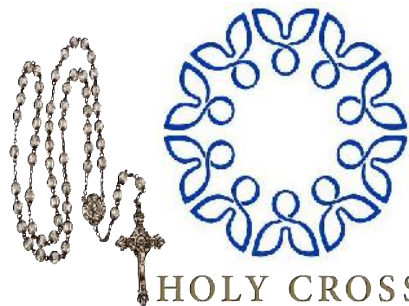




HOLY CROSS
FAMILY MINISTRIES

FAMILY LIGHT

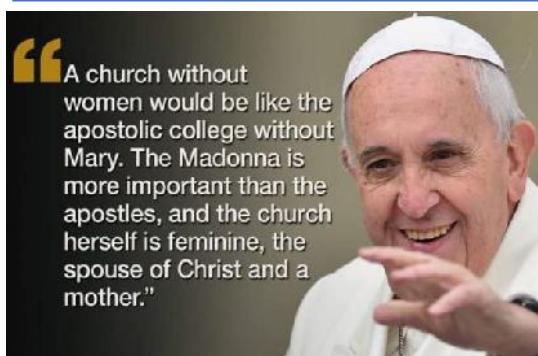


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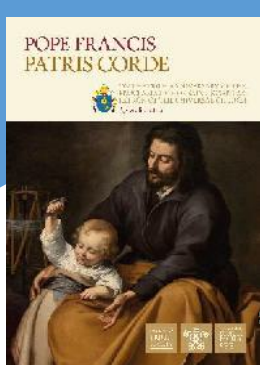


EDITORIAL

St. Joseph: the man whom heaven trusts.

Pope Francis brought out an Apostolic Letter, *Patris Corde* on the 150th Anniversary of the proclamation of St. Joseph as the Patron of the Universal Church. *Patris Corde* is a meditation on the life of St. Joseph inviting us to have a closer look at St. Joseph. The letter commemorates him as a beloved, tender, obedient, courageous and faithful foster father to Our Lord and, as such, an example to all fathers. *With a Father's Heart – that is how Joseph loved Jesus, whom all Gospel refer as the “the Son of Joseph”* – are the opening remarks in the Apostolic letter. From the end of 1800s till date many Popes have gifted us with beautiful and profound insights about the depth of this man in the shadows.

This issue of “Family Light” is dedicated to St. Joseph, a saint who is an example to all of us in his quiet, docile witness to God's salvific plan. Here was a man open to life's twists and turns.



St. Joseph had to make abrupt changes in his life to respond to God's call. He was always prepared to adjust to a *new normal*. He reminds us that it is not by argument or debate that one responds to God's call but by being a persistent witness to the *truth and joy* of the Gospel. This is exemplified by St. Joseph, whose pattern “*is not one that explains, but accepts*” says *Patris Corde*. St. Joseph is our model “to accept life as it is, with all its contradictions, frustrations and disappointments”. By enduring the confusion of a mysterious future, St. Joseph teaches us to persevere with gracefulness. St. Joseph found happiness “*not in mere self-sacrifice but in self-gift*”, explains the Holy Father. He gave of himself completely without expectation of something in return for self. And as St. Pope John Paul II often said, one cannot give what one does not possess.



This issue brings to our readers reflections and experiences of people inspired by St. Joseph, a man whom the heaven trusts and the earth rejoices in. As you go through the pages of this newsletter, I wish every reader the protection of the “man in the shadows” – St. Joseph's paternal care and blessing!

~Fr. Royal Nazareth C.S.C, Director, HCFM - Bengaluru

“That question, ‘Where does prayer fit in today?’, I’d say where does your heart fit in in your body? Where does the air fit in when you breathe? It’s an essential dimension in our very lives.”

~ Ven. Fr. Patrick Peyton

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Reflection on St. Joseph

It happened in the summer of 2002. I was at the Oratory of St. Joseph, Montreal, Canada, for pastoral service to English and Italian Pilgrims. Except during the summer months, the pastoral services at the Oratory are in French language. I was offering daily Mass in English and for groups of Italian pilgrims, in their language.

During the summer months, there used to be groups of pilgrims particularly from the United States and different parts of Canada, visiting the biggest Shrine in the Catholic world in honor of St. Joseph, the foster father of Jesus. I noticed a man of Asian origin, his movements made slow by his age and ailment, attending the daily English Mass. He would come early and light a candle before the statue of St. Joseph, visit the

tomb of St. Andre Bessette, the servant of St. Joseph who built the biggest Shrine in the world for his master. After observing for about three weeks, one day I befriended him after my Mass. As I approached him, he raised himself and greeted me in Asian style, joined hands, bowing his head. I noticed on his face peace and serenity, although his eyes and forehead had the mark of a man who bore much pain and loss in his life. So, I sat next him and in low voice said that I noticed him present for my daily English Mass. He thanked me profusely for the opportunity to attend English Mass. He introduced himself as Mr. Robert Rayappan a refugee in Montreal from Srilanka. He and his wife were given political asylum by the Canadian Government. He had a textile shop in Colombo. During the political and ethnic violence one day his shop was destroyed. His friends in Canada helped him reach Montreal. He said that since his childhood he had devotion to St. Joseph. It is his conviction that it was St. Joseph who made all the arrangements for him and his wife to come to Montreal, to the house of St. Joseph. Ever since he landed in Montreal, in all weather conditions, daily he goes to St. Joseph in gratitude and faith to pray for the suffering humanity. He said that when he lost his life's savings in the hands of a violent mob, he held firm

to St Joseph. And Joseph brought him to Canada, as Joseph saved the lives of Mary and Jesus in Egypt. Mr. Robert and his wife had many limitations, like lack of knowledge of French language, advanced in age, inclement weather and poor housing facilities etc. We met every day, and that gave Robert an opportunity to unwind his story in faith. There was no bitterness or anger, sense of loss or failure in his words, instead he is grateful for the house and facilities that the Canadian Government has provided him with. In his mid-seventies his greatest



*St. Joseph's Oratory of
Mount Royal, Quebec,
Canada.*

*Minor Basilica and
National Shrine (1904)*

joy is that his wife is with him and together they are in the vicinity of the house of St. Joseph, their protector and provider.

The above-mentioned incident happened many years ago, but the memory of the man and his words are fresh in my mind, because in spite of his pain and loss in life, he spoke words of faith and gratitude. He lived the virtue of the man he trusted, St. Joseph; a complete surrender to the Will of God while going about doing good to others.

We read in the Bible that a people facing famine and death was asked to 'go to Joseph'. He provided for everyone's needs and saved their lives. In the Old Testament, Joseph was a man of integrity. For us integrity is a daily task. It is about integrating into one's life values and behaviors proper to one's vocation and vision of life. Gospel teaches us that Joseph was a righteous man. His righteousness saved the life of Mary. Righteousness and integrity are two sides of a coin.

The message, 'It's Ad Joseph' -Go to Joseph- is above all a call to live a righteous life in our contexts and engage in works of righteousness especially towards those who need most our support, protection and mediation.



Rev. Fr. K.J. Abraham C.S.C
Second Assistant, General Counsel, Rome

St Joseph, my patron

I am glad and grateful for having been given an opportunity to share my experience and values of St Joseph in my life. I was brought up in a God-fearing catholic family with a solid foundation of the saints, morning prayers, daily Mass, Family Prayer, Bible reading before bed, and values of a simple life, sacrifice, truthfulness, sharing and caring. Simple living, and noble thinking was taught since childhood. This year is dedicated to St Joseph and he is the patron saint of workers.

We had a new member in the birth of our son on the feast day of St. Joseph. His birth was truly a gift to us after many years of prayer after the birth of our first daughter.



The life of St Joseph is mentioned in the Gospel of St. Matthew and St. Luke only in the first two chapters. In Matthew 1:16, it is mentioned that St. Joseph being Jacob's son belonged to the family of King David. He belonged to Bethlehem. As we read in the scriptures, St. Joseph relocated to Nazareth months before Archangel Gabriel visited Mother Mary. He was not a rich person, but he was very hard working. And his wedding was fixed with Mary, who in the course of time was going to be the Mother of God.

We do not find many details about the life of St. Joseph in the Scriptures. But consistently we can read about him being honest, simple, and kind-hearted. And he used to work with patience, with all his kindness. He is an inspiration for all the workers in the world. And for this sake, on March 19th, we celebrate the feast of St Joseph, the Husband of Mary and on May 1st, we celebrate the feast of St Joseph as Workers Day.

St Joseph being a God-fearing man agreed to God's plan without any complaint, and also became foster father to Jesus and took whole responsibility of the child and his mother.

He was loved by Jesus a lot. In the Catholic Church, after Mother Mary, in our mind, we remember St Joseph to intercede for us.

Praying to St Joseph: At Present my family resides at Magadi and our Parish is dedicated to St Antony. We have great confidence and trust in St Joseph. I relocated to Magadi after my wedding and many years back there was no church at Ramanagara's Magadi, so I used to travel to Solur's St Joseph's Church to attend the Mass which was 15kms away. Like this, my family became the devout to St. Joseph . We began to trust him for all our needs. After the birth of my first daughter, for many years I couldn't conceive. With complete faith I prayed to

to St Joseph and on his feast day with his blessings, I gave birth to a baby boy. Like this, many of my problems were solved by him and his blessings. So I thank St. Joseph for all his blessings and mercy shown upon me and my family. Even to date, I have made a habit of visiting the church frequently and for all special occasions. When we undertake any big works by the intercession of St Joseph, we do get good results with our prayers answered. With his blessings, we can achieve all milestones of life.

In married life: The wedding vow says, "to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part". Every family must realize the importance of prayer and teach their kids the same. St Joseph was the foster father of Jesus, and he took the full responsibility of the family and also looked after them with love and care. Being parents, along with materialistic needs, we need to make children realize God's grace. Only then they will succeed. Don't teach the greed and selfishness; teach them love and happiness. Let your kids grow with the qualities of St. Joseph and stay blessed and happy. I would like to end this article with a quote "*St. Joseph listens to God's directions for him, as spoken through the angel, and he puts those directives into action. St. Joseph listens to God and acts immediately. ... St. Joseph models for us the family's vocation to holiness. Two elements to a healthy Christian family are serving God and then serving each other in the family. ... That is the vocation of each member of the family: to be holy. To serve God and to serve each other with care and devotion.*"

Mamatha Lewis
St. Anthony's Church, Magadi

St. Joseph- a respectful and sensitive man I admire

St. Joseph is the head of the Holy Family. God chose a humble carpenter to play the role of the father of Jesus, for the salvation of humankind. He was a man of solid conviction. He had a profound understanding of the scriptures because of his 'faithful' yet 'merciful' way of obeying the law. St. Joseph is the husband of Mary. He trusted in the dreams. He used to instantly wake up from his sleep and act exactly as the Angel commanded him to. The love and compassion Joseph showed to Mary and the young born Messiah is absolutely remarkable. Joseph took care of his family and helped Jesus grow with grace and wisdom. He protected Jesus and Mary during his entire life that's why he is named the protector of the Catholic Church.

He was a beloved father, attender and a loving father, an obedient father, accepting father, he accepted Mary unconditionally. Joseph trusted in the Angel's words. The humility of



Joseph's heart is such that, what he learnt from the law, he made dependent on charity. Joseph appears as a 'respectful' and 'sensitive' man. He was a loving father a hardworking carpenter, who earned an honest living to provide for his family. Jesus learned the Jewish religious values, the dignity of labour and what it means to earn one's own bread.

St. Joseph's life really touched my heart in many ways especially in the very beginning of his life when he came to know that Mary has conceived even though they haven't yet started living together. But when the Angel came in Joseph's dream, and commanded him to take Mary as his wife and that she has conceived through the power of the Holy Spirit, at once he obeyed the angel and did what he was instructed to do. These words by Joseph really increased my faith, kindness and obedience, love, humility in my daily routine life.

Secondly, he was a beloved husband, hardworking father, very affectionate; a courageous father and a husband. He was a simple and a humble person these qualities of St. Joseph's life really touched my heart.

Although we have no recorded words of Joseph in the Bible, his actions of 'OBDIANCE', 'MERCY', 'KINDNESS' and 'LOVE' speak volumes about the character of this most "remarkable man" and his testimony of the saviour.

As followers of Christ, we can learn much from "Joseph the Carpenter".

**Agas, St. Sebastian Church
Loliem, Goa**

*"The manner
in which St.
Joseph dealt
with Mary in
the
beginning
touched my
heart"*



*"We must hold fast to
the treasure of the rosary, the
gift of Our Blessed Mother.
The Rosary is a chain that
binds the family together.".
~ Venerable Patrick Peyton*

PRAYER TO SAINT JOSEPH

O Foster Father of our Lord Jesus Christ, Noble spouse of our blessed Virgin Mary, the protector of the Holy Family, we bow to you, Saint Joseph.

In this special year, chosen by the Holy Church, for the glory of your name, beloved Joseph, we dedicate all our prayer intentions to the Sacred Heart of Jesus Christ through your powerful intercession.

O righteous Joseph, we admire that you have always faithfully responded to the will of God in all crisis moments of your life.

Now, we humbly request your assistance and support in our complex life situations when we are unable to discern the Will of God. Help us grow closer to God even in times of trial, sickness, and difficulties in life.

Gracious and merciful God, kindly hear this humble prayer that we offer through your Holy Servant, Saint Joseph. Amen



Unassuming yet extraordinary St. Joseph

When I recall my childhood, I see that my family had devotion to St. Joseph - offering our prayers and hymns to him. My prayer before going to bed was "Jesus, Mary and Joseph help me. St. Joseph protector of the family, protect me and my family." As I grew, I came to know a little more about this wonderful saint. As I was doing my graduation at St. Joseph's college, Bangalore I fell in love with this beautiful saint. When there was rivalry between students of our college and Christ College we always reminded them with the famous dialogue "*Rishtye me Ham tere Bhaap lagthe hei Naam hei Joesph*" through our Mad adds and other plays. In the afternoons I was spending some time at chapel especially praying to St. Joseph which helped me to focus on my vocation.

Being in the congregation of Holy Cross we have a special devotion to St. Joseph. During my philosophy studies I acted as St. Andre in one of the plays, a saint who had a special devotion to St. Joseph and led people to Christ through St. Joseph. This play helped me to have more devotion to St. Joseph like St. Andre who always told people "Go to St. Joseph". Indeed, we need to go to St. Joseph who always listens and prays for us.

Pope Francis has proclaimed this year as "Year of Saint Joseph." In a new Apostolic Letter entitled "*Patris Corde*" (With a Father's Heart"), Pope Francis describes St. Joseph as a beloved father, a tender and loving father, an obedient father, an accepting father; a father who is creatively courageous, a working father, a father in the shadows. St. Joseph is the man who goes unnoticed, a daily, discreet and hidden presence, who nonetheless played "an incomparable role in the history of salvation." We hear Mary speaking on many occasions, and even Zachariah and Elizabeth speaking and even the most insignificant characters speaking, the elderly Simeon and Anna also sang praises as they saw child Jesus presented at the temple.

But, in the case of Joseph we see no singing, no dancing, no expressing of his feelings and emotions. He always remained in the background, however, always active and collaborative. This is an extraordinary and unusual character. It deserves our attention and admiration, especially in our age of self-promotion and self-glorification.

"My prayer before going to bed was – Jesus, Mary and Joseph help me. Protect me and my family"

Though self-promotion and self-glorifications were prevalent, in the past nobody took pride in it. It was considered cheap. However, today people are no more ashamed of doing it in public.

Today, nobody wants to remain unrecognized or left behind. Everybody wants to be at the forefront – on the central stage. Even in the Church functions the case is not much different. Some feel offended if they are not offered a chair on the stage. We are living in a world where everybody wants to speak and nobody wants to listen, everybody wants to be seen while nobody wants to observe, everybody wants to be taken care of while nobody wants to take care of others. But in the case of Joseph he listened, he observed

and he took care of Mary and Jesus.

We know that Joseph was a carpenter in a small town. He was a man of faith and fidelity to his faith. He was a man of compassion who loved Mary. In order not to expose her to the law and its punishment, which might have meant stoning, Joseph considered divorcing Mary quietly. But Joseph listened to the Spirit speaking inside of him and took Mary as his wife. From then on he took care of his wife and the child as his own. So, I can imagine Joseph as a gentle, respectful, self-sacrificing partner.

So, Joseph is a wonderful model for families. In him, Jesus saw the tender love of God, the one that helps us accept our weakness, because it is through and despite our fears, our frailties, and our weakness that most divine designs are realized.



Rev, Fr. Rajesh Pasanna C.S.C
Parish Priest
St. Anthony's Church, Magadi

Saint Joseph – loving and caring

Whatever little we know about St. Joseph is through the Bible, but his mentions in the Bible are not sufficient for us to know much about him. Through Bible we all know that St. Joseph was Mother Mary's betrothed [it is a formal arrangement and a couple can reasonably be considered as husband and wife while betrothed] and that he was the foster father of Jesus and that he was a carpenter.

From the little we know about St. Joseph, we can learn a lot for our life. When Joseph was betrothed to Mary, Joseph found that she was pregnant. But, he chose not to put Mary to shame; instead, he decided to leave her quietly knowing that she could be stoned to death if the news spread among the people.

Through this we learn not to spread things about others that would put them in shame and make it harder for them to live in the society. In today's world we find small things about others and make it a big issue or gossip about others and put them down. Keeping things to ourselves is not going to put us in loss, but spreading gossips is definitely going to make us great sinners and by doing so we are putting ourselves in shame in front of God. Instead, we should pray for them and surely, we will be blessed.

After Joseph decided to leave Mary quietly, an angel appeared in Joseph's dream and told him that Mary was conceived by the Holy Spirit and the child she carried was the son of God. Joseph believed that the angel was sent by God and believed all that the angel said even though the angel did not come to him in person, but in a dream. So, Joseph kept Mary as his wife. Today, we have the Bible in which we read the word of the Lord. A lot of explanation; a lot of messages are conveyed to us through the Bible. We who have to take these messages and connect them with our life; put the word of God in action in all that we do to others and to ourselves. Joseph's belief in God teaches us to have faith in God and not to give up in life easily for God puts us in situations

as his plans for us are much greater than our problems. When our belief is strong, nothing can ruin our life.

St. Joseph is honoured as the patron of families. Joseph followed everything that the angel said and obeyed God. Joseph took care of Mary during her pregnancy and after the birth of Jesus. He took care and protected both Mother Mary and Infant Jesus. St. Joseph teaches us to show love and care for our families as hardships may come and go for a short period, and can be solved but family is what will remain all thorough our life.



Eesha Reewa Fernandes
St. Sebastian Church, Loliem, Goa

“As St. Joseph did not put Mary to shame, I too would not want to put others to shame by gossip which makes them harder to live in society.”

Praying together with the family will help us treat each other with compassion, to be kind to each other, forgive, understand and to love our family unconditionally.

MEMORARE TO ST. JOSEPH

Remember, O most pure Spouse of the Virgin Mary, my noble protector Saint Joseph, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I come to you, my spiritual father, and fervently commend myself to you. Despise not my petitions, O Guardian of the Redeemer, but in your goodness hear and answer me. Amen.

From THE LITANY OF ST. JOSEPH

St. Joseph, *Pray for us.*
Patron of the Universal Church, *Pray for us.*
Spouse of the Mother of God, *pray for us.*
Pillar of Families, *pray for us.*
Model of Workers, *pray for us.*
Comfort 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.*



St. Joseph – Patron of Universal

Saint Joseph plays a very significant role in the Gospel of Matthew. Mt. 1: 18 – 24. This Gospel presents the personality of Joseph. First of all, Joseph is portrayed as a normal human being who thought from a human perspective. It is this attitude that prompted him to divorce Mary.

His love for Mary prevented him from exposing her to public disgrace and instead planned to divorce her informally (Mt 1:19).

"The heart of Joseph was specially made by God to care for His son, when He would take on flesh in our world."

For he is depicted as a 'Just man'. St. Joseph was obedient; he obeyed the law. He collaborated with God's plan. As a father he must have had lot of plans towards the family, but changed or abandoned his plans to the plan of God for humanity. Just as God creates and fashions the heart of every man (Psalm 33:15). He put into the heart of Joseph the highest aspiration of what a father should be. The heart of Joseph was specially made by God to care for His son, when He would take on flesh in our world. He obeyed God without questioning, without delay and without doubt and murmur. His mind and soul were ready to do whatever God willed and planned for him. We see Joseph's fatherly love in teaching Jesus the prayers, praying at home and in the synagogue.

Joseph provided daily sustenance to Mary and Jesus and protected them in Bethlehem, in Egypt and at Nazareth. Today the Church calls him **'Faithful Servant'**. Joseph's anxiety and doubts were cleared about Mary's pregnancy by God himself,

This lovely name 'Joseph' which in Hebrew signifies 'Abundance and Increase' was symbolic of the Treasure of Grace which enriched his soul and led him to perfection.

when He sent an Angel to him in a dream to explain her pregnancy, informing him about the birth of God's own Son through her and instructing him to name the Infant **'Jesus'**. This name comes from the Greek "*Yeshuah*", which means 'Yahweh saves'. This name identifies Jesus as the one who will save his people from their sins. This genealogy clearly proves that Joseph is of the family of David, chosen and consecrated for royalty by God Himself.

Saint Joseph's actions speak louder than his words

When required he lay aside his work at Nazareth and undertook a long journey in the cold winter in order to fulfil the order of Caesar Augustus. He did not delay but set out immediately with Mary despite that Mary's time to bear a child was already near. When the Angel told him "Arise, take the child and his mother and flee to Egypt" without much preparation, he fled to the land of Egypt early

morning to save the baby Jesus from Herod's fury. Again, when informed of Herod's death by the Angel, Joseph had no hesitation to go back to the land of Israel.

Many difficulties came his way, but his total submission to God was unshakable.

The lovely name 'Joseph' which in Hebrew signifies 'Abundance and Increase' was symbolic of the Treasure of Grace which enriched his soul and led him to perfection.

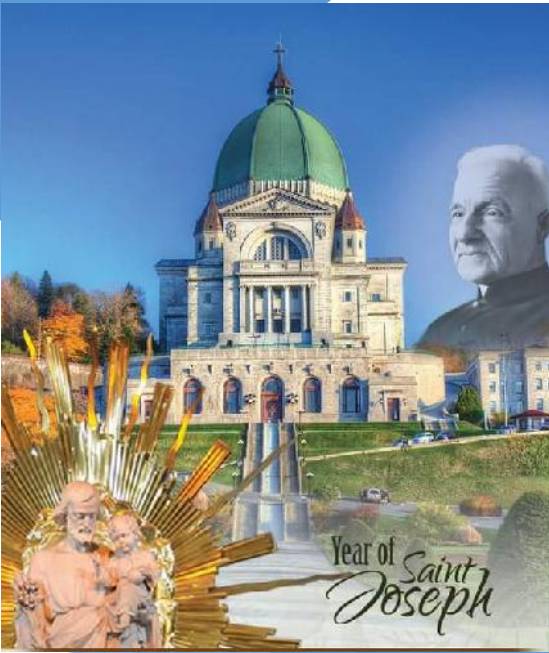
In order to earn a livelihood, he learnt to be a carpenter. In the humble dwelling of Nazareth, everything spoke of poverty and after the birth of Jesus, Joseph's poverty increased, making the situation even more difficult. But he was rich in the possession of Jesus and Mary. In fact, he was the richest person on earth because God became his son and the queen of heaven and earth, the mother of God, his spouse.

Very little was known about St. Joseph for many centuries in the early Christianity. But over time however, devotion to him has become increasingly popular and is spreading rapidly. This year is dedicated to St. Joseph. Holy Mother the Church, invites all her children to go to him with confidence, for he has been proclaimed as

'protector and guide' of the great Catholic family. Devotion to him is a powerful means to obtain favours, both spiritual and temporal. He is the patron and model of Christian Workmanship. He belonged to the working class. He left an example for all those who must earn their bread by the toil of their hands.

Mary D'Silva

St. Vincent De Paul Church, Katapadi



FRIEND OF ST. JOSEPH AND HEALER OF SICK

Brother André today known as St. Andre was a friend of St. Joseph and healer of the sick. Sickness and weakness dogged André from birth. He was the eighth of 12 children born to a French-Canadian couple near Montreal. Adopted at 12, when both parents had died, he became a farmhand. Various trades followed: shoemaker, baker, blacksmith—all failures. He was a factory worker in the United States during the boom times of the Civil War. At 25, André applied for entrance into the Congregation of Holy Cross. After a year's novitiate, he was not admitted because of his weak health. But with an extension and the urging of Bishop Bourget, he was finally received. He was given the humble job of doorkeeper at Notre Dame College in Montreal, with additional duties as sacristan, laundry worker and messenger. "When I joined this community, the superiors showed me the door, and I remained at the door for 40 years," he said.

In his little room near the door, he spent much of the night on his knees. On his windowsill, facing Mount Royal, was a small statue of Saint Joseph, to whom he had been devoted since childhood. When asked about it he said, "Someday, Saint Joseph is going to be honoured in a very special way on Mount Royal!" When he heard someone was ill, he visited to bring cheer and to pray with the sick person. He would rub the sick person lightly with oil taken from a lamp burning in the college chapel. Word of healing powers began to spread. When an epidemic broke out at a nearby college, André volunteered to nurse. Not one person died. The trickle of sick people to his door became a flood. His superiors were uneasy; diocesan authorities were suspicious; doctors called him a quack. "I do not cure," he said again and again. "Saint Joseph cures." In the end he needed four secretaries to handle the 80,000 letters he received each year.

For many years the Holy Cross authorities had tried to buy land on Mount Royal. Brother André and others climbed the steep hill and planted medals of Saint Joseph. Suddenly, the owners yielded. André collected \$200 to build a small chapel and began receiving visitors there—smiling through long hours of listening, applying Saint Joseph's oil. Some were cured, some not. The pile of crutches, canes and braces grew.

The chapel also grew. By 1931, there were gleaming walls, but money ran out. "Put a statue of Saint Joseph in the middle. If he wants a roof over his head, he'll get it." The magnificent Oratory on Mount Royal took 50 years to build. The sickly boy who could not hold a job died at 92.

He is buried at the Oratory. He was beatified in 1982 and canonized in 2010. At his canonization in October 2010, Pope Benedict XVI said that Saint Andre "lived the beatitude of the pure of heart."

Courtesy: Internet



Happy feast of St. Joseph.

BOOK POST

**HOLY CROSS
FAMILY MINISTRIES**
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