



MODEL FOR WORK LIFE

Scripture reveals to us Saint Joseph the worker. A man who embraces the dignity and importance of work and balances this appropriately with family life, providing for the material, as well as, the emotional and spiritual needs of his family.

“Is not this the carpenter’s son?”
(Matt 13:55)

“Joseph, caring for the child as he had been commanded, made Jesus a craftsman, transmitting his own professional skill to him. So the neighbours of Nazareth will call Jesus both faber and fabri filius: the craftsman and the son of the craftsman (see Mk 6:3; Mt 13:55). Jesus worked in Joseph’s workshop and by Joseph’s side. What must Joseph have been, how grace must have worked through him, that he should be able to fulfill this task of the human upbringing of the Son of God!”

– St Josemaria Escriva

What 2 or 3 actions could I do right now to improve my work-life balance?

ASK ST JOSEPH TO HELP

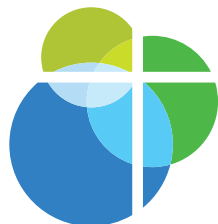
The proper mission of the saints is not only to obtain miracles and graces, but to intercede for us before God, like Abraham and Moses, and like Jesus, the “one mediator”, who is our “advocate” with the Father... The saints help all the faithful “to strive for the holiness and the perfection of their particular state of life”. Their lives are concrete proof that it is possible to put the Gospel into practice.

– Pope Francis (*Patris Corde*)

Let us 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.*



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YEAR OF ST JOSEPH

This year, the Church is calling us to a new appreciation of St Joseph as a model and inspiration for home and family life. It’s an opportunity for all of us to explore how we can more personally embrace some of the faithful qualities of St Joseph.



PERSON OF PRAYER

Scripture describes for us an image of St Joseph as a man of prayer and responsive to the work of the Holy Spirit in his life.

“When Joseph awoke from sleep, he did as the angel of the Lord commanded him” (Matt 1:24).

“To be just is to be perfectly united to the Divine Will, and to be always conformed to it in all sorts of events, whether prosperous or adverse. That Saint Joseph was this, no one can doubt.”

– St Francis de Sales

How has God been present with me today?

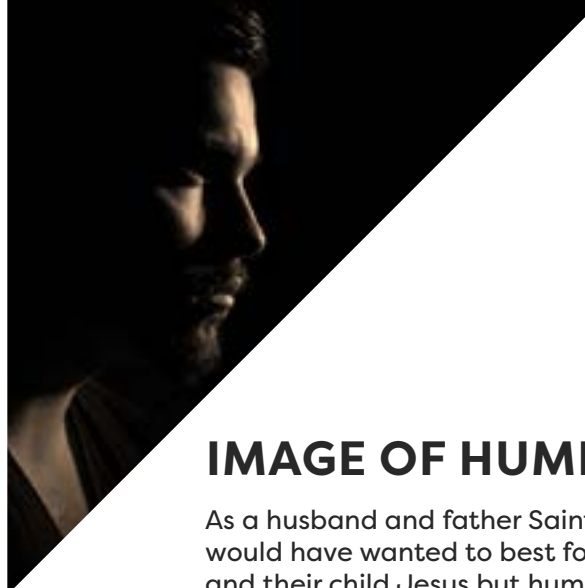


IMAGE OF HUMILITY

As a husband and father Saint Joseph would have wanted to best for Mary and their child Jesus but humbly accepts the life God has called their family too.

“So they went with haste and found Mary and Joseph, and the child lying in the manger.” (Luke 2:16)

“Saint Joseph, although the greatest of saints, is the humblest and most hidden of all.”

– St Peter Julian Eymard

Is there someone in my life I think I am better than? How can I practice humility towards them?

PROTECTOR OF HEARTS

Scripture describes for us an image of St Joseph as a man of prayer and responsive to the work of the Holy Spirit in his life.

“When Joseph awoke from sleep, he did as the angel of the Lord commanded him” (Matt 1:24).

“As the soul is the life of the body, so the Holy Spirit is the life of our souls.”

– St Peter Damien

How can I be better at speaking up for people in the community who are experiencing vulnerability?

