

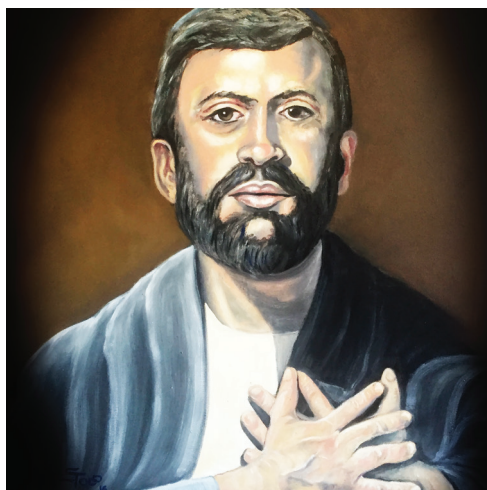


# Year of St Joseph

## Joseph, the one who listened - WEEK ONE

*Take a comfortable position and settle into a  
20 minute prayer for the Year of St Joseph*

**Gaze on this image.... allow it to speak to your heart.**



Joseph, the one to whom God spoke through dreams....

Joseph, the one who listened "to the whisperings of God  
in his heart." (MM 1868)

Joseph, who lived with uncertainty trusting in God to provide.

Joseph, who in trust and with courage acted on God's word.

You are invited to journey with Joseph, to listen to him and  
open yourself to the divine as he did.

**So let us "go to Joseph...."**

**Let us "go to Joseph...."**



### **Come to quiet.**

Gaze on this image - allowing yourself to sink into it.  
Be aware of what is rising in your heart.

*"There where you are, you will find God." (MM 1871)*

God spoke to Joseph's heart in a dream.

*"Joseph, do not be afraid...."*

*Take Mary home as your wife....." (Matthew 1:20)*

When Joseph awoke he did as God had asked.

***In the quiet, in my daily encounters in my life, how does  
God speak to my heart?***

***What is God's invitation to me.....?***

***What is the wisdom for my life's journey at this time....?***

***Let us go to Joseph the one who listened.***

## BREATH PRAYER

Joseph, I breathe in the grace  
of your listening so sensitively  
to God's word to you in crucial  
moments of your life.

I breathe out this grace as a  
blessing on the searching places  
of my own heart.

*(Continue to pray this prayer for some  
moments in rhythm with your breath)*

I breathe in this grace of your  
deep listening.

I breathe out this grace as a blessing  
on our anxiety ridden world, filled  
with questioning and deep longing.

*(Continue to pray this prayer for some  
moments in rhythm with your breath)*



## BLESSING

May the blessing of Joseph be with us, opening our ears and hearts,  
that we may hear the gentle inner voice of intuitive wisdom.

May Joseph's example of listening evoke in us a deep desire to listen  
contemplatively in all circumstances of our lives.

## SONG FOR JOSEPH *Kathy Sherman csj*

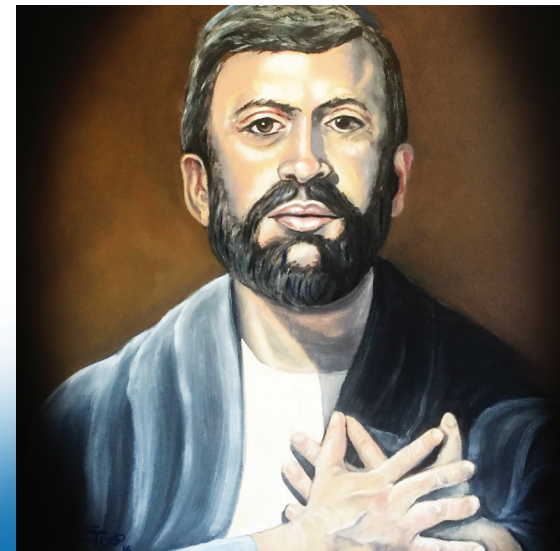
*Husband of Mary; Father of Jesus,  
Joseph beloved of God.  
Lover of goodness; dreamer of dreams,  
Lowly, yet chosen of God.*

*Teach us to listen and not be afraid  
To trust as you did in God's way. (R)*

*You were real; laughed and cried  
You were gentle yet strong  
Your faith and your prayer kept you free. (R)*

*Your love for Mary; your courage in darkness  
You gave so that others could live. (R)*

*Your hand held life carefully; you had nothing yet everything  
You are a witness for all. (R)*



*Music, paintings and images used with permission  
Song for Joseph - Kathy Sherman csj  
In Joseph's Care & St Joseph's Cross - Steve Todd. Sitting on the beach - depositphotos*