

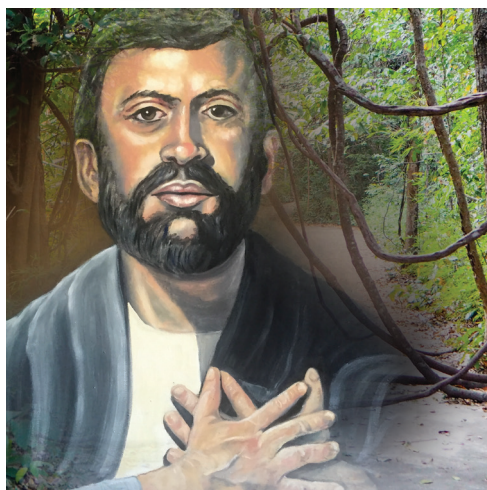


Year of St Joseph

Joseph, the one who lived with trust and courage - WEEK FOUR

*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.

God spoke to Joseph's heart in a dream.

"Joseph, take Jesus and Mary back to your land Israel."

Joseph awoke, got up and with Jesus and Mary set out to return
to Israel.

***When in my life have I been called to step out, to go beyond the
known?***

What did this stepping out require of me?

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

***When I could not see my way God kept my heart full of trust
to make all come right*** MM 20/11/1870

Let us go to Joseph the one who lived with trust and courage.

BREATH PRAYER

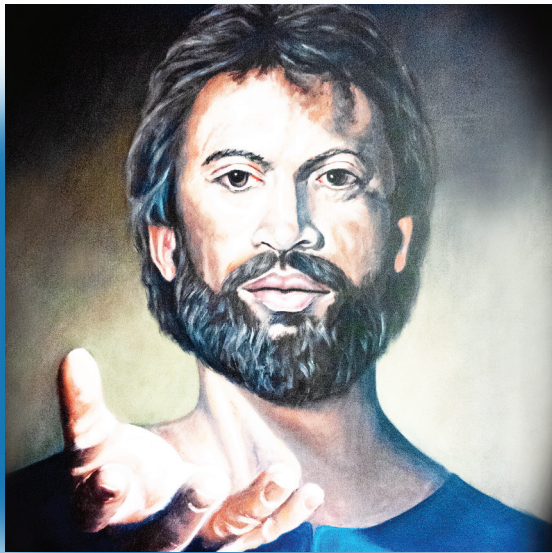
Joseph, I breathe in the courage
and trust your journey of love and
protection asked of you.

I breathe out this courage and
trust as a blessing on the fears and
doubts I hold within.

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

Joseph, I breathe in the grace of
your courage and trust once more,
and breathe out this grace as a
blessing on those who are struggling
with powerlessness....feeling
alone....grieving loved ones....

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



BLESSING

May the blessing of Joseph be upon us, enabling us to listen to
the whispers of God in our hearts and to have the courage to respond.
May Joseph's example of trusting in God give us inspiration to go
and do the same.

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.*