

# Go To St. Joseph

## CELEBRATING THE YEAR OF OUR SPIRITUAL FATHER

St. Joseph is well-known as the patron saint of fathers, families and workers. However, he is in fact, efficacious over myriad causes. We encourage you to seek his intercession through the prayers below.

### **Daily Act of Consecration:**

My Father and my Guardian, I give myself entirely to you, and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Wherefore, O good Father, since I am your own, keep me and guard me as your property and possession. Amen

### **Prayer to Sleeping St. Joseph**

O St. Joseph, you are a man greatly favored by the Most High. The angel of the Lord appeared to you in dreams, while you slept, to warn you and guide you as you cared for the Holy Family. You were both silent and strong, a loyal and courageous protector. Dear St. Joseph, as you rest in the Lord, confident in his absolute power and goodness, look upon me. Please take my need into your heart, dream of it, and present it to your Son (*mention your request*). Help me then, good St. Joseph, to hear the voice of God, to arise, and to act with love. I praise and thank God with joy. Saint Joseph, I love you. Amen

### **Prayer to St. Joseph the Worker**

Glorious St. Joseph, you are the patron of all who work. Obtain for me, please, the grace to work conscientiously and to put devotion to duty before my selfish inclinations. Help me to labor in thankfulness and joy, for it is an honor to employ and to develop by my labor the gifts I have received from almighty God. Grant that I may work in orderliness, peace, moderation and patience without shrinking from weariness and difficulties. I offer my fatigue and perplexities as reparation for sin. I shall work, above all, with a pure intention and with detachment from self, having always before my eyes the hour of death and the accounting which I must to render of time ill-spent, of talents unemployed, of good undone, and of empty pride in success, which is so fatal to the work of God. For Jesus through Mary, all in imitation of you, good St. Joseph. This shall be my motto in life and in death. Amen.

### **Prayer to St. Joseph, Protector of Homes**

St. Joseph, protect our home. Pour forth from heaven blessings on our family. Remain in our midst. Help us to live in love and harmony, in peace and joy. May the wholesome fear of God strengthen us that virtue may adorn what we do and our way may lead to heaven. To you this day I give the key to our dwelling place. Lock out all things that could do us harm. Lock my home and my loved ones with me in the hearts of Jesus and Mary. This I beg of you, that our days may be like your days in the holy home at Nazareth. Amen.

*"When God wishes to raise a soul to greater heights, he unites it to St. Joseph by giving it a strong love for the good saint." ~ St. Peter Julian Eymard*

## Devotions and Traditions

Looking for ways to honor our spiritual father? We've included several popular devotions and traditions to grow in love for St. Joseph:

- Wednesday and March Dedication
  - The Holy Mother Church, has dedicated each Wednesday and month of March to St. Joseph. This is the optimal time to reflect on, be grateful for, and intercede on behalf of holy fatherhood, both spiritually and biologically.
- Novena Prayers
  - Recite a daily novena prayer in praise of St. Joseph's virtues and to obtain his blessing for a special intention.
- Seven Sundays Devotion
  - Receive Holy Communion on seven consecutive Sundays while offering prayers in honor of St. Joseph's seven joys and seven sorrows.
- 33 Day St. Joseph Consecration
  - Go to Jesus through Mary, as modeled by St. Joseph. Consecrate yourself to the protective care of St. Joseph, Head of the Holy Family.
- St. Joseph's Table (altar)
  - Within your home, create a makeshift shrine/dinner festival and gather/make food to share with those who are less fortunate. This could mean donating food to a local shelter or food bank.
- Holy Spouses Rosary and St. Joseph Rosary

For more information on these devotions & traditions, visit: <https://yearofstjoseph.org/devotions/traditions/>

## Plenary Indulgences for the Year of Saint Joseph

To commemorate the Year of Saint Joseph, the Pope has extended the opportunity for the faithful, detached from sin, to obtain a plenary indulgence through their participation in at least one of the following:

- Meditate for at least 30 minutes on the Our Father
- Go on a spiritual retreat, for at least one day, that includes a meditation on St. Joseph
- Perform a corporal or spiritual work of mercy
- Recite the Holy Rosary in families and between the husband and wife
- Entrust daily activity and work to the protection of Saint Joseph and invoke the intercession of St. Joseph the Worker
- Recite the litany of St. Joseph for all persecuted Christians
- Pray any legitimately approved prayer, or act of piety, in honor of St. Joseph, especially on:
  - Solemnity of St. Joseph (March 19th), Feast of St. Joseph the Worker (May 1st), Feast of the Holy Family (December 26th), 19th of every month, every Wednesday (day dedicated to St. Joseph)

For more information on this opportunity, please visit: <https://yearofstjoseph.org/indulgences/>

*"In Joseph ... heads of the household are blessed with the unsurpassed model of fatherly watchfulness and care."*

*Pope Leo XIII*