



Indian, curious, asked: „Which wolf will win?“ The old Indian, smiling: „The one you feed ...“

### This Month's Heartfelt Matters

- „Saint Joseph, please help all people – they are afraid! – Afraid of the arbitrary violence in the streets – at work – at home. They are mainly afraid to stand up for GOD – afraid of GOD, of the Judge of their lives because they do not know His kindness and love.“



Let us look at JESUS CHRIST on the cross, then we will not lose heart when we recognise our faults. Self-knowledge and true humility are always related to healthy self-acceptance because we know that GOD loves us as we are.

When St. Teresa of Avila shows the way to inwardness, she does not mean pious self-portrayal or unrealistic circling around oneself. It is about the gradual, human and spiritual maturing.

With kind regards and the blessing of Saint Joseph,

*Sister Paula*



August 2017

### Lay Community of St Joseph

#### „I am Joseph!“

On 7 June 1660, when Louis XIV was at the Spanish border to meet the crown-princess Marie Therese, the new queen of France, the 22-year-old shepherd Gaspard Ricard d'Estienne fled with his herd from the burning sun to the shade of the trees at Bessillon, a hillside in the municipality of Cotignac, in the heart of the Provence. The shepherd was tormented by thirst because his water bottle had long been empty. Suddenly a man of impressive, strong build turned up. He pointed at a rock and said: „I am Joseph! Lift this rock and you will be able to drink!“ Gaspard sized up the weight of this giant rock with one glance and replied: „I cannot, it is much too heavy!“ But the mysterious man repeated his order. The shepherd then went to the rock. And to his great astonishment he could lift it at the first attempt; and lo and behold, a spring bubbled up from the earth. Gaspard plunged towards the water and greedily began to drink. When he rose to express his gratitude the man had disappeared.

After that the shepherd went to the village to announce this piece of news, but nobody would believe him. Then

at long last the people resolved to follow him to the place which they all knew to have no spring. However, on arrival they all shouted in amazement because the water had already been pouring out for three hours. They all concluded that the rock, which Gaspard had been able to move so easily, could only be moved by eight men. The shepherd became aware of the strength he had received from Heaven, and he cried out: „St. Joseph has been here! It must have been he who gave me such strength.“ He knelt down and everyone followed his example thanking St. Joseph.

Many people were cured using this water and many came to Mount Bessillon. There was a great surge in devotion to St. Joseph in this region.

### **A Call for Help to St. Joseph**

„Father Joseph, look on me – I look at your great, pure and kindly heart. – More and more I need your help! I do not have any strength of my own, I therefore trust in yours! If I myself want to perform great deeds and do good, I fail miserably. If I want to cope with my daily grind myself, it will soon end up in shambles. Looking at you makes me confident.

Father Joseph, help me to find the source of kindness. Take from me harshness and hardness; do not allow me to wreak havoc. Give me eyes for the need of the hearts. Give me some of your kindness so that the hearts may be opened. Take from me the tendency to faultfinding and reproach. Help me to have mercy instead of criticism – to replace my grudge with goodness. Make me sincere instead of bitter.

Father Joseph, I want to show love to men as you did and as you show your love to me daily, then many things will change for the better automatically.“

### **Resurrection**

The Gospel says that at the Resurrection of JESUS CHRIST many graves opened and many Saints were raised from the dead. When JESUS chose a group of risen persons to accompany Him in order to still more emphasise His own Resurrection and to make His triumph even more glorious, would it not be a matter of course for St. Joseph to be the first to join Him?

The greatness of St. Joseph’s chastity was an absolute basis of his partnership, so pure, with Mary. The intimate union within the Holy Family demanded that Joseph as head of the Family would be fully united and involved in glory with the two other family members, Mary and JESUS. His being the Foster Father of JESUS demanded that he should be glorified at the side of the Redeemer.

### **Inner Struggle**

An Indian said to his grandson: „A fight is raging inside me. It is a battle between two wolves living in my heart. The one wolf is evil – it is anger, jealousy, greed, delusions of grandeur, guilt, resentment, lies, pride, arrogance and selfishness. The other wolf is good – it is joy, peace, love, hope, serenity, humility, kindness and empathy. In you, too, this battle is raging – yes, in every human being.“ The young

