



April 2024



L A Y C O M M U N I T Y O F
St Joseph



Joys and Sufferings of St Joseph

„St Joseph, I remember Your indescribable pain and helplessness of having to leave Your most holy Bride. Pondering and depressed by heartache, you went about these days. The Angel of the LORD left you speechless when standing before You. His message that the longed-for Messiah was under Your Spouse’s heart – under Your roof – was a joy beyond description! Your thoughts were overflowing. How did Your loving heart cope with all this? First the difficult trial – then the overwhelming joy!

In Bethlehem, You were again accompanied by worry. Having arrived, there was no more accommodation because of the many travellers. Almost exhausted by cold, all You had left was a draughty, cold cave outside Bethlehem.

It grieved You very much to see JESUS and Mary in such great poverty. You knew from Mary that this Child was about to be born and You endeavoured to prepare a bed for Mary and to warm the cave with a small fire.

When You heard the Angels praise and glorify the blissful birth and the shepherds arrived at night, You were extremely comforted and delighted.

At the circumcision of the divine Child, You shared in the suffering and Your joy was so great when You were allowed to pronounce the holy and sweet name of JESUS, as desired by Heaven.

You happy confidant of the mysteries of Redemption! The prophecies of Simeon about what JESUS and Mary will have to suffer have caused You deep sorrow and have lingered in Your memory. The Resurrection and the salvation of so many souls have also comforted You again.

In Egypt it cost You a lot of effort to nourish Your Family. You all lived in yawning poverty until You found work. It was Your joy to be constantly in the presence of the divine SON, to protect Him and His Mother from barbarians.

Saint Joseph, with an anxious heart You set out in Egypt on the dangerous and arduous journey home. You thought of Herod’s son with great concern. Then you were granted the great honour of being reassured by an Angel so that You might return to Nazareth full of joy.

On the journey home from Jerusalem, JESUS was no longer amongst the travelling companions. With great sorrow and self-reproach, You have been searching for Him for three days with Mary and were completely exhausted as a result. How you heaved a sigh of relief when You saw Him in the Temple. Your eyes filled with tears of relief and joy.“

The joys and sufferings of St Joseph are only touched upon here. In contemplation, you enter much deeper, a window opens, and a completely different understanding emerges – very enriching.

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The Glorious St Joseph

was chosen by GOD as head and Protector of the Holy Family. May he watch over all families from Heaven and protect them from all the evil persecutions of their enemies.

Do let us choose him as our Father, Intercessor, and companion. Let us entrust everything to him, our body, our soul, everything we are and have, our whole life, all our loved ones, even our hour of death.

„Father Joseph, protect us as Your children and defend us against visible and invisible enemies. Help us in every need. Comfort us in bitter hours and in suffering so that we do not bear a grudge against anyone. Father Joseph, You are standing before GOD’s Throne, speak just one word for us with Your lovable JESUS, whom You so often carried in Your arms. You were allowed to

be Mary’s beloved Bridegroom. With Your holy silence, You protected both of them from Herod’s murderous greed, from the persecutions of evil men and spiteful tongues.“

Let us trust in St Joseph and he will protect us also from many missteps. He will lead us to where the Heavenly FATHER wants us to be.

„My Father Joseph, let us be completely yours. Amen!“

Let us follow his example and give thanks rather than ask for something.

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„You should carry the suffering of GOD in your heart because it is the greatest security for man at his last end.“

(St Nicholas of Flüe)

„Physical and spiritual sufferings are the worthiest sacrificial offering you can make to the One who has redeemed us through His suffering.“

(Padre Pio)

This Month’s Heartfelt Matters

„St Joseph, happiness and peace have always dwelt in Your Family home. We ask You to implore some of this happiness and peace for all families. Invoke the HOLY SPIRIT on all parents so that they may be aware of their responsibility and duty, and show their children the obedience of the divine Child.“

„Ask GOD’s blessing for your work, but do not ask Him to do it as well.“

(Karl Heinrich Waggerl)

With very kind regards and the blessing Saint Joseph, I say goodbye again,

Sister Paula