



ST. JAMES CATHEDRAL
The Sixth Sunday of Easter
May 9, 2021

ORDER OF CELEBRATION

The Sixth Sunday of Easter

WELCOME! A few important notes on this weekend's liturgy:

- + Masks are mandatory. Your mask must cover both your nose and your mouth at all times.**
- + The clergy and readers are permitted to remove their masks, but only when they are speaking. They will wear masks at all other times.**
- + Always observe social distance of at least six feet between family groups, including during the communion procession and as you leave. Please do not move around the Cathedral.**
- + Some congregational singing is permitted at this time. A 3-layer mask is required for singing.**
- + Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.**

The Introductory Rites

PRELUDE (Saturday 5:30pm)

(Sunday 8:00 & 10:00)

(Noon)

Passacaglia in D Minor, BuxWV 161

Dieterich Buxtehude (1637–1707)

To God alone be the glory, BWV 662

Johann Sebastian Bach (1685–1750)

Allabreve in D Major, BWV 589

Johann Sebastian Bach

ENTRANCE

Alleluia! Hearts to heaven and voices raise

LUX ELOI

Alleluia! Alleluia! Hearts to heaven and voices raise;
Sing to God a hymn of gladness, Sing to God a hymn of praise:
He who on the Cross a Victim For the world's salvation bled,
Jesus Christ, the King of Glory, Now is risen from the dead.
Christ is risen, Christ the first-fruits Of the holy harvest field,
Which will all its full abundance At his second coming yield;
Then the golden ears of harvest Will their heads before him wave,
Ripened by his glorious sunshine, From the furrows of the grave.

Bishop Christopher Wordsworth (1807-1885)

RITE OF SPRINKLING WITH BAPTISMAL WATER

Vidi aquam

Franz Schubert (1797–1828), adapted



Al - le - lu - ia, Al - le - lu - ia!

Al - le - lu - ia, al - le - lu - ia!

GLORIA

Congregational Mass
John Lee (1908-1990)

ALL

Glory to God in the highest,
We praise you, we bless you,
we glorify you, we give you thanks
Lord God, heavenly King,
Lord Jesus Christ, Only Begotten Son,
you take away the sins of the world,
you take away the sins of the world,
You are seated at the right hand
of the Father,
For you alone are the Holy One,
you alone are the Lord,
with the Holy Spirit,

and on earth peace to peo- ple of good will.
we a- dore you,
for your great glory.
O God, almighty- y Fa- ther.
Lord God, Lamb of God, Son of the Father,
have mer- cy on us;
re- ceive our prayer;
have mer- cy on us.
you alone are the Most High Je- sus Christ,
in the glory of God the Father, A - - - men.

COLLECT (OPENING PRAYER)

The Liturgy of the Word,

FIRST READING

Acts 10:25-26, 34-35, 44-48

RESPONSORIAL PSALM

Psalm 98

Michel Guimont (b. 1952)

The Lord has re-vealed to the na - tions his sav-ing pow'r, his sav-ing pow'r.

SECOND READING

I John 4:7-10

ALLELUIA

chant, *O filii et filiae*

Al- le - lu - ia, al - le - lu - ia, al - le - lu - ia.

GOSPEL

John 15:9-17

HOMILY

Father Michael G. Ryan

PROFESSION OF FAITH

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

[ALL BOW]

and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

[ALL STAND UPRIGHT]

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,

and rose again on the third day

in accordance with the Scriptures.

He ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory

to judge the living and the dead

and his kingdom will have no end.

I believe in the Holy Spirit,

the Lord, the giver of life,

who proceeds from the Father and the Son,

who with the Father and the Son

is adored and glorified,

who has spoken through the prophets.

I believe in one, holy,

catholic and apostolic Church.

I confess one Baptism

for the forgiveness of sins

and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

Franz Schubert, adapted

Lord, hear our pray - er.

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE OFFERINGS

(10:00 & Noon)

If ye love me, keep my commandments, and I will pray the Father,
and He shall give you another Comforter, That He may abide with you for ever.

John 14:15-18

If ye love me
Philip Wilby (b. 1955)

SANCTUS

German Mass
Schubert, adapt. Proulx

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.

Heav - en and earth are full, full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na in the high - est.

Bless - ed is he who comes in the name of the Lord. Ho -

san - na in the high - est. Ho - san - na in the high - est.

MEMORIAL ACCLAMATION

Schubert, adapt. Proulx

We pro-claim your Death, O Lord, and pro-fess your Re-sur-rec - tion,

we pro-claim your Death, O Lord, un - til you come a - gain.

AMEN

Schubert, adapt. Proulx

A - men, a - men, a - men, a - men.

LORD'S PRAYER

AGNUS DEI

Schubert

R 1,2 Have mer - cy on us.
R 3 Give us your peace.

Please kneel following the Lamb of God and remain kneeling until it is time for your row to go forward for Holy Communion.

Distribution of Holy Communion

- + **Communion is given only in the hand.**
- + **Maintain six feet of separation between household groups as you come forward.**
- + **Wear your mask. Hold your hands out as flat as possible so that the minister can easily put the host on your open palm without touching your hand.**
- + **After receiving Holy Communion, lower your mask with one hand, put the host in your mouth, and then put your mask back on.**

COMMUNION

I have chosen you from the world, in order that you might go and bring forth fruit,
and that your fruit should last, alleluia.

Ego vos elegi de mundo

Mode I

(10:00 & Noon)

Come, ye faithful, raise the strain Of triumphant gladness;
God hath brought his Israel Into joy from sadness;
'Tis the spring of souls today, Christ hath burst his prison,
And from three days sleep in death As a sun hath risen.
St. John Damascene (675-749), trans. J. M. Neale (1818-1866)

Come, ye faithful

R. S. Thatcher (1888-1957)

BLESSING AND DISMISSAL

VOTIVE ANTIPHON TO THE BLESSED VIRGIN MARY

Regina celi
chant.

Re - gí - na cæ - li læ - tå - re, al - le - lu - ia,
O Queen of hea - ven, be joy - ful, al - le - lu - ia,

Qui - a quem me - ru - í - sti por - tá - re, al - le - lu - ia,
For he whom you have hum - bly borne for us, al - le - lu - ia,

Re - sur - ré - xit, si - cut di - xit, al - le - lu - ia:
Has a - ris - en, as he pro - mised, al - le - lu - ia:

O - ra pro no - bis De - um, al - le - lu - ia.
Of - fer now our prayer to God, al - le - lu - ia.

PROCESSION (Saturday 5:30pm)

Mors et resurrectio
Jean Langlais (1907-1991)

(Sunday 8:00 & 10:00)

Præludium in C Major, BWV 547
Johann Sebastian Bach

(Noon)

“Final” from *Symphony No. 2 in D Major*
Charles-Maria Widor (1844-1937)

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR

Reverend Alex Pablo

IN RESIDENCE

Reverend David A. Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)

Rosanne Michaels, Faith Formation (206-654-4658)

Jennifer Wong, Baptism Coordinator &

Children's Faith Formation (206-619-0816)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)

John Marquez, Julie Sharples, sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Lonnie Larsen (206-382-4235)

Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),

Maria Tally (Assistant Director), John Givins (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director

Patrick Suhrbier, Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome and Volunteer Coordinator (206-382-4500)

YOUTH MINISTRY

David Buchholz, Christina Buchholz, youth@stjames-cathedral.org

PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)

Micki-Jo Palmer, Executive Assistant for Finance (206-654-4650)

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)

Alan Frasher, Michelle Knipp, Lino Nillas

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8:00am - 10:00am - 12 Noon - 5:30pm

Weekdays 8:00am

Saturdays 8:00am & "Vigil" 5:30pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Jennifer Wong for information, 206-619-0816.

MARRIAGE Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Margaret Lynch, 206-382-4288 or mlynch@stjames-cathedral.org.

ANOINTING of the SICK A communal celebration is held twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

FUNERALS for parishioners, contact Nancy Granger, 206-382-4269

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org

WELCOME, VISITORS! If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese.

Sixth Sunday of Easter May 9, 2021

ON THE COVER *I have called you friends.* Supper at Emmaus (detail of the face of Christ). East Apse Stained Glass Window. Hans Gottfried von Stockhausen, artist.

FLOWERS AT THE ALTAR are offered in honor of Mother's Day in memory of Jean (Kennard) Verschueren from her family.

WEDNESDAY TOURS RESUME Beginning Wednesday, May 5, our regular 1:00pm tours of the Cathedral have resumed! No registration is required; just meet your guide in the Cathedral vestibule at 1:00pm. *Masks are required and social distancing will be observed during our tours.*

CATHEDRAL WEEKDAY HOURS May 10-11, the Cathedral will be open for prayer only until 2:00pm because of a special filming project in the Cathedral. We apologize for the inconvenience.

WOULD YOU LIKE TO HAVE A WEEKLY FRIENDLY CHAT WITH A CALL COMPANION? St. James Cathedral Care Call Ministry volunteers are looking forward to having regular phone visits with those who would enjoy a friendly, supportive conversation on a regular basis. The Call Companions are volunteers who would like to reach out to individuals who desire more social contacts in their lives with people who care. *Information*, Nancy Granger, RN at 206-382-4269 or ngranger@stjames-cathedral.org.

ST VINCENT DE PAUL HELPLINE During the pandemic, the SVdP Helpline may be able to refer you to sources of aid if you need help paying your rent or electricity bill or getting enough food or other basic necessities of life. If you live in Seattle or elsewhere in King County, please submit your request for help online at <https://svdpseattle.org/get-help/online-help-request-form/> anytime or by calling 206-767-6449 between 8am and 3pm Monday through Friday. Especially if you cannot handle a growing rent debt because you lost your job or had your hours reduced, please contact the Helpline. It is better to start seeking help now rather than waiting until the temporary eviction moratorium ends, when so many more people are expected to need help, too. *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com

PARISH REMEMBRANCE Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we pray for the parishes of St. Brendan in Bothell and Our Lady of Perpetual Help in Everett.

Musical Prayer

Musical Prayer on Friday, May 14 will be livestreamed at 12:30pm (instead of 6:30) from the Cathedral Chapel, with Cathedral Guitarist Mark Hilliard Wilson offering a program of bright and joyful music reminiscent of the return of spring. If you can't join live in the afternoon, you'll be able to watch at the usual time, or anytime, and use Mark's beautiful music as a setting for your personal prayer and praise.

21-DAY CATHOLIC ENVIRONMENTAL JUSTICE

CHALLENGE It's not too late to continue to celebrate Earth Day through the Ignatian Solidarity Network's 21-Day Environmental Justice Challenge. To register, go to <https://ignatiansolidarity.net/21-day-catholic-enviro-justice-challenge/>.

WHEN DID WE SEE YOU A STRANGER AND WELCOME YOU? In the Gospels, Christ invites us to see Him in our poorest sisters and brothers. That poverty is brought home to us each day as people sleeping in our streets. But what is the most generous Christian response? What is the most effective way to address homelessness as a society? Is charitable giving enough? Should Catholics advocate for legislation or policy? Join the St. James Cathedral Housing Advocacy Committee in considering these issues. Make a difference as a Catholic and a voter; get involved. *Information*, Bruce Drager, dragerbruce@gmail.com.

OUTREACH OPPORTUNITIES DURING THE PANDEMIC

Catholic Community Services/Catholic Housing Services (CCS/CHS) has asked the Cathedral to provide meals for their day centers and shelters. Unopened store-bought casseroles and unopened sandwich-ingredients (bread, deli meat, vegetables and condiments) are greatly appreciated. In addition, toiletries (toothpaste, toothbrushes, soaps and shampoos, feminine hygiene products), canned ready-to-eat meals (ie soup or chili), cup of noodles, easy mac & cheese, K-cup coffee, cocoa and tea, individual servings of chips, crackers, granola bars and cereals have been requested. Deliver food to Cathedral Hall (803 Terry Ave.), Tuesdays, 9-11am. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org.

ST. JAMES CATHEDRAL IS SEEKING TO HIRE A COORDINATOR OF CHILDREN'S FAITH FORMATION to begin on June 1, 2021. This is a year-round, full-time position. The responsibilities of the Coordinator of Children's Faith Formation include but are not limited to children's faith formation (pre-school through 8th grade) including Faith Mentors, sacramental preparation for children including, First Reconciliation, First Eucharist, middle school Confirmation, and RCIA for children. Excellent salary and benefits in accord with Archdiocesan guidelines. Interested applicants should download the Seattle Archdiocesan Job Application at: <https://archseattle.org/wp-content/uploads/2020/12/HR1.2-EmploymentApp2019Parish.pdf>

and send it with a cover letter and resume, via e-mail, to Kathleen McCabe, kmccabe@stjames-cathedral.org.

PEER-TO-PEER SUPPORT GROUP Begins May 10. The class meets Mondays and Wednesdays from 6 - 8 PM on Zoom. Peer-to-Peer is a free, eight-session class for adults living with a serious mental health condition to better understand their condition and their journey to recovery. To register go to <https://nami-eastside.org/classes/>. This course is taught by trained facilitators who live with mental illness. It is a place to experience compassion and understanding from people who relate to your experiences. Peer-to-Peer provides an opportunity for mutual support and growth.

PARENT SUPPORT CALLS Are you a parent or guardian of a school-age child or young adult? Are you looking for extra support and connection, or help navigating resources during these hard times? Join fellow parents and community providers to ask questions and get ideas and support, on the 2nd or 4th Friday of the month at 6:00pm. We know your life is busy – stay for the whole call or leave early if you need to. Join by video or dial in. About the facilitator: Heather has worked in mental health as a psychiatric nurse for 16 years with both children and adults. She currently works on inpatient mental health units at Harborview Medical center and as a Seattle elementary school nurse. She became passionate about helping support people living with mental illness after experiences growing up with family members affected by mental illness. Registration is required: *Information*, katie@namiseattle.org or visit namiseattle.org/parent-support-call.

CATHEDRAL KITCHEN UPDATE Last week, the Cathedral Kitchen welcomed aboard its new Assistant Director, Maria Tally. Maria has already been a volunteer in the Kitchen, and for many years, she was the coordinator for the women's shelter program at her parish. She is looking forward to her new role at St. James Cathedral!



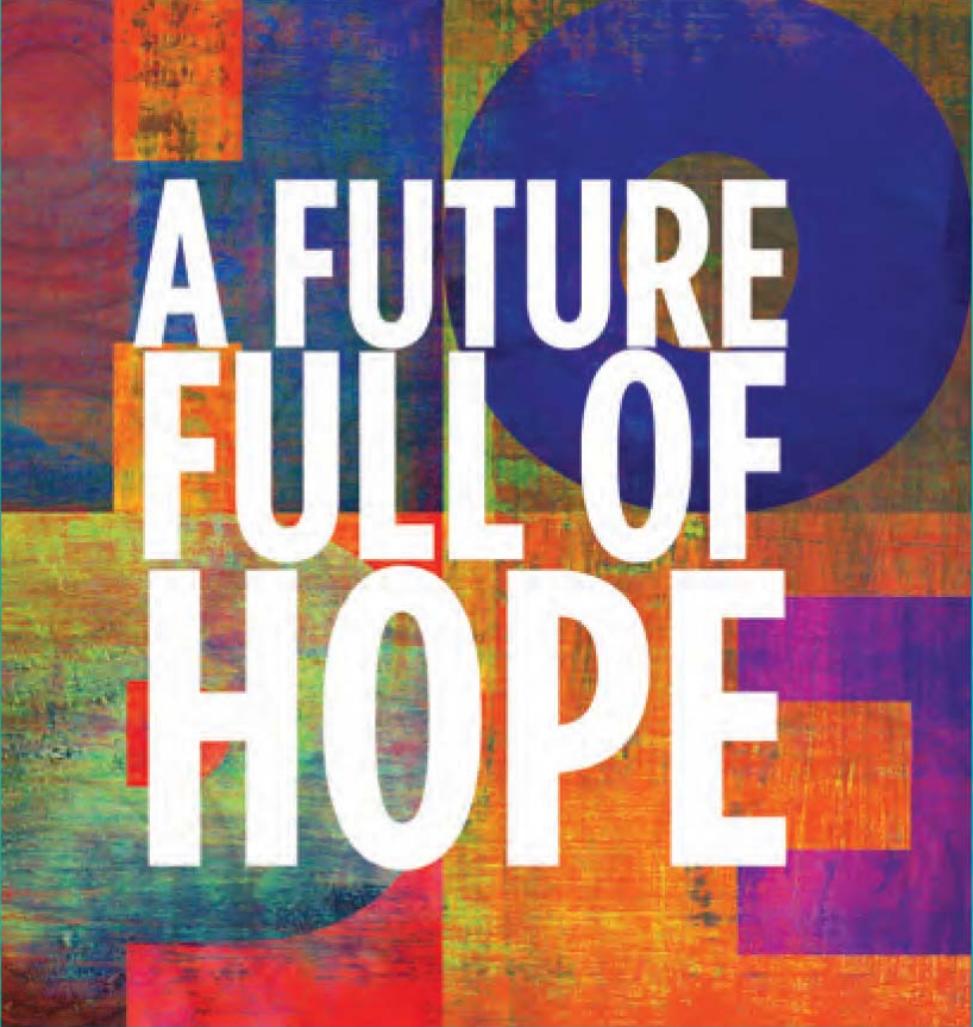
Pilgrimage to the Holy Land

JANUARY 23—FEBRUARY 1, 2022

You are invited! Father Ryan will lead a parish pilgrimage to the Holy Land early in 2022. Over ten memorable days, we will retrace the steps of Jesus, all the way from Nazareth and Bethlehem, to Galilee and the River Jordan, to the Holy City of Jerusalem. We will also have the option of continuing on in the footsteps of the apostles Peter and Paul, following them to Rome and Vatican City. A pilgrimage to the Holy Land is truly a life-changing, faith-deepening experience. Find out more about the pilgrimage by visiting the Cathedral website www.stjames-cathedral.org or pick up a brochure in the Cathedral Bookstore. Registration deadline is June 30.

LOVE FOR OUR FAMILY

PASSION FOR OUR FAITH



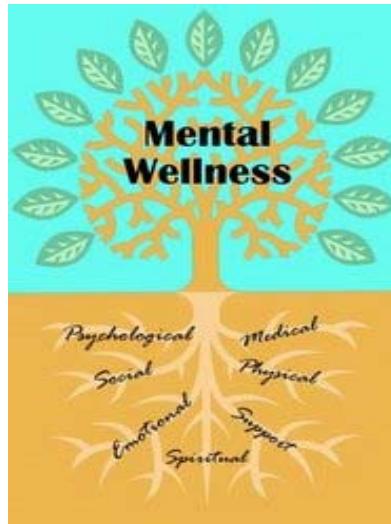
A FUTURE
FULL OF
HOPE

PROMISE FOR OUR FUTURE

CARE FOR OUR COMMUNITY

www.archseattle.org/acadonate

St. James Cathedral Mental Health & Wellness Ministry
is pleased to announce a new educational program
HEALING MONDAYS



Weekly Presentations about Emotional and Mental Health

- * Every Monday at 7:00 PM
- * Educational Talk
- * Time For Your Questions
- * Online via Zoom
- * Discussion
- * Answers From Experts

*Presented by local parishioners and psychiatric providers:
Antonina Kozlowska, ARNP and Ava Kozlowska, ARNP*

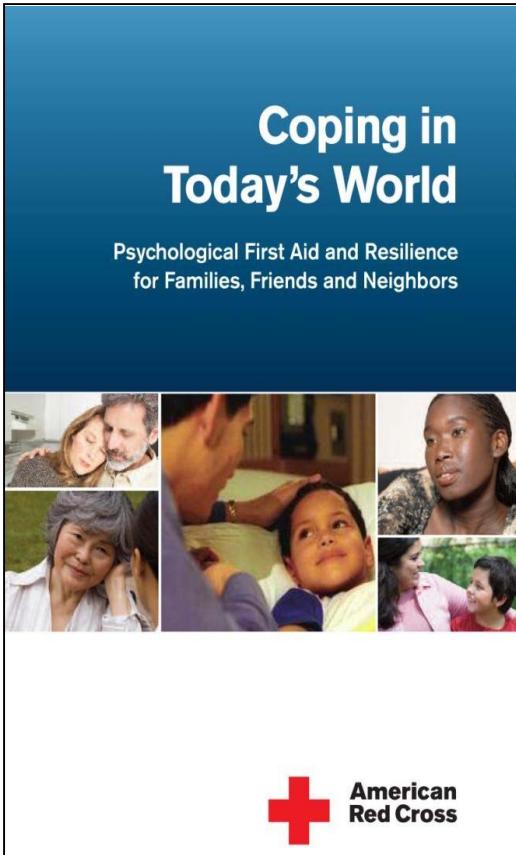
Upcoming Topics:

- 5/03 Mindfulness
- 5/10 Q&A: Nurses Antonia and Ava address questions on any mental health topic
- 5/17 My children don't listen to me
- 5/24 How to cope with too much stress

Link for ZOOM Meeting: [https://us02web.zoom.us/j/83364268237?
pwd=Q3ZyeTJPRjBrKzRxTVIHRE1GaTA0Zz09Z00](https://us02web.zoom.us/j/83364268237?pwd=Q3ZyeTJPRjBrKzRxTVIHRE1GaTA0Zz09Z00)

Meeting ID 833 6426 8237 Passcode: Healing

Questions: contact info@healingtms.com or Nancy Granger ngranger@stjames-cathedral.org



May is National Mental Health Month

Please join us on
May 12th 6:30-7:30 pm via Zoom

For
Psychological First Aid and Resilience for today's world

This **American Red Cross** program teaches participants about researched based methods to develop resilience—the ability to recover quickly after difficult times.

FEATURES:

- Psychological First Aid training related to the current pandemic.
- Emphasis on building resilience for both children and adults
- Positive coping strategies that address a broad range of stressors - day-to-day challenges to large-scale stressors.
- Guidance on how and when to seek additional support and community resources.

Taught by Marsha Hedrick, PhD, ABPP
Licensed Psychologist
Diplomate in Forensic Psychology
American Board of Professional Psychology

To register and receive Zoom link to attend, please contact Nancy Granger, RN at ngranger@stjames-cathedral.org or 206-382-4269

**Have you ever wondered who are the
Church's Patron Saints of Mental Health?**

**Attend a virtual presentation to find out
and together seek their intercession.**



Saint Dymphna



Saint Benedict Joseph Labre



Saint Thérèse of Lisieux



Venerable Matt Talbott

When: Saturday, May 15th

Time: 10:00 am – 11:00 am (PST)

Presenter: Deacon Ronnie San Nicolas

dcnronnie@yahoo.com

Zoom Link and Call Information

<https://washington.zoom.us/j/98903900324>

Meeting ID: 989 0390 0324

One tap mobile

+12063379723,,98903900324# US (Seattle) | +12532158782,,98903900324# US (Tacoma)



A PRAYER TO THE HOLY SPIRIT

FOR THE RENEWAL AND SPREAD OF THE FAITH

On the feast of Pentecost, May 23, Archbishop Paul D. Etienne will promulgate a new pastoral plan for the Archdiocese of Seattle. The archbishop invites Catholics to pray a novena to the Holy Spirit leading up to Pentecost (May 14–22), for the intention of the renewal and spread of the faith. The novena prayer is a translation of the traditional Pentecost hymn *Veni Creator Spiritus*.



**Come, Creator Spirit,
visit the minds of those who are yours;
fill with heavenly grace
the hearts that you have made.**

**You who are named the Paraclete,
gift of God most high,
living fountain, fire, love
and anointing for the soul.**

**You are sevenfold in your gifts,
you are finger of God's right hand,
you, the Father's solemn promise
putting words upon our lips.**

**Kindle a light in our senses,
pour love into our hearts,
infirmities of this body of ours
overcoming with strength secure.**

**The enemy drive from us away,
peace then give without delay;
with you as guide to lead the way
we avoid all cause of harm.**

**Grant we may know the Father through you,
and come to know the Son as well,
and may we always cling in faith to you,
the Spirit of them both.**

Amen.

PRAYER, HEALING AND ACTION FOR RACIAL SOLIDARITY

ON THE 1ST ANNIVERSARY OF GEORGE FLOYD'S MURDER



TUESDAY, MAY 25 AT 7:00PM
ST. JAMES CATHEDRAL (804 NINTH AVENUE)

The South Seattle Deanery Racial Solidarity Team invites you to commemorate the first anniversary of George Floyd's murder by participating in a prayer service for healing and action. Archbishop Paul D. Etienne will preside. South Seattle parishes will offer their prayers and share how their parishes will commit to working for Racial Justice.

Register to attend in person: <https://conta.cc/3vqoo0L>

Livestream the prayer service:

Vimeo: <https://vimeo.com/event/940810>

Facebook: <https://www.facebook.com/stjamesseattle/>

ST. JOSEPH

Unconditional Acceptance

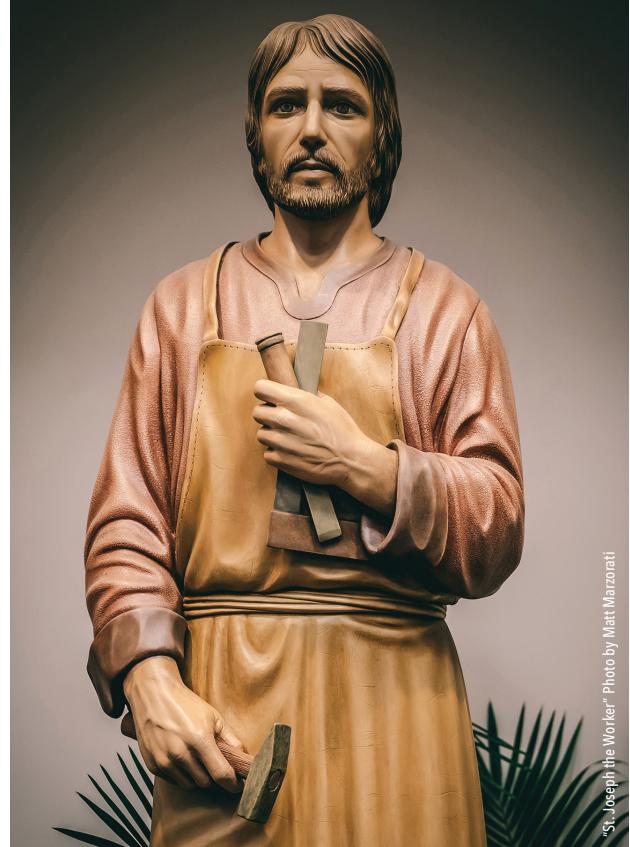


Even through Joseph's fears, God's will, his history and his plan were at work. Joseph, then, teaches us that faith in God includes believing that he can work even through our fears, our frailties and our weaknesses. He also teaches us that amid the tempests of life, we must never be afraid to let the Lord steer our course. At times, we want to be in complete control, yet God always sees the bigger picture....

Joseph accepted Mary unconditionally. He trusted in the angel's words.... Often in life, things happen whose meaning we do not understand. Our first reaction is frequently one of disappointment and rebellion. Joseph set aside his own ideas in order to accept the course of events and, mysterious as they seemed, to embrace them, take responsibility for them and make them part of his own history. Unless we are reconciled with our own history, we will be unable to take a single step forward, for we will always remain hostage to our expectations and the disappointments that follow.

The spiritual path that Joseph traces for us is not one that *explains*, but *accepts*. Only as a result of this acceptance, this reconciliation, can we begin to glimpse a broader history, a deeper meaning.... Joseph is certainly not passively resigned, but courageously and firmly proactive. In our own lives, acceptance and welcome can be an expression of the Holy Spirit's gift of fortitude. Only the Lord can give us the strength needed to accept life as it is, with all its contradictions, frustrations and disappointments.

—Pope Francis, *Patris Corde*, Apostolic Letter for the Year of St. Joseph



"St. Joseph the Worker" Photo by Matt Mazzoni

The Saints on St. Joseph:

"I ask you to obtain from St. Joseph for us all, and especially for me who feels myself most in need of his aid, the grace of not hampering in any way the work which God has been pleased to entrust to us; rather, I ask that we may cooperate in every way with His designs by refusing no sacrifice to His grace."

—Blessed Basil Moreau

A prayer to St. Joseph:

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted. Full of confidence in your power I fly unto you and beg your protection. Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me. Amen.

(The "Memorare to St. Joseph")

FOR REFLECTION:

- Put yourself in Joseph's shoes. What were his expectations for his life and his future? Do you think it was difficult for him to let go of those ideas? What gave him the strength to do so?
- Are there times in my life where I have had to let go and trust God unconditionally, as Joseph did? What happened when I did?
- Am I held "hostage" by expectations about what my life should be, or should have been? Have the disappointments in my life embittered me, or am I able to "accept life as it is"?