

2023 March 19th – Feast of St. Joseph

Centring music ~ “O God You Search Me and You Know Me” by Bernadette Farrell

Click here for music... https://www.youtube.com/watch?v=mEGc3_D19Vo

Finding our Spirituality in Mass

One of the most common prayers of every Eucharist, is the Preface to the Eucharistic Prayer, known as the *Sursum Corda*. It is one of the oldest prayers of the Early Church, from the third century, the familiar call and response, and is fitting as a recollection of our Patron, this day:

The Lord be with you

❖ ...and with your Spirit.

Lift up your Hearts

❖ ...we lift them up to the Lord.

Let us give thanks to the Lord our God

❖ ...it is right and just.

Let us pray these familiar phrases in honour of our Patron, Joseph; the righteous and just man, as we consider the Annunciation of Joseph.

A Reading from the Gospel of St. Matthew

The birth of Jesus took place like this. His mother, Mary, was engaged to be married to Joseph. Before they enjoyed their wedding night, Joseph discovered she was pregnant. (It was by the Holy Spirit, but he didn't know that.) Joseph, chagrined but noble, determined to take care of things quietly so Mary would not be disgraced.

While he was trying to figure a way out, he had a dream. God's angel spoke in the dream: "Joseph, son of David, don't hesitate to get married. Mary's pregnancy is Spirit-conceived. God's Holy Spirit has made her pregnant. She will bring a son to birth, and when she does, you, Joseph, will name him Jesus—'God saves'—because he will save his people from their sins." This would bring the prophet's embryonic revelation to full term:

Watch for this—a virgin will get pregnant and bear a son;
They will name him Immanuel (Hebrew for "God is with us").

Then Joseph woke up. He did exactly what God's angel commanded in the dream: He married Mary. But he did not consummate the marriage until she had the baby. He named the baby Jesus. (Translation: The Message by Eugene Peterson)

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Reflection:

The Consensus Statement of Jean-Pierre Medaille begins with the words, “Stimulated by the Holy Spirit of Love and receptive to His inspirations...” **How is the Spirit of Love evident in your life?**

The Latin name for this Preface, *Sursum Corda*, is taken from the middle call/response: Lift up your Hearts... **What are the ways that you lift up your heart to the Lord?**

As with the “right and just” man, Joseph, we are called to listen to God speaking in our dreams to solve the problems today... **What are the unmet needs you can attend to this day?**

Concluding prayer:

O Good St. Joseph, we consecrate ourselves to you, that you may always be our Protector and Guide in the way of Salvation. Obtain for us a great purity of heart and a fervent love of the interior life. After your example may we do all our actions for the greater glory of God, in union with the Divine Heart of Jesus and the Immaculate Heart of Mary. O Blessed St. Joseph, pray for us, that we may share in the peace and joy of your holy death. Amen +



(The Dream of Joseph by Anton Raphael Mengs (c. 1774) Public Domain)