



## *The Lenten Journey 2021*

### *“Go to St. Joseph”*

*Dear Friends and Members of the Poor Clare Guild,*

*During this Lent season, the feast of St. Joseph falls on Friday, March 19<sup>th</sup>. Also, this year Pope Francis has declared the Year of St. Joseph that started on December 8, 2020 and ends on December 8, 2021. God the Father entrusted St. Joseph with the task of caring for and safeguarding the Virgin Mary and the Child Jesus. Should we not also entrust ourselves to the protection and guidance of St. Joseph? So many saints have had recourse to the intercession of St. Joseph such as St. Teresa of Avila, Spain and St. Andre Bessette of St. Joseph’s Oratory in Montreal, Canada.*

*Also, the Church is granting the grace of receiving a plenary indulgence under the usual conditions of sacramental Confession, Eucharistic Communion, and prayer for the Holy Father’s intentions who, with a spirit detached from any sin, participate in the Year of St. Joseph in any of the following ways:*

- *Meditate for at least 30 minutes on the Lord’s Prayer because St. Joseph “invites us to rediscover our filial relationship with the Father, to renew fidelity to prayer, to listen and correspond with profound discernment to God’s will”;*
- *Take part in a spiritual retreat of at least one day that includes a meditation on St. Joseph;*
- *Follow St. Joseph’s example by performing a spiritual or corporal work of mercy;*
- *Recite the Rosary in families and among engaged couples in order that “all Christian families may be stimulated to recreate the same atmosphere of intimate communion, love and prayer that was in the Holy Family”;*
- *Entrust their daily activity to the protection of St. Joseph;*
- *Invoke the intercession of St. Joseph so that those seeking work can find dignifying work;*
- *Celebrate the feast of St. Joseph on March 19<sup>th</sup> with an act of piety in honor of St. Joseph;*
- *Celebrate the feast of St. Joseph the Worker on May 1<sup>st</sup> with an act of piety or prayer;*
- *Pray an approved prayer to St. Joseph on the 19<sup>th</sup> of any month;*

- Honor St. Joseph with an act of piety or approved prayer on a Wednesday, the day traditionally dedicated to St. Joseph;
- Recite the Litany of St. Joseph for persecuted Christians (Byzantine Catholics have the option of an Akathist to St. Joseph); and
- Recite any legitimately approved prayer or act of piety in honor of St. Joseph.
- Due to the Coronavirus pandemic, the gift of the plenary indulgence is also extended to the sick, the elderly, the dying, and all those who, for legitimate reasons, are unable to leave their homes. They can obtain the plenary indulgence if they are detached from any sin and have the intention as soon as possible of going to Confession, receiving Holy Communion, and performing an act of piety in honor of St. Joseph, offering to the God the pains and hardships of their lives.

As an additional resource, Fr. Donald Calloway, MIC has written a wonderful book on consecration to St. Joseph. It is titled, "Consecration to St. Joseph: The Wonders of Our Spiritual Father". It is offered by the Marian Fathers from their website: [marian.org/stjoseph](http://marian.org/stjoseph) or by calling 1-800-462-7426 and using the product code of B49F-FCSJ.

During these difficult times in the world and the Church, it is important to grow closer to the Lord and to avoid the evil snares of the devil. Please pray for the needs of the world and the Church.

Please be assured that the sisters keep you, your families, and your intentions close to their hearts as they adore the Lord in the Blessed Sacrament.

### ***The Poor Clare Nuns of Andover***

#### ***Pope Francis' Prayer to St. Joseph***

*Hail Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son; in you  
Mary placed her trust, with Christ  
became man. Blessed Joseph, to us too, show  
yourself a father and guide us in the path  
of life. Obtain for us grace, mercy, and  
courage, and defend us from every evil.*

*Amen*