

## THE SEVEN SUNDAYS OF ST. JOSEPH WITH PASSAGES BY ST. TERESA OF JESUS

The Church, following an ancient custom, prepares the Feast of St. Joseph, by dedicating the seven Sundays before 19<sup>th</sup> March, in memory of the principal joys and sorrows of his life.

### FIRST SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

#### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

#### ***Gospel reading***

*First sorrow:* “His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit” (Mt 1,18).

*First joy:* “But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife” (Mt 1:20-21, 24).

## ***From the writings of St. Teresa of Jesus***

“I remember that when my mother died I was twelve years old or a little less. When I began to understand what I had lost, I went, afflicted, before an image of our Lady and besought her with many tears to be my mother. It seems to me that although I did this in simplicity it helped me. For I have found favor with this sovereign Virgin in everything I have asked of her, and in the end she has drawn me to herself” (*Life* 1, 7).

“Since I saw myself so crippled and still so young and how helpless the doctors of earth were, I resolved to go for aid to the doctors of heaven that they might cure me. [...] I took for my advocate and lord the glorious St. Joseph and earnestly recommended myself to him. I saw clearly that as in this need so in other greater ones concerning honor and loss of soul this father and lord of mine came to my rescue in better ways than I knew how to ask for. I don't recall up to this day ever having petitioned him for anything that he failed to grant. [...] For he being who he is brought it about that I could rise and walk and not be crippled” (*Life* 6, 5-6, 8).

### ***Prayer of petition***

O chaste Spouse of Mary most holy, glorious St. Joseph, great was the trouble and anguish of your heart when you were minded to put away privately your inviolate Spouse, yet your joy was unspeakable when the surpassing mystery of the Incarnation was made known to you by the Angel!

By this sorrow and this joy, we beseech you to comfort our souls, both now and in the sorrows of our final hour, with the joy of a good life and a holy death after the pattern of your own, in the arms of Jesus and Mary.

*(Additional petitions may be added here).*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

## SECOND SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Second sorrow:* “He came to what was his own, and his own people did not accept him (Jn 1:11). While they were there (Bethlehem), the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn” (Lk 2:6-7).

*Second joy:* “In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, ‘Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.’ So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them” (Lk 2:8-12, 16-18).

## ***From the writings of St. Teresa of Jesus***

“It is an amazing thing the great many favours God has granted me through the mediation of this blessed saint, the dangers I was freed from both of body and soul. For with other saints it seems the Lord has given them grace to be of help in one need, whereas with this glorious saint I have experience that he helps in all our needs and that the Lord wants us to understand that just as He was subject to St. Joseph on earth —for since bearing the title of father, being the Lord's tutor, Joseph could give the Child command— so in heaven God does whatever he commands” (*Life* 6, 6).

“I couldn't give enough thanks to God and to my glorious father St. Joseph, for it seemed to me that [...] it was St. Joseph who brought him (St. Peter of Alcantara) here [...] to whom I prayed very much, as I did also to our Lady” (*Life* 30, 7).

“I understood that I had a great obligation to serve our Lady and St. Joseph; for often when I went off the path completely, God gave me salvation again through their prayers” (*Spiritual Testimonies*, 26).

### ***Prayer of petition***

O most blessed Patriarch, glorious St. Joseph, who was chosen to be the foster father of the Word made flesh, your sorrow at seeing the Child Jesus born in such poverty was suddenly changed into heavenly exultation when you did hear the angelic hymn and beheld the glories of that resplendent night.

By this sorrow and this joy, we implore you to obtain for us the grace to pass over from life's pathway to hear the angelic songs of praise, and to rejoice in the shining splendor of celestial glory.

*(Additional petitions may be added here).*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

## THIRD SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Third sorrow:* “After eight days had passed, it was time to circumcise the child; and he was called Jesus, the name given by the angel before he was conceived in the womb” (Lk 2:21).

*Third joy:* “She will bear a son, and you are to name him Jesus, for he will save his people from their sins” (Mt 1:21).

### ***From the writings of St. Teresa of Jesus***

*By invoking the aid of the Virgin Mary and St. Joseph, St. Teresa of Jesus was able to arrive at the gates of salvation and her spiritual life would culminate in life in the Trinity. The story of Holy Mother Teresa’s salvation would become the story of salvation of all who participated in her spiritual charism. Jesus gives to both the Virgin Mary and St. Joseph in order to protect them and so that they obtain the graces which they need to enter into life in the Trinity like our Holy Mother, so that each one and the Order as a whole can be a star which gives great light in the universe of the Church for the salvation of humanity.*

“One day after Communion, His Majesty earnestly commanded me to strive for this new monastery with all my powers, and He made great promises that it would be founded and that He would be highly served in it. He said it should be called St. Joseph and that this saint would keep watch over us at one door, and our Lady at the other, that Christ would remain with us, and that it would be a star shining with great splendor” (*Life* 32, 11).

Fr. Juan de la Anunciación, recording the history of the foundation of St. Joseph of Avila, wrote: “The Blessed Sacrament was placed there, the church dedicated to Our Father, St. Joseph, who from the beginning is patron and protector of our reform... The convent of St. Joseph of Avila is the beginning and the foundation solar of all the discalced convents and the beginning and foundation of devotion to St. Joseph of the same”<sup>1</sup>.

### ***Prayer of petition***

O glorious St. Joseph you faithfully obeyed the law of God, and your heart was pierced at the sight of the Precious Blood that was shed by the Infant Savior during His Circumcision, but the Name of Jesus gave you new life and filled you with quiet joy.

By this sorrow and this joy, obtain for us the grace to be freed from all sin during life, and to die rejoicing, with the holy Name of Jesus in our hearts and on our lips.

*(Additional petitions may be added here).*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

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<sup>1</sup> Prontuario del Carmen, t. 2, dial. 11, Madrid, 1699, p. 407, quoted by Fr. Román LLAMAS, *San José, fundador y Padre del Carmelo Teresiano*, Ed. Arca de la Alianza, 2011, 49.

## FOURTH SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Fourth sorrow:* “Then Simeon blessed them and said to his mother Mary, ‘This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too’” (Lk 2:34-35).

*Fourth joy:* “For my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel’. And the child’s father and mother were amazed at what was being said about him” (Lk 2:30-33).

### ***From the writings of Santa Teresa de Jesús***

*The Virgin Mary and St. Joseph encouraged and helped D<sup>a</sup> Teresa de Ahumada to bring about the foundation of the convent which Jesus Christ had entrusted to her. They clothed her in the symbols of her future mission as a foundress, a new robe and a pectoral cross.*

“On one of these same days, the feast of the Assumption of our Lady [...]. A rapture came upon me so great that it almost took me out of myself. [...] It seemed to me while in this state that I saw myself vested

in a white robe of shining brightness, but at first I didn't see who was clothing me in it. Afterward I saw our Lady at my right side and my father St. Joseph at the left, for they were putting that robe on me. I was given to understand that I was now cleansed of my sins. After being clothed and while experiencing the most marvelous delight and glory, it seemed to me then that our Lady took me by the hands. She told me I made her very happy in serving the glorious St. Joseph, that I should believe that what I was striving for in regard to the monastery would be accomplished, that the Lord and those two would be greatly served in it. [...] because they would watch over us, and that her Son had already promised us He would be with us, that as a sign that this was true she was giving me a jewel. It seemed to me she placed around my neck a very beautiful golden necklace to which was attached a highly valuable cross. [...] It left me very comforted and with great peace” (*Life* 33, 14-15).

### ***Prayer of petition***

O most faithful Saint who shared the mysteries of our Redemption, glorious St. Joseph, the prophecy of Simeon regarding the sufferings of Jesus and Mary caused you to shudder with mortal dread, but at the same time filled you with a blessed joy for the salvation and glorious resurrection which, he foretold, would be attained by countless souls.

By this sorrow and this joy, obtain for us that we may be among the number of those who, through the merits of Jesus and the intercession of Mary the Virgin Mother, are predestined to a glorious resurrection.

*(Additional petitions may be added here).*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.



## FIFTH SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Fifth sorrow:* “Now after they had left, an angel of the Lord appeared to Joseph in a dream and said, ‘Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him.’ Then Joseph got up, took the child and his mother by night, and went to Egypt. When Herod saw that he had been tricked by the wise men, he was infuriated, and he sent and killed all the children in and around Bethlehem who were two years old or under, according to the time that he had learned from the wise men” (Mt 2:13-14, 16).

*Fifth joy:* “He remained there (Egypt) until the death of Herod. This was to fulfill what had been spoken by the Lord through the prophet, ‘Out of Egypt I have called my son’” (Mt 2:14-15).

### ***From the writings of St. Teresa of Jesus***

*She would always receive the help of the Virgin and of St. Joseph in order to be able to carry out the work of the foundations entrusted to her by the Lord.*

*From the Book of the Life:* “Once when in need, for I didn't know what to do or how to pay some workmen, St. Joseph, my true father and lord, appeared to me and revealed to me that I would not be lacking, that I should hire them. And so I did, without so much as a penny, and the Lord in ways that amazed those who heard about it provided for me” (Chap. 33, 12). “I prayed to the Lord to protect me and to my

father St. Joseph to bring me to his house, and I offered God what I would have to undergo. [...] The day that we came was one of greatest consolation for me” (Chap. 36, 11, 23).

*From the Book of the Foundations:* “I begin in the name of the Lord, taking for my help His glorious Mother, whose habit I wear, although unworthily, and also my glorious father and lord, St. Joseph, in whose house I am” (*Prol*, 6). “Treats of the foundation in Segovia of the Carmel of the glorious St. Joseph. It was founded on the very feast of St. Joseph” (Chap. 21). *Faced with the difficulties of finding a house in Seville:* “I pleaded with our Lord, begging Him that I not have to go away and leave the nuns without a house. I had the Sisters ask Him as well as the glorious St. Joseph for this favor and we offered many processions and prayers to our Lady” (Chap. 25, 3). *The arduous difficulties in making a foundation in Burgos:* “The Sisters had prayed very much to St. Joseph that they might have a house by his feast day, and although there was no thought of having it so soon, he heard their prayers. [...] And thus it was done. [...] We concluded the sale, in accord with all the legal demands, on the vigil of the glorious St. Joseph, as I have said. It came about through the careful diligence and intelligence of this good friend” (Chap. 31, 36).

### ***Prayer of petition***

O most watchful Guardian of the Incarnate Son of God, glorious St. Joseph, what toil was your in supporting and waiting upon the Son of the most high God, especially in the flight into Egypt! Yet at the same time, how you did rejoice to have always near you God Himself, and to see the idols of the Egyptians fall prostrate to the ground before Him.

By this sorrow and this joy, “*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*”.

*(Additional petitions may be added here)..*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

## SIXTH SUNDAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Sixth sorrow:* “When Herod died, an angel of the Lord suddenly appeared in a dream to Joseph in Egypt and said, ‘Get up, take the child and his mother, and go to the land of Israel, for those who were seeking the child’s life are dead.’ Then Joseph[a] got up, took the child and his mother, and went to the land of Israel. But when he heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go there” (Mt 2:19-22).

*Sixth joy:* “And after being warned in a dream, he went away to the district of Galilee. There he made his home in a town called Nazareth, so that what had been spoken through the prophets might be fulfilled, ‘He will be called a Nazorean’” (Mt 2:22-23).

### ***From the writings of santa Teresa de Jesús***

“I would willingly and in a very detailed way enlarge upon what I am saying about the favours this glorious saint did for me and for others. [...] I only ask for the love of God those who do not believe me to try, and they will see through experience the great good that comes from recommending oneself to this glorious patriarch and being devoted to him. Especially persons of prayer should always be attached to him. For I don't know how one can think about the Queen of Angels and about when she went through so much with the Infant Jesus without giving thanks to St. Joseph for the good assistance he then

provided them both with. Those who cannot find a master to teach them prayer should take this glorious saint for their master, and they will not go astray” (*Life* 6, 8).

“I beg you to let me know [...] if you have gone to confession for the feast of this glorious saint. He is a very great saint, and it is right that you be devoted to him, since you are so kind to the poor” (*Letter*, February-April, 1581).

“But, alas, daughters, pray for me and be devoted to St. Joseph who can do a great deal. I'm writing this foolishness. . . ” (*Spiritual Testimonies*, 38).

“Although I have many saints as advocates, it is St. Joseph’s special quality that he obtains much from” (*Avisos*, 65 (*Counsels*)).

### ***Prayer of petition***

O glorious St. Joseph, an angel on earth, you did marvel to see the King of Heaven obedient to your commands, but your consolation in bringing Jesus out of the land of Egypt was troubled by your fear of Archelaus; nevertheless, being assured by the Angel, you dwelt in gladness at Nazareth with Jesus and Mary.

By this sorrow and this joy, obtain for us that our hearts may be delivered from harmful fears, so that we may rejoice in peace of conscience and may live in safety with Jesus and Mary and may, like you, die in their company

Through this sorrow and this joy, St. Joseph, most chaste guardian of Jesus and Mary, come to our aid with your supplications in every spiritual and temporal necessity; only so that with you and Mary, we may bless our divine Savior, Jesus for all eternity<sup>2</sup>.

*(Additional petitions may be added here)..*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

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<sup>2</sup> Pius XII, *Prayer for Christian Families*.

## SEVENTH DAY



In the name of the Father and of the Son and of the Holy Spirit

### ***Invocation***

Glorious St. Joseph, vouchsafe all who contemplate your sorrow and joy.

### ***Gospel reading***

*Seventh sorrow:* “Now every year his parents went to Jerusalem for the festival of the Passover. And when he was twelve years old, they went up as usual for the festival. When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but his parents did not know it. Assuming that he was in the group of travelers, they went a day’s journey. Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him” (Lk 2:41-45).

*Seventh joy:* “After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, ‘Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety.’ He said to them, ‘Why were you searching for me? Did you not know that I must be in my Father’s house?’ But they did not understand what he said to them. Then he went down with them and came to Nazareth, and was obedient to them.” (Lk 2:46-51).

### ***From the writings of St. Teresa of Jesus***

“I had the desire to persuade all to be devoted to him. I have not known anyone truly devoted to him and rendering him special

services who has not advanced more in virtue. For in a powerful way he benefits souls who recommend themselves to him. It seems to me that for some years now I have asked him for something on his feast day, and my petition is always granted. If the request is somewhat out of line, he rectifies it for my greater good” (*Life* 6, 8).

Discalced Carmelite nuns and friars would take on St. Teresa’s devotion to St. Joseph and would keep it as their own. They would develop internal worship to St. Joseph, they would encourage devotion to him among the faithful and they would dedicate convents and churches to him. He would be considered to be both patron and protector of the Order. They would work towards the concession of a feast to celebrate his patronage, which would be bestowed by Innocent XI in 1681. The feast of the patronage of St. Joseph, with its own office, quickly spread to many orders and religious congregations, till he became patron of the universal Church.

### ***Prayer of petition***

O glorious St. Joseph, pattern of all holiness, when you did lose, through no fault of your own, the Child Jesus, you sought Him sorrowing for the space of three days, until with great joy you did find Him again in the Temple, sitting in the midst of the doctors.

By this sorrow and this joy, we supplicate you, with our hearts upon our lips, to keep us from ever having the misfortune to lose Jesus through mortal sin; but if this supreme misfortune should befall us, grant that we may seek Him with unceasing sorrow until we find Him again, ready to show us His great mercy, especially at the hour of death; so that we may pass over to enjoy His presence in Heaven; and there, in company with you, may we sing the praises of His Divine mercy forever.

*(Additional petitions may be added here)..*

Our Father. Ave Maria. Glory be..

### ***Closing prayer***

O God, Who in Thy ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

# Prayers to St. Joseph

## Prayer to St. Joseph which Pope Francis prays



Glorious Patriarch Saint Joseph, whose power makes the impossible possible, come to my aid in these times of anguish and difficulty.

Take under your protection the serious and troubling situations that I commend to you, that they may have a happy outcome.

My beloved father, all my trust is in you.

Let it not be said that I invoked you in vain, and since you can do everything with Jesus

and Mary, show me that your goodness is as great as your power. Amen.

## Prayer to St. Joseph of Pope Francis

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 you 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.



## Memorare 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.

## Prayer to St. Joseph of Pope Leo XIII



To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his

Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

### Ejaculatory prayers

Jesus, Mary and Joseph, I give you my heart and my soul;  
Jesus, Mary and Joseph assist me now and in my last agony;  
Jesus, Mary and Joseph, bring forth my soul in peace with you.  
Amen.

