

January 17, 2021

Good Morning Everyone!

Divine Mercy Chaplet at 3:00 today - extra time in prayer is never wrong!

1. Today's Readings: [Second Sunday of Ordinary Time | USCCB](#)

2. ***The RE Corner with Jan Heithaus:*** Today we introduce a new series for the year, Sundays with St. Joseph. As we mentioned in December, this is the year of St. Joseph. So on some Sundays of the year, we will spend a little time getting to know our patron saint.

The saints have much to teach us when we take the time to study their lives and listen to their words. Silent St. Joseph did not leave us any quotes so we will look at his life from various perspectives. Today, we look at a few of his virtues.

3. Quote of the Day: "St. Joseph, as a model of quiet prayer and closeness to Jesus, also invites us to think about the time we devote to prayer each day." *Pope Francis*

St. Joseph, Pray for Us!



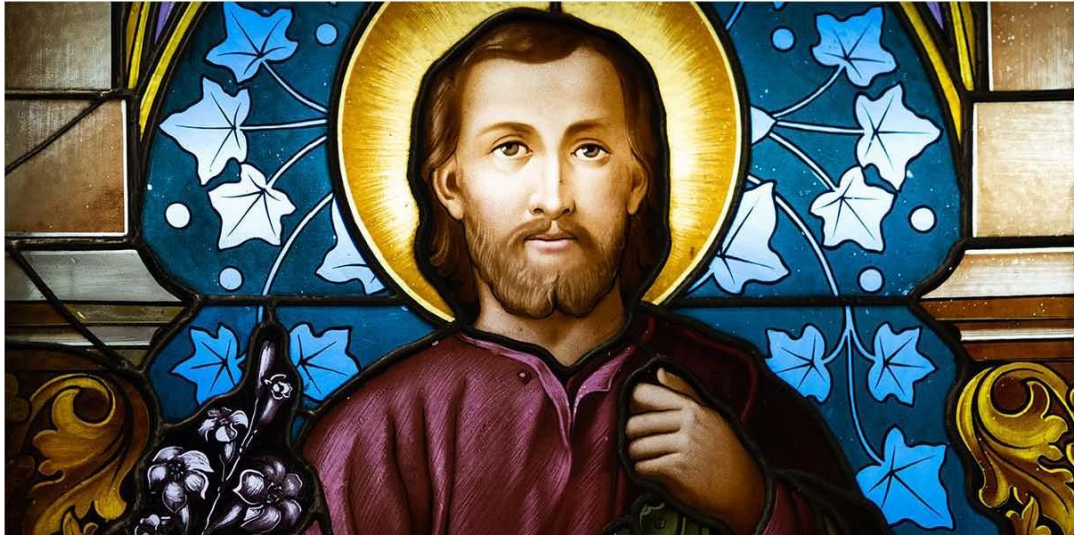
Have a peaceful, restful Sunday.

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4 Ways to Imitate St. Joseph on a Daily Basis



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The most important part of devotion to St. Joseph is imitating his example.

While prayers and devotions are important to honor St. Joseph, what is *more important* is to imitate the life and example of the foster-father of Jesus.

In the 19th-century book *Devotion to Saint Joseph*, the author explains this concept plainly.

*The most excellent devotion towards our holy patrons consists in **imitating their virtues. Endeavor each day to practice some of those virtues** which shone in St. Joseph, for example, conformity to the holy will of God.*

The book also details a helpful practice that can remind you to imitate St. Joseph.

*Father Louis Lalemant, having chosen St Joseph for model of the interior life, practiced each day in his honor the following exercises: **two in the morning and two in the evening.***

1 LISTEN TO THE HOLY SPIRIT

The first was to raise his mind toward the heart of St. Joseph and **consider how docile he had been to the inspirations of the Holy Spirit.** Then examining his own heart, he humbled himself for his times of resistance, and animated himself to follow more faithfully the inspirations of grace.

2 UNITY OF PRAYER AND WORK

The second was to consider with what perfection St. Joseph **united the interior life to the occupations of his state in life.** Then reflecting on his own life, he examined if there were some defects to correct. Father Lalemant attained by this holy practice to a great union with God and he knew how to preserve it in the midst of occupations which seemed the most distracting.

3 DEVOTION TO THE VIRGIN MARY

The third was to unite himself spiritually to St. Joseph as spouse of the Mother of God; and considering the admirable lights which the saint had on the virginity and maternity of Mary, he **encouraged himself to love this holy patriarch for the love of his holy spouse.**

4 ADORE THE CHRIST CHILD

The fourth was to represent to himself the profound adoration and the paternal services which St. Joseph had rendered to the Child Jesus: he asked to be permitted to **join with him in adoring, loving, and serving this Divine Infant with the tenderest affection and the profoundest veneration.**

Source: aleteia.org by Philip Kosloski