

Parish of Saint Joseph



Supporting
one another
through this
challenging time

Reflections for **Week Four in Lent**

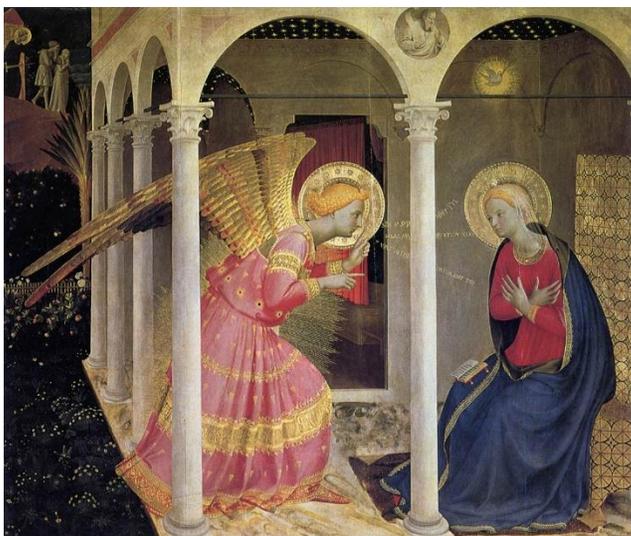
- ✚ [23 March Emergency Services Directive \[WA\]](#)
- ✚ [23 March Praying Through Pandemic](#)
- ✚ [23 March Thoughts on Absolution and God's Forgiveness](#)
- ✚ [23 March World Day of Prayer on March 25](#)
- ✚ [22 March Word of God for Sunday 4 in Lent](#)
- ✚ [22 March Sabbath Prayer Sunday Four in Lent](#)
- ✚ [20 March Words of Encouragement for the Weekend](#)
- ✚ [20 March A Prayer in A Time of Pandemic](#)
- ✚ [19 March Encouragement from Monsignor Kevin](#)

Other forms of prayer for your reflection time

- ✚ [Lectio Divina \[March\] an ancient guide to silent reflection](#)
- ✚ [iBreviary – Prayer of the Church \[Divine Office\]](#)
- ✚ [Perpetual Adoration](#) – Online, distraction free
- ✚ [Daily Mass with Pope Francis](#) – go to News on Right-hand side, scroll to Mass
- ✚ [Pray.org.au](#) – on homepage, access *reflections*; from homepage toolbar, select *Daily Prayer* to access readings and Mass prayers of each day...exceptionally effective site!

The Annunciation

Let it be done, according to your holy Word



Father, Holy One of Israel,
God of Abraham, Isaac and Jacob,
who willed that your holy Word
should take on our nature, our human flesh,
in the womb of the virgin Mary,
grant, we pray,
that we who confess our redeemer to be both God and man,
may merit to become partakers even in his divine nature,
who lives and reigns with you in the unity of the Holy Spirit,
God,
for ever and ever.

Gospel Luke 1:26-38

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He

went in and said to her, 'Rejoice, you who enjoy God's favour! The Lord is with you.'

She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's

favour. Look! You are to conceive in your womb and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob forever and his reign will have no end.'

Mary said to the angel, 'But how can this come about, since I have no knowledge of man?' The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. And I

tell you this too: your cousin Elizabeth also, in her old age, has conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.'

Mary said, 'You see before you the Lord's servant, let it happen to me as you have said.' And the angel left her.



Spiritual Communion

On this day, as we sit here unable to receive your Body and Blood in the Eucharist, reach out to us Master, and infuse us with the gift of your Sacred Presence.

Enlighten our minds, warm our hearts, and motivate our bodies,

so that we might be all that you desire us to be for the sake of your Kingdom –

a word of comfort to the disheartened,

an arm of strength to the weary,

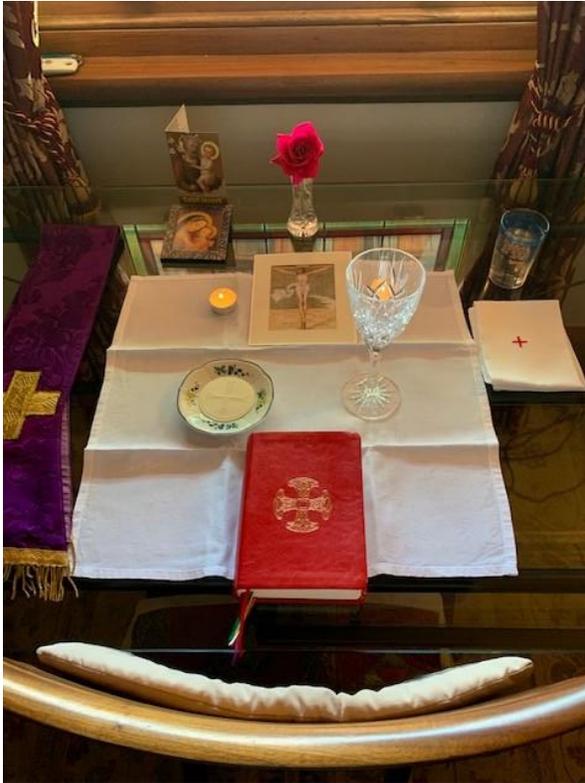
a soothing voice to those whose lives are troubled by pain or fear.

May our lives proclaim you as Lord now and forever. Amen

Missa Pro Populo

[Mass "for the People of God"]

Each week one of the Sunday Masses is said for the intentions of the whole People of God.



During this time, when all public Masses are cancelled, Monsignor continues the ancient tradition of daily Mass in private for the good of every parishioner.

You are invited to spend a few moments in quiet reflection each day, joining yourself in mind and heart to that celebration of the Eucharist, knowing that wherever you are, whatever time it may be, you are church together, the praying Christ in union with his Father.

Take, Lord,
receive
all my liberty,
my memory, my understanding,
my whole will,
all that I have
and all that I possess.
You gave it all to me, Lord;
I give it all back to you.
Do with it as you will,
according to your good pleasure.

Ignatius of Loyola: Spiritual Exercises

Praying in Crisis some thoughts for the day from Richard Rohr ofm

Wednesday, March 25, 2020

CAC faculty member Brian McLaren is an author and contemplative activist. He spent over twenty years as the pastor of a church where he lived, worked, and prayed with people in good times and bad. Responding to crises is not theoretical for him, but a deeply felt and lived experience which comes through so clearly in these words. I hope you will feel encouraged to take this practice to your own time of prayer in the days, weeks, and months ahead.

When we call out for help, we are bound more powerfully to God through our needs and weakness, our unfulfilled hopes and dreams, and our anxieties and problems than we ever could have been through our joys, successes, and strengths alone. . . . [1]

Anxieties can gray the whole sky like cloud cover or descend on our whole horizon like fog. When we rename our anxieties, in a sense we distill them into requests. What covered the whole sky can now be contained in a couple of buckets. So when we're suffering from anxiety, we can begin by simply holding the word help before God, letting that one word bring focus to the chaos of our racing thoughts. Once we feel that our mind has dropped out of the frantic zone and into a spirit of connection with God, we can let the general word help go and in its place hold more specific words that name what we need, thereby condensing the cloud of vague anxiety into a bucket of substantial request. So we might hold the word guidance before God. Or patience. Or courage. Or resilience. Or boundaries, mercy, compassion, determination, healing, calm, freedom, wisdom, or peace. . . . [2]

Along with our anxieties and hurts, we also bring our disappointments to God. If anxieties focus on what might happen, and hurts focus on what has happened, disappointments focus on what has not happened. Again, as the saying goes, revealing your feeling is the beginning of healing, so simply acknowledging or naming our disappointment to God is an important move. This is especially important because many of us, if we don't bring our disappointment to God, will blame our disappointment on God, thus alienating ourselves from our best hope of comfort and strength. . . .

Whether we're dealing with anxieties, wounds, disappointments, or other needs or struggles, there is enormous power in simple, strong words—the words by which we name our pain and then translate it into a request to God. Help is the door into this vital practice of petition, through which we expand beyond our own capacities and resources to God's. . . .

Through this practice of expansion and petition, we discover something priceless: the sacred connection can grow stronger through, not in spite of, our anxieties, wounds, disappointments, struggles, and needs. The Compassionate One is our gracious friend, and we don't have to earn anything, deserve anything, achieve anything, or merit anything to bring our needs to God. We can just come as we are. [3]

[1] Brian D. McLaren, *Naked Spirituality* (HarperOne: 2011), 104.

[2] *Ibid.*, 116–117.

[3] *Ibid.*, 119–120.