

Celebrating The Year of Saint Joseph



A Prayer to Saint Joseph for the Grace of a Happy Death

O Blessed Joseph, who yielded up thy last breath in the arms of Jesus and Mary, obtain for me this grace, O holy Joseph, that I may breathe forth my soul in praise, saying in spirit, if I am unable to do so in words: "Jesus, Mary and Joseph, I give Thee my heart and my soul." *Amen.*

What to Do When Visiting a Cemetery

Have a Conversation — Is there something in your life that you want to celebrate? Are you struggling with their death or encountering other difficult situations? Share it with your loved one in prayer. Ask them to pray for you. Whether they have entered the kingdom of Heaven or are still undergoing purification in Purgatory, our loved ones can intercede for us from their place in the eschaton. While you can talk to your loved ones anywhere, there is a certain closeness one might experience by doing so at their grave. Having that conversation might bring you the peace of mind and soul you are looking for.

Pray and Walk — One of the ways to pray in the cemetery is reciting the rosary and walking up and down the rows, looking at gravesites, the religious statuary, and other expressions of love people leave behind.

Pray the Office for the Dead or Psalm 130 — Priests, deacons, consecrated religious, and an increasing number of the lay faithful pray what is called the Liturgy of the Hours. It is a collection of psalms and canticles from the Old and New Testament. There are different prayers for each morning, daytime, and evening. In addition to the various saint feast days and the Common of the Saints, there is a special set of prayers called "The Office for the Dead." If you don't have the four volumes of the Liturgy of the Hours, modern technology makes it easy to find the Office for the Dead. Just download the iBreviary app and look for it in the section labeled "Prayers."

Pray the Divine Mercy Chaplet — During the Divine Mercy Novena, one day is dedicated to praying for the souls in Purgatory.

Pray the St. Gertrude Prayer — St. Gertrude, a 13th century nun and mystic, received visits from Jesus. He allegedly taught her a prayer and told her that when prayed it would release 1,000 souls in Purgatory. It's a short, beautiful, and powerful prayer:

Eternal Father, I offer You the most precious blood of thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal Church, for those in my own home, and in my family. Amen.

Monthly Theme

*Patron of the
Dying and
Solace of the
Afflicted*

November 1
All Saints Day

November 2
All Souls Day

November 4
St. Charles Borromeo

November 9
*Dedication of the
Lateran Basilica*

November 21
*Our Lord Jesus
Christ, King of the
Universe*

November 22
St. Cecilia

November 28
*First Sunday
of Advent*

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Monthly Theme *Patron of the Dying and Solace of the Afflicted*

Discussion Starter... Who are the afflicted?

Like the scholar of the law in Luke 10's account of the Good Samaritan, we might first ask, "who is my neighbor?" Jesus' response to us and to the scholar is that the one who treated the Samaritan with mercy was his neighbor. A deeper question for our own times might be "who are the afflicted?" How can we show mercy, especially to those who may not be noticeable to us as "afflicted." How do we create a welcoming sense about us so that we can see clearly who is afflicted among us so that they might seek out our solace and support?



When you have a bad day... when you feel afflicted.. what do you do?

Here are a few saints that found comfort and developed a devotion themselves to Saint Joseph: Saint Francis de Sales made Joseph patron of the Order of the Visitation, a religious order he founded. St. Teresa of Avila spoke in her autobiography of earnest devotion to Joseph. Venerable Margaret of the Most Holy Sacrament loved to mediate on the childhood of Jesus and his life with Mary and Joseph and encouraged all to venerate Joseph as guardian of the Immaculate Word.

How can we be Saint Joseph for others when they need us?

Looking to the Scriptures, we actually find very little about Joseph, other than his genealogy and all that the Lord called him to in his role with the Holy Family. Did you know that Joseph never speaks one word in Scripture? Maybe his actions and the lack of speech in the New Testament could point to the fact that he was a good listener. Sometimes, we are approached by family or friends who just need a listening ear or a bit of support. Are we acting in the spirit of Saint Joseph when we do this? Is it hard to be a good listener, especially if we hear the same problems over and over? Do we practice "active listening" with those around us? When we ask "how are you" do we really mean it?

Who can help if you feel overwhelmed by your affliction:

Catholic Charities Helpline (716) 218-1419

Catholic Charities Mental Health Clinics (Adults & Children)

76 W. Humboldt Pkwy., Buffalo 14214 (716) 835-9745

For a complete list in your area, visit:

https://www.ccwny.org/locations/browse?&service_id=100020

National Suicide Prevention Lifeline 1-800-273-TALK

Center for Grief Support

4000 Elmwood Ave., Kenmore 14217

(716) 873-5561

Director of Bereavement

Support Services:

Marianne Hubert

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