

# FROM THE CHAPLAINCY

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## Dear Woodrose Parents

Last Sunday, February 4, the Seven Sundays of St. Joseph began. It is a devotion that we have in the Catholic Church that help us appreciate St. Joseph and prepare ourselves for the celebration of his Feast day on March 19. The devotion consists in considering in prayer and in one's personal reflections the Seven Joys and Sorrows of the Holy Patriarch.

Instead of just limiting the considerations to the seven Sundays prior to March 19, I suggest that we make use of the seven weeks before March 19 to get to know in order to love and appreciate more St. Joseph. He was the one chosen by God to be the head of the Holy Family, provide for Jesus and Mary and be their guardian. In his quiet way, he obeyed and carried out what he had to do. He was God's faithful servant.

We share with you this brief article from Aleteia written by Philip Kosloski.

# What is the powerful Seven Sundays devotion to St. Joseph?



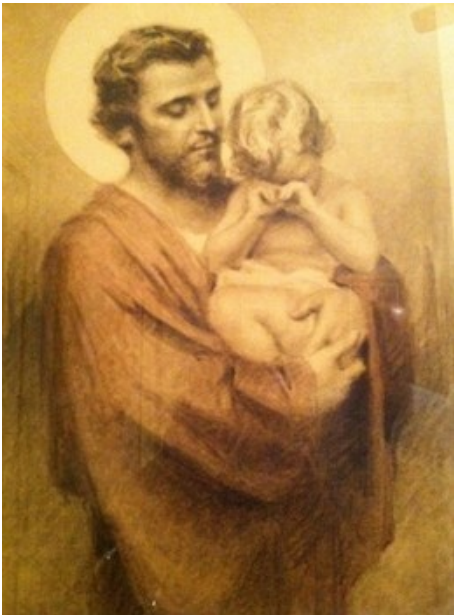
Philip

Kosloski

*Jan 28, 2018*

*A little-known devotion that honors Joseph's joys and sorrows.*

St. Joseph, while he never spoke a word in scripture, is one of the most beloved saints of Christianity. His silent example of obedient faithfulness is one that spoke much louder than any words.



Over the centuries there grew many different devotions to St. Joseph, expressing a deep filial love for the foster-father of Jesus. Among them was the powerful Seven Sundays devotion.

According to [Salt and Light Media](#), “The story goes that two Franciscan monks who were shipwrecked at sea clung to a plank for two days, and were saved by a man of venerable appearance who miraculously brought them to shore. When they asked who he was, he

replied, ‘I am Joseph, and I desire you to honor my seven sorrows and seven joys.’”

Whatever the origins may be, a devotion was developed where the seven sorrows and seven joys of Joseph became the focus of meditation on the seven Sundays preceding his feast on March 19. The first Sunday of these meditations is typically either the last Sunday of January or the first Sunday of February.

Below are the following joys and sorrows of St. Joseph, along with their respective passages in scripture. One approach to these Sundays is to read each passage and consider how Joseph would have felt in the situation. This is a form of *lectio divina* or “divine reading,” where you are able to put yourself into the scene and see Joseph’s expressions during each episode.



When praying the Seven Sundays devotion, it is customary to pray for a specific intention, asking St. Joseph’s powerful intercession for your needs.

### **1st Sunday**

Sorrow (Matthew 1:19) The Doubt of St. Joseph

Joy (Matthew 1:20) The Message of the Angel

### **2nd Sunday**

Sorrow (Luke 2:7) The Poverty of Jesus’ Birth

Joy (Luke 2:10-11) The Birth of the Savior

### **3rd Sunday**

Sorrow (Luke 2:21) The Circumcision

Joy (Matthew 1:25) The Holy Name of Jesus

### **4th Sunday**

Sorrow (Luke 2:34) The Prophecy of Simeon

Joy (Luke 2:38) The Effects of the Redemption

### **5th Sunday**

Sorrow (Matthew 2:14) The Flight into Egypt

Joy (Isaiah 19:1) The Overthrow of the Idols of Egypt

### **6th Sunday**

Sorrow (Matthew 2:22) The Return from Egypt

Joy (Luke 2:39) Life with Jesus and Mary at Nazareth



### **7th Sunday**

Sorrow (Luke 2:45) The Loss of the Child Jesus

Joy (Luke 2:46) The Finding of the Child Jesus in the Temple