

***Journey of Adoration with the Holy Family:
Through the Eyes of St. Joseph***



***St. Joseph Community
Parish Lenten Retreat 2021
March 3-5, 2021***

Exposition of the Blessed Sacrament

Stand: The altar server enters the chapel, followed by the presider carrying the Luna with the Host. We begin by singing a selected song relating to the liturgical season or the mystery of the Eucharist.

Kneel while the presider places the Luna with the Host into the monstrance (pictured here to the right) on the altar. Once the presider has reached the front of the altar and kneels, he will lead all in singing the Salutaris or some other appropriate Eucharistic song.



O Saving Victim

O saving Victim, op'ning wide
The gate of heav'n to man below,
Our foes press on from ev'ry side;
Thine aid supply, thy strength bestow.

*O salutaris Hostia
Quae coeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium*

To thy great name be endless praise,
Immortal Godhead, One in three.
Oh, grant us endless length of days
In our true native land with thee. Amen

*Uni trinoque Domino
Sit sempiternal gloria,
Qui vitam sine termino
Nobis donet in patria. Amen*

Stand or be Seated: After the presider has incensed the monstrance (optional), he will wait a few minutes before standing and walking to the ambo to start the reading(s). If the Gospel is to be proclaimed, the presider will instruct all to *stand*. Otherwise, all will remain *seated* during the non-Gospel scripture reading(s). This is followed by a short reflection applicable to the reading and quiet time of adoration.

Adoration

Kneel or be Seated: After the reading(s) are completed, the presider and altar server(s) will go to their assigned seating and start their private portion(s) of the adoration/devotion. You may kneel or be seated during this time of your own personal prayer as well.

Night 1

Wednesday, March 3, 2021



PRAYER

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth. Help us, O loving Father, to make our family another Nazareth, where love, peace, and joy reign. May it be deeply contemplative, intensely Eucharistic, and revived with joy. Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy guardian Angels, be always with us to guide and protect us. **Through Christ our Lord. Amen.**

ENCOUNTER Jesus in the Sacred Scripture

John 1:1-14

¹In the beginning was the Word, and the Word was with God, and the Word was God. ²He was in the beginning with God. ³All things came to be through him, and without him nothing came to be. What came to be ⁴through him was life, and this life was the light of the human race; ⁵the light shines in the darkness, and the darkness has not overcome it. ⁶A man named John was sent from God. ⁷He came for testimony, to testify to the light, so that all might believe through him. ⁸He was not the light, but came to testify to the light. ⁹The true light, which enlightens everyone, was coming into the world. ¹⁰He was in the world, and the world came to be through him, but the world did not know him. ¹¹He came to what was his own, but his own people did not accept him. ¹²But to those who did accept him he gave power to become children of God, to those who believe in his name, ¹³who were born not by natural generation not by human choice not by a man's decision but of God. ¹⁴And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth.

Litany of St. Joseph

Lord, have mercy.	<i>Lord, have mercy.</i>
Christ, have mercy.	<i>Christ, have mercy.</i>
Lord, have mercy.	<i>Lord, have mercy.</i>
Jesus, hear us.	<i>Jesus, graciously hear us.</i>
God, the Father of Heaven,	<i>Have mercy on us.</i>
God, the Son, Redeemer of the world,	<i>Have mercy on us.</i>
God, the Holy Spirit,	<i>Have mercy on us.</i>
Holy Trinity, One God,	<i>Have mercy on us.</i>
Holy Mary,	<i>Pray for us.</i>
St. Joseph,	<i>Pray for us.</i>
Renowned offspring of David,	<i>Pray for us.</i>
Light of Patriarchs,	<i>Pray for us.</i>
Spouse of the Mother of God,	<i>Pray for us.</i>
Chaste guardian of the Virgin,	<i>Pray for us.</i>
Foster father of the Son of God,	<i>Pray for us.</i>
Diligent protector of Christ,	<i>Pray for us.</i>
Head of the Holy Family,	<i>Pray for us.</i>
Joseph most just,	<i>Pray for us.</i>
Joseph most chaste,	<i>Pray for us.</i>
Joseph most prudent,	<i>Pray for us.</i>
Joseph most strong,	<i>Pray for us.</i>
Joseph most obedient,	<i>Pray for us.</i>
Joseph most faithful,	<i>Pray for us.</i>
Mirror of patience,	<i>Pray for us.</i>
Lover of poverty,	<i>Pray for us.</i>
Model of artisans,	<i>Pray for us.</i>
Glory of home life,	<i>Pray for us.</i>
Guardian of virgins,	<i>Pray for us.</i>
Pillar of families,	<i>Pray for us.</i>
Solace of the wretched,	<i>Pray for us.</i>
Hope of the sick,	<i>Pray for us.</i>
Patron of the dying,	<i>Pray for us.</i>
Terror of demons,	<i>Pray for us.</i>
Protector of Holy Church,	<i>Pray for us.</i>

Lamb of God, who takes away the sins of the world,	<i>Spare us, O Lord.</i>
Lamb of God, who takes away the sins of the world,	<i>graciously hear us, O Lord.</i>
Lamb of God who takes away the sins of the world.	<i>And prince over all his possessions.</i>
He made him the lord of his household.	

Let us pray – *O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever. Saint Joseph, pray for us.*

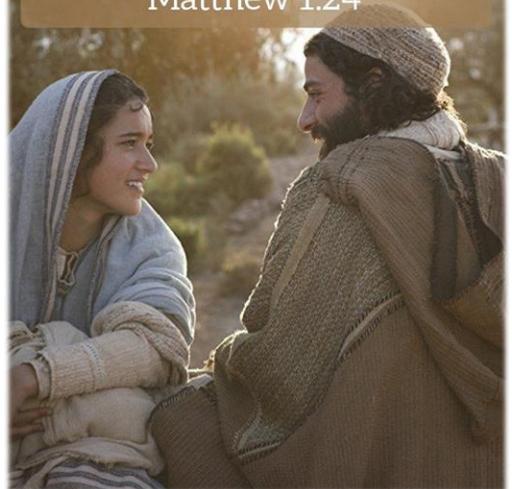
Night 2

Thursday, March 4, 2021



When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife.

Matthew 1:24



PRAYER

Heavenly Father, help us to stay together in joy and sorrow in family prayer. Teach us to see Jesus in the members of our families, especially in their distressing disguise. May the Eucharistic Heart of Jesus make our hearts humble like His and help us to carry out our duties in a holy way. Immaculate Heart of Mary, our Lady of wisdom, and cause of our joy, pray for us. St. Joseph, most just; St. Joseph most obedient, pray for us. Holy Guardian Angels, as you were with the Holy Family, be always with us, to guide and protect us. **Through Christ our Lord. Amen.**

ENCOUNTER Jesus in the Sacred Scripture

John 2:1-11

¹On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. ²Jesus and his disciples were also invited to the wedding. ³When the wine ran short, the mother of Jesus said to him, "They have no wine." ⁴[And] Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." ⁵His mother said to the servers, "Do whatever he tells you." ⁶Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. ⁷Jesus told them, "Fill the jars with water." So they filled them to the brim. ⁸Then he told them, "Draw some out now and take it to the headwaiter." So they took it. ⁹And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom ¹⁰and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now." ¹¹Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

ENCOUNTER Jesus in the Sacred Scripture

Matthew 1:18-24

¹⁸Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy spirit. ¹⁹Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. ²⁰Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy spirit that this child has been conceived in her. ²¹She will bear a son and you are to name him Jesus, because he will save his people from their sins." ²²All this took place to fulfill what the Lord had said through the prophet: ²³"Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel," which means "God is with us." ²⁴When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.

REFLECTION

Listen with your heart as you adore and gaze at Jesus in the Blessed Sacrament

1. Jesus "advanced in wisdom and age and favor with God and man" in those hidden years with Mary and Joseph. How can the greatness of God develop in my ordinary life, regardless of my state or age in life?

REFLECTION

Listen with your heart as you adore and gaze at Jesus in the Blessed Sacrament

1. Learning from the example of the Holy Family in this *Year of St. Joseph*, what virtues can I work on – theological (i.e. faith, hope, love) and/or human (i.e. prudence, justice, fortitude, temperance) – to cooperate with the effect of sanctifying grace that was given to me at my Baptism?

Litany of the Blessed Virgin Mary

Leader: Lord, have mercy on us.

All: Christ, have mercy on us.

Leader: Lord, have mercy on us.

Christ hear us.

God the Father of Heaven...

God the Son, Redeemer of the world...

God the Holy Spirit...

Holy Trinity, one God...

Christ, graciously hear us.

Have mercy on us.

Have mercy on us.

Have mercy on us.

Have mercy on us.

Holy Mary... **Pray for Us.**

Mystical Rose... **Pray for Us.**

Holy Mother of God... **Pray for Us.**

Holy Virgin of virgins... **Pray for Us.**

Mother of Christ... **Pray for Us.**

Mother of the Church... **Pray for Us.**

Mother of Divine grace... **Pray for Us.**

Mother most pure... **Pray for Us.**

Mother most chaste... **Pray for Us.**

Mother most undefiled... **Pray for Us.**

Mother most amiable... **Pray for Us.**

Mother most admirable... **Pray for Us.**

Mother of good counsel... **Pray for Us.**

Mother of our Saviour... **Pray for Us.**

Virgin most prudent... **Pray for Us.**

Virgin most renowned... **Pray for Us.**

Virgin most powerful... **Pray for Us.**

Virgin most merciful... **Pray for Us.**

Virgin most faithful... **Pray for Us.**

Mirror of justice... **Pray for Us.**

Seat of wisdom... **Pray for Us.**

Cause of our joy... **Pray for Us.**

Spiritual vessel... **Pray for Us.**

Vessel of honor... **Pray for Us.**

Tower of David... **Pray for Us.**

Tower of ivory... **Pray for Us.**

House of gold... **Pray for Us.**

Ark of the Covenant... **Pray for Us.**

Gate of Heaven... **Pray for Us.**

Morning star... **Pray for Us.**

Health of the sick... **Pray for Us.**

Refuge of sinners... **Pray for Us.**

Comforter of the afflicted... **Pray for Us.**

Help of Christians... **Pray for Us.**

Queen of angels... **Pray for Us.**

Queen of patriarchs... **Pray for Us.**

Queen of prophets... **Pray for Us.**

Queen of apostles... **Pray for Us.**

Queen of martyrs... **Pray for Us.**

Queen of confessors... **Pray for Us.**

Queen of virgins... **Pray for Us.**

Queen of all saints... **Pray for Us.**

Queen conceived without original sin... **Pray for Us.**

Queen assumed into Heaven... **Pray for Us.**

Queen of the Most Holy Rosary... **Pray for Us.**

Queen of Peace... **Pray for Us.**

Lamb of God, who takes away the sins of the world... **Spare us, O Lord.**

Lamb of God, who takes away the sins of the world... **Graciously hear us, O Lord.**

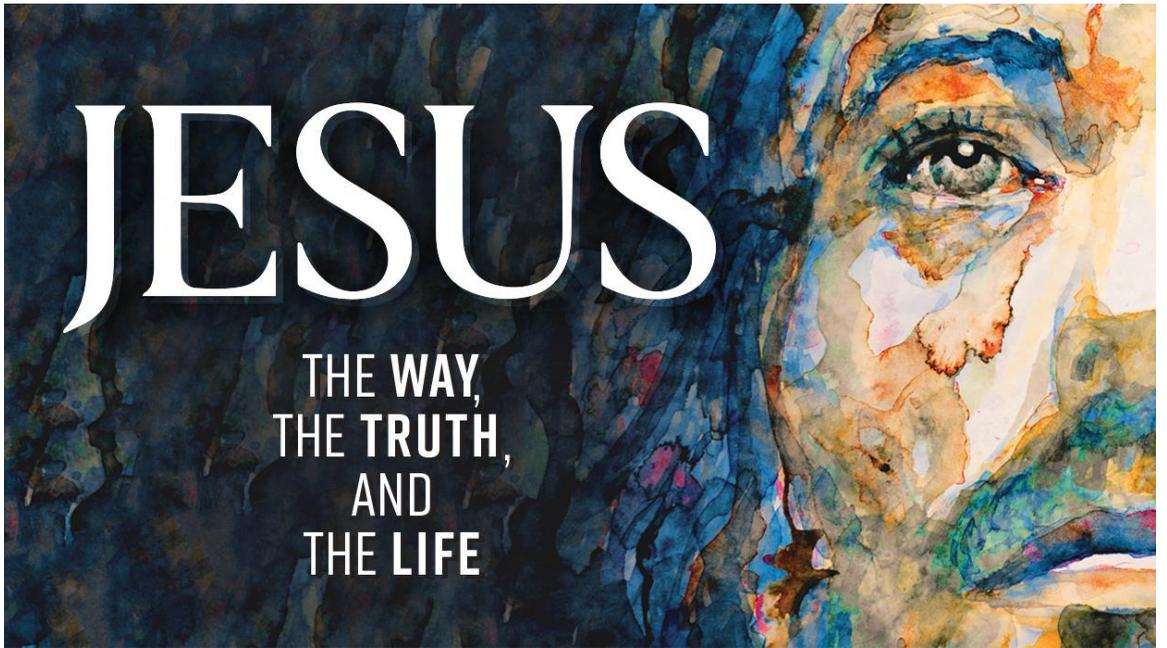
Lamb of God, who takes away the sins of the world... **Have mercy on us.**

Pray for us O holy Mother of God... **That we may be made worthy of the promises of Christ.**

Leader: Let us Pray.

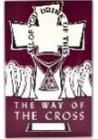
All: Grant we beg you, O Lord God, that we your servants may enjoy lasting health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and enter into the joy of eternal happiness, through Christ our Lord. Amen.

Night 3
Friday, March 5, 2021



The Way of the Cross

If you would like to follow along, we are utilizing the purple "The Way of the Cross" booklets (located in the Gathering Space).



1

First Station: Jesus is Condemned to Death



2

Second Station: Jesus Takes Up His Cross



3

Third Station: Jesus Falls the First Time



4

Fourth Station: Jesus Meets His Afflicted Mother



5

Fifth Station: Simon of Cyrene is Forced to Take up the Cross



6

Sixth Station: Veronica Wipes the Face of Jesus



7

Seventh Station: Jesus Falls a Second Time



8

Eighth Station: Jesus Meets the Women of Jerusalem



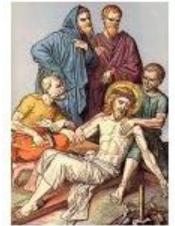
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Ninth Station: Jesus Falls a Third Time



10

Tenth Station: Jesus is Stripped of His Garments



11

Eleventh Station: Jesus is Nailed to the Cross



12

Twelfth Station: Jesus Dies on the Cross



13

**Thirteenth Station: The Body of Jesus is Placed
in the Arms of his Mother**



14

Fourteenth Station: Jesus is Laid in the Tomb

PRAYER

Lord Jesus Christ, Shepherd of souls, who called the apostles to be fishers of men; strengthen the disciples of today and raise up new disciples in your holy Church. Teach us that to serve you is to reign; to possess you is to possess all things. Kindle in our hearts, whether we are young or old, the fire of zeal for souls. Make us eager to spread your Kingdom upon earth. May the example and divine intercession of our spiritual parents – the Blessed Mother and her Immaculate Heart and St. Joseph, Pillar of Families – help teach and grant us the courage to follow you, who are the Way, the Truth, and the Life; who live and reign for ever and ever. **May your most Sacred Heart have mercy on our souls. Amen.**

ENCOUNTER Jesus in the Sacred Scripture

John 14:1-6

¹Do not let your hearts be troubled. You have faith in God; have faith also in me. ²In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? ³And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. ⁴Where I am going you know the way. ⁵Thomas said to him, "Master, we do not know where you are going; how can we know the way?" ⁶Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me."

Litany of the Sacred Heart of Jesus

Lord, have mercy... ***Lord, have mercy***

Christ, have mercy... ***Christ, have mercy***

Lord, have mercy... ***Lord, have mercy***

God our Father of Heaven ... ***Have mercy on us***

God the Son, Redeemer of the world ... ***Have mercy on us***

God, the Holy Spirit ... ***Have mercy on us***

Holy Trinity, one God ... ***Have mercy on us***

Heart of Jesus, Son of the eternal Father ... ***Have mercy on Us***

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother...

Heart of Jesus, one with the eternal Word...

Heart of Jesus, infinite majesty...

Heart of Jesus, holy temple of God...

Heart of Jesus, tabernacle of the Most High...

Heart of Jesus, house of God and gate of heaven...

Heart of Jesus, aflame with love for us...

Heart of Jesus, source of justice and love...

Heart of Jesus, full of goodness and love...

Heart of Jesus, wellspring of all virtue...

Heart of Jesus, worthy of all praise...

Heart of Jesus, kind and center of all hearts...

Heart of Jesus, treasure house of wisdom and knowledge...

Heart of Jesus, in whom there dwells the fullness of God...

Heart of Jesus, in whom the Father is well pleased...

Heart of Jesus, from whose fullness we have all received...

Heart of Jesus, desire of the eternal hills...

Heart of Jesus, patient and full of mercy...

Heart of Jesus, generous to all who turn to you...

Heart of Jesus, fountain of life and holiness...

Heart of Jesus, atonement for our sins...

Heart of Jesus, overwhelmed with insults...

Heart of Jesus, broken for our sins...

Heart of Jesus, obedient even to death...

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(Litany of the Sacred Heart of Jesus Continued)

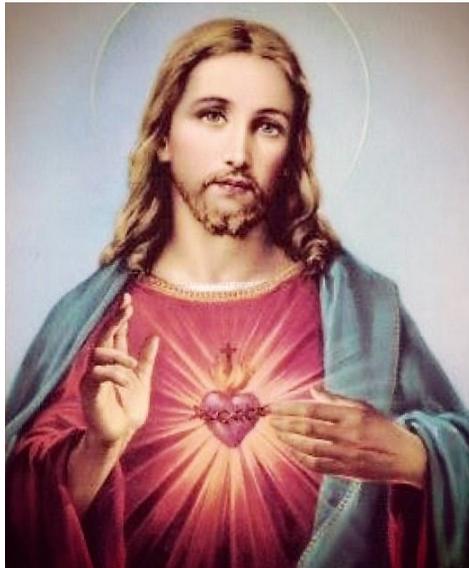
Heart of Jesus, pierced by a lance...
Heart of Jesus, source of all consolation...
Heart of Jesus, our life and resurrection...
Heart of Jesus, our peace and reconciliation...
Heart of Jesus, victim of our sins...
Heart of Jesus, salvation of all who trust in you...
Heart of Jesus, hope of all who die in you...
Heart of Jesus, delight of all the saints...

Lamb of God, you take away the sins of the world ... ***Have mercy on Us***
Lamb of God, you take away the sins of the world ... ***Have mercy on Us***
Lamb of God, you take away the sins of the world ... ***Have mercy on Us***

Jesus, gentle and humble of heart... ***Touch our hearts and make them like your own.***

Let us pray

Father, we rejoice in the gifts of love we have received from the heart of Jesus your Son. Open our hearts to share his life and continue to bless us with his love. We ask this in the name of Jesus the Lord. Amen.



Benediction of the Blessed Sacrament

Kneel: Once the individual, private adoration/devotion is completed for the hour, the presider and altar server(s) will return to the front of the altar. While the presider incenses the monstrance (optional), all sing *Tantum Ergo* (or another appropriate Eucharistic song)

Tantum Ergo

Down in adoration falling
Lo, the sacred host we hail;
Lo, o'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

*Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui
Praestet fides supplementum
Sensuum defuctui.*

To the everlasting Father,
And the Son who reigns on high,
With the Spirit blest proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might, and endless majesty. Amen.

*Genitori, Genitoque
Laus et jubilatio
Salus, honor, virtus quoque
Sit et benedicto:
Procedenti ab utroque
Compar sit laudation. Amen.*

All remain *kneeling* when the Presider says "**Let us Pray**":

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of the kingdom where you live with the father and the Holy Spirit, God, forever and ever. Amen.

All remain *kneeling* while the Presider elevates the monstrance and as all gathered then recite the Divine Praises.

The Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his Angels and in his saints.

Amen.

Reposition of the Blessed Sacrament

Please Stand

O Sacred Head Surrounded

O Sacred head, surrounded by crown of piercing thorn!
O bleeding head, so wounded, reviled and put to scorn!
Death's pallid hue comes over you, the glow of life decays
yet angel hosts adore thee and tremble as they gaze.

I see thy strength and vigor all fading in the strife,
and death with cruel rigor, bereaving thee of life;
O agony and dying! O love to sinners free!
Jesus, all grace supplying, O turn thy face on me.

In this thy bitter passion, Good Shepherd think of me
with thy most sweet compassion, unworthy though I be:
beneath thy cross abiding for ever would I rest,
in thy dear love confiding, and with thy presence blest.



Weekend Mass Times

Saturday at 5pm

Sunday at 7:00am, 8:30am, and 10:30am

Parish Lenten Reconciliation Service

Monday, March 8 at 6:30pm

Saturday Reconciliation

Saturday, March 6 & 13 at 3:30pm

Saturday, March 20 & 27 at 3:00pm

Holy Week / Easter

Holy Thursday, April 1

Mass at 7:00pm

Good Friday, April 2

Stations at 12:00pm

Service of the Lord's Passion at 3:00pm & 6:00pm

Holy Saturday/Easter Vigil, April 3

Mass at 8:00pm

Easter Sunday, April 4

Mass at 8:30am & 10:30am