



## FIRST FRIDAY HOLY HALF HOUR – MARCH 2021

### Theme: In honour of St. Joseph

#### INTRODUCTION:

St. Joseph has been declared Patron of the Universal Church by Pope Pius IX in 1870 and Pope John XXIII inserted his name in the Canon of the Mass. On 8<sup>th</sup> December 2020, Pope Francis gives us an Apostolic Letter: “With a Father’s Heart”.

EXPOSITION OF THE BL. SACRAMENT: *Hymn:* Father we adore you or any suitable hymn

We pause for a moment of *silence* to make a personal act of faith in the Real Presence of Jesus on our altar, and to praise and worship Our Lord.

*All:* O Sacrament most Holy, O Sacrament divine, all praise and thanksgiving be every moment Thine. Glory be...

*Leader:* Lord Jesus we come to you this evening on the First Friday of the month of March to spend time with you. We want to begin by seeking your pardon for the times we have forgotten you and even offended you, [*in silence seek the Lord’s pardon*]

We have so much to thank you for [*in silence let us bring to the Lord our personal thanksgiving*]

We want to talk to you from our hearts and to listen to what you have to say to us. Let your Holy Spirit open our hearts and minds to put away all distractions and focus our attention on you alone. During this month dedicated to your foster father St. Joseph, we want to reflect on and model our lives on the example he has left us, as spelt out in the Letter of Pope Francis. [*silence*]

SCRIPTURE: We shall now listen to a reading from the Holy Bible: **Heb.11:1-12**

**HYMN:** [as response to the reading]

REFLECTION: [*from John Paul II’s Discourse on 19 March 1982*] The Church lives on the heritage of Abraham’s faith. The Church links its beginning also with the faith of Joseph of Nazareth. What emanates from his whole figure is faith, the true heritage of Abraham’s faith. Joseph is a “just man” because he totally “lives by faith”. Sacred Scripture does not record even one word spoken by Joseph, the carpenter of Nazareth. And yet, even without words. He shows the depth of his faith and greatness.

Above all he listens to the word of the Living God in silence. Therefore Joseph becomes truly a marvellous witness of the Divine Mystery. Looking with veneration and love at the figure of Joseph we must renew our own faith. Do we know how to listen to the word of God? Do we know how to absorb it into the depths of our human being? Do we welcome this word in the silence of interior readiness as Joseph of Nazareth?

[*silence*] We shall contemplate the figure of Joseph, in the presence of Jesus his foster son.

## **INTERCESSIONS:**

Leader: We honour today, the wise and gentle figure of Joseph of Nazareth. His appearance in the history of salvation marks the moment in which God fulfils the ancient promises, with the incarnation of Christ. Through him we bring our intercessions to the Lord.

### **Response: FAITHFUL AND MERCIFUL GOD, HEAR US.**

1. That every Christian community, through the intercession of St. Joseph, husband of Mary and patron of the Universal Church, may feel the presence of the Holy Spirit, who guides and animates her earthly pilgrimage. Let us pray to the Lord...
2. That each one of us may be ready to recognize and fulfil God's holy Will, fully conscious of the fidelity and watchfulness of St. Joseph, over the destiny of Jesus and his Mother. Let us pray to the Lord...
3. That all parents, through the assiduous meditation on the word of God and through common prayer may nourish their faith in God, who renews in the family, the marvels of his salvation. Let us pray to the Lord...
4. That workers all over the world, following the example of St. Joseph may rediscover the dignity of their vocation, and promote values of justice and peace. Let us pray to the Lord...
5. That God's loving providence may extend in a special way over all who are deprived of their freedom, over the migrants and refugees, and over those who suffer persecution for their faith. Let us pray to the Lord...

Leader: O God in the person of St. Joseph, you have given to your Church a sign of our Fatherhood. Watch over your children so that, amidst the joys and sorrows of life, they may always recognize your holy will and cooperate in the work of redemption. Through Christ our Lord...

Amen.

**PRAYER: LITANY OF ST. JOSEPH [refer to pg. 3]**

**BENEDICTION HYMN:**

**CONCLUDING HYMN:**

# Litany of St. Joseph

Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord, have mercy on us.  
Christ, hear us.  
*Christ, graciously hear us.*  
God the Father of Heaven,  
*have mercy on us*  
God the Son, Redeemer of the  
world, *have mercy on us.*  
God the Holy Ghost,  
*have mercy on us.*  
Holy Trinity, One God,  
*have mercy on us.*  
Holy Mary, *pray for us.*  
St. Joseph, *pray for us.*  
Illustrious son of David,  
*pray for us.*  
Light of patriarchs, *pray for us.*  
Spouse of the Mother of God,  
*pray for us.*  
Chaste guardian of the Virgin,  
*pray for us.*  
Foster father of the Son of God,  
*pray for us.*  
Watchful defender of Christ, *pray*  
*for us.*  
Head of the Holy Family, *pray for*  
*us.*  
Joseph most just, *pray for us.*  
Joseph most chaste, *pray for us.*  
Joseph most prudent, *pray for us.*  
Joseph most strong, *pray for us.*  
Joseph most obedient, *pray for us.*  
Joseph most faithful, *pray for us.*  
Mirror of patience, *pray for us.*  
Lover of poverty, *pray for us.*  
Model of workmen, *pray for us.*  
Glory of home life, *pray for us.*  
Guardian of virgins, *pray for us.*  
Pillar of families, *pray for us.*  
Solace of the afflicted, *pray for us.*  
Hope of the sick, *pray for us.*  
Patron of the dying, *pray for us.*  
Terror of demons, *pray for us.*  
Protector of Holy Church,  
*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*

He made him Lord of His  
household,

R. *And prince over all His*  
*possessions.*

## ***Let Us Pray***

O God, Who in Thine unspeakable  
Providence didst vouchsafe to  
choose Blessed Joseph to  
be the spouse of Thy most holy  
Mother, grant, we beseech Thee,  
that he whom we venerate  
as our protector on earth may be  
our intercessor in Heaven. Who  
lives and reigns forever and  
ever. Amen.

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.

Christ, graciously hear us.  
God the Father of Heaven,  
    have mercy on us.  
God the Son, Redeemer of the world,  
    have mercy on us.  
God the Holy Ghost,  
    have mercy on us.  
Holy Trinity, One God,  
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Holy Mary, pray for us.  
St. Joseph, pray for us.  
Illustrious son of David, pray for us.  
Light of patriarchs, pray for us.  
Spouse of the Mother of God, pray for us.  
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Protector of Holy Church, 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!

V. He made him the lord of His household, R. And prince over all His possessions. Let Us Pray  
O God, Who in Thine unspeakable Providence didst vouchsafe to choose Blessed Joseph to be the spouse of Thy most holy Mother, grant, we beseech Thee, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever.

Amen

*Written by  
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