



Vox Populi

14 March 2024

Next week, the fifth week of Lent, we remember the Solemnity of St Joseph, the Patron Saint of the Universal Church.

We may wonder how St Joseph can actually help us during Lent. While St Joseph, foster father of Jesus and husband of Mary, may not have lived the 40-day Lenten fast as we know it today, we can learn and understand a great deal on how to observe Lent by the example of his life.

We do not know a great deal about St Joseph. There is no record of him at the time of Jesus' public ministry, Passion, Death or Resurrection. We do know he was a carpenter, a descendent of David and needed to be counted in a census in Bethlehem – and that he was spoken to by an angel.

We also know he protected Mary and the Baby Jesus. He lived with, provided for, and played with Jesus. He saw the face of God.

St Joseph lived a quiet, humble and contemplative life, obedient to religious laws.

On our Lenten journey in preparation for Holy Week we can look to St Joseph as an example and guide by reflecting on his unconditional trust, an essential part of the spiritual life. The value of silent contemplation, essential in our prayer; his humility, love and faithfulness.

St Joseph also shows us how to protect and provide for others.

Next Tuesday, 19 March on the Solemnity of St Joseph we can grow in devotion to St Joseph as we place ourselves under his protection and patronage, in imitation of Jesus and Mary.