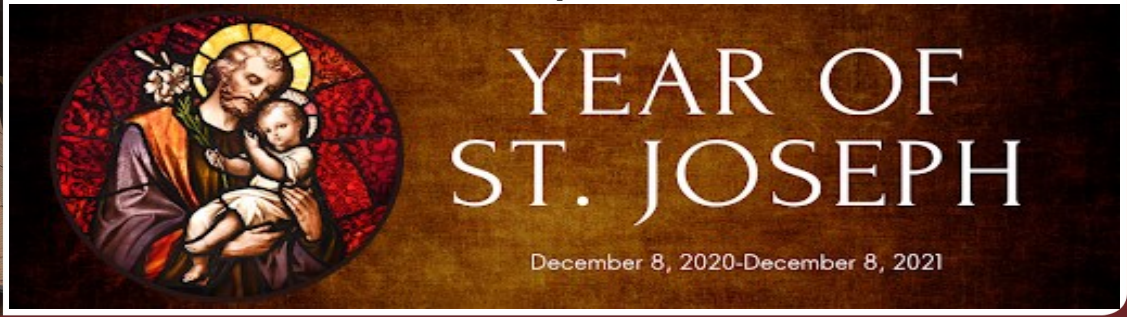




Church of Saint Henry

June 2021



The Gift of Fatherhood

By Vikki Buck

*The Lord sets a father in honor over his children
Sirach 3:2.*

Father's Day is a holiday of honoring fatherhood and paternal bonds, as well as the influence of fathers in society.¹ In the United States this holiday is celebrated on the third Sunday of June and in European countries it has been celebrated since the middle ages on March 19th. The date of March 19th is significant because it is also a great feast day, the Universal Church's Solemnity of Saint Joseph, husband of the Virgin Mary and legal father of Jesus Christ.

Saint Joseph was entrusted to the care and protection of the Holy Family, which he fulfilled with great love, heroic courage, much prayer, and faith in God. As we celebrate Father's Day, it is worthy to spend time with Saint Joseph, to learn about him, and to reflect on his strength, contemplative nature and humility as well as his great trust in God over his life on earth as told through the Sacred Scripture, the Saints, and the Holy Church.

Love Saint Joseph a lot. Love him with all your soul, because he, together with Jesus, is the person who has most loved our Blessed Lady and had been closest to God. He is the person who has most loved God, after our Mother. He deserves your affection, and it will do you good to get to know him, because he is the master of the interior life, and has great power before the Lord and before the Mother of God.

Saint Josemaria Escriva

Pope Francis has declared "The Year of Saint Joseph" in the Church with the Apostolic letter entitled, "Patris Corde" (With a Father's Heart), beginning on December 8, 2020 and ending on December 8, 2021. This declaration was made on the 150th anniversary of Blessed Pius IX's declaration of Saint Joseph as patron of the Catholic Church and on the feast day of the Immaculate Conception of the Virgin Mary, Saint Joseph's spouse. In this special year of Saint Joseph, plenary indulgences may be gained, fulfilling the usual



conditions on specific occasions and manners indicated by the Apostolic Penitentiary.²

In the Archdiocese of Saint Paul and Minneapolis, Archbishop Hebda led a formal consecration to Saint Joseph for the Archdiocese and announced the offering of a partial indulgence by praying the Archdiocesan Synod Prayer to Saint Joseph before any image of Saint Joseph with at least inward contrition and general intention of receiving the indulgence.³

Continued

Archbishop Hebda went on to say, “We undertake each of these spiritual efforts in order to unite and encourage the Archdiocesan spiritual family under the patronage of Saint Joseph, guardian of the Holy Family, so that we may more perfectly cooperate together in the work of salvation.”

Archdiocesan Prayer for the Year of Saint Joseph
Heavenly Father, who gave St. Joseph to Jesus and Mary as protector and guide, grant that our Archdiocesan Synod, under his protection and guidance, may help us discern your direction for our Church. May we listen as he listened, trust as he trusted, obey as he obeyed, receive as he received, love as he loved, and share in his life of devotion to Jesus and Mary. Amen.
St. Joseph, pray for us.

Another practice during the year of Saint Joseph is to complete a consecration to Saint Joseph, which can be done individually, in a group or as a family. This can be done by completing thirty-three days of readings and prayers; setting aside dedicated time to grow in knowledge and virtue. This leads up to a final prayer of consecration usually on a feast day. A great resource on the subject is the book by Father Donald H. Calloway, MIC called “*Consecration of Saint Joseph, The Wonders of our Spiritual Father.*” In it there is much information on the life and history of Saint Joseph as well as the guidelines for completing the Consecration to Saint Joseph. When we do this, we are entrusting ourselves entirely to the paternal care of Saint Joseph, and we make an act of filial entrustment to our spiritual father so he can lead us to God. Saint Joseph will give those consecrated to him his loving attention, protection, and guidance.⁴

Devotion to Saint Joseph is one of the choicest graces that God can give to a soul, for it is tantamount to revealing the entire treasury of our Lord's graces. When God wishes to raise a soul to greater heights, he unites it to Saint Joseph by giving it a strong love for the good saint.
Saint Peter Julian Eymard

Saint Joseph is a great teacher and model of virtue

and he sets the example on following the will of God in great humility. On the EWTN website, an article explains the silence of Saint Joseph: “We hear not a word from the lips of St Joseph in the Gospels and yet his sanctity shines through his silence. His total fidelity to God can be seen in his actions as he accompanies the Blessed Virgin Mary to Bethlehem and becomes the first man to see the Christ-child; as he leads his family to safety into exile and ultimately brings them home to Nazareth; as he searches with Mary for his young charge and finds him in the temple after which, Scripture tells us, Jesus lived under his parent's authority.



It is because of the grace given him by God as a member of the Holy Family and the virtues that he exercised that St Joseph holds an understandably high place in the affections of the faithful. The Sacred Liturgy praises St Joseph in thanksgiving to the heavenly Father as "that just man, that wise and loyal servant, whom you placed at the head of your family. With a husband's love he cherished Mary, the Virgin Mother of God. With fatherly care he watched over Jesus Christ your Son, conceived by

Continued

the power of the Holy Spirit". Pope Paul VI once said, "St Joseph is the model of those humble ones that Christianity raises up to great destinies ... he is the proof that to be a good and genuine follower of Christ, there is no need for great things — it is enough to have the common, simple and human virtues, but they need to be true and authentic" (19 March 1969).”⁵

Father’s Day celebrates the dignity and genius of men. “Masculinity is a gift from God, and it is to be embraced. Jesus was a man, and he ordained men as his priests and successors. The future of the Church and of society depend on men. More than ever, we need courageous men who will rise to do battle for all that is good and true. The world needs you to be a saint.”⁶

The gift of Fatherhood is an outpouring of grace from the Heavenly Father, His Son, and the Holy Spirit. It is a great mystery of the Church which unites us together and leads towards Heaven, through the love and sacrifice of a father’s heart. A most blessed Father’s Day, with Thanksgiving to God for this great gift from His providence of great love.

Saint Joseph, pray for us.

1. Wikipedia
2. Vaticannews.va
3. Archdiocese of Saint Paul and Minneapolis Year of Saint Joseph Decree December 8, 2020
4. Page 5, Consecration to Saint Joseph, the Wonders of Our Spiritual Father, Father Donald H. Calloway, MIC
5. EWTN.com, article by Father Gerard Skinner, “The Silence of Saint Joseph”
6. Catholicgentleman.com, article by Sam Guzman, “The Dignity of Men”

We asked men of our parish for their spiritual advise to others, here are their responses.

In a world full of noise, how refreshing it is to think of the silence of Saint Joseph! Silence can be difficult, but it can be spiritually powerful if in the silence we are making room for God. One way this can be done is by taking some extra time for prayer, whether it be ten minutes, an hour, an afternoon, or a silent retreat. The idea is to follow the model of Saint Joseph who wasn’t just a dreamer. He was a man who was able to discern



This statute can be found in our Gathering Space near the Chapel entrance.

God’s plan and direction for the Holy Family, indicating his deep connection with God through prayer. I believe it was Cardinal Joseph Ratzinger who helped me understand this about Saint Joseph years ago. My dear brothers called to be spiritual leaders after the pattern of Saint Joseph, my prayer for us is that we frequently ask Saint Joseph to help us to be good fathers in accord with our vocation.

God bless, Fr. Barnes

Hey everyone! I’m here to share some advice on spiritual growth especially for the younger men and father’s of our parish. Some fatherly wisdom, if you will. What I have found that has worked best for me over the years is to set a routine and follow it daily. This could be something like beginning your day with prayer and reflection. Keep it simple and keep it consistent. Use daily readings, devotions or even a podcast to help you find that resource and that subject that you want to reflect on for the day. Find what works for you, be patient, He will hear you, but most of all start now. Do it now so you can begin setting that example for your family and for the future of our parish and our faith. Thank you and God Bless. Donny Lill

Continued

I may have been one of God's slowest learners throughout my life. But, our extremely patient God never gives up on us. He has pulled me out of the pit of darkness so many times that I will never be able to thank Him enough. I believe that as we age we begin to understand what is "truly" important and what is "worldly". I hope and pray every day that my children will learn much faster than I did, so that God can bless their lives for a longer period of time. This is why I'm trying to share a couple of things with all of you young men and women.

From all of the devotional readings I have experienced in my life, one of the most inspiring for me was the following:

If we are to live a life of sanity in our modern world, if we wish to be men and women who can live victoriously, we need the two-sided gift God has offered us: first, the work of the Son of God "for" us; second, the work of the Spirit of God "in" us. In this way God has answered humanity's two great cries: the cry for forgiveness and the cry for goodness. We need Jesus Christ for our eternal life, and the Holy Spirit of God for our internal life so that we can live our external life to the fullest.

From all of the prayers I have learned throughout my life, I believe this prayer to be one of the most powerful because we surrender ourselves 100% to God. Saying this prayer daily is life changing:

The "Nuclear Bomb" prayer of breaking bondages (which continue to provoke us into wrong activity). Pray from the heart. As at the last supper, we bind ourselves in every way to the Lord and plead the Precious Blood over every aspect of our lives.

"Binding to Jesus" Prayer

In the name of Jesus, I bind my mind to the Mind of Christ. In the Name of Jesus, I bind my will and desires to God's Will and purposes for my life. In His Name, I bind my health to the Lord's power over all that is physical. In the Name of Jesus, I bind myself to the Truth of God and the Love of God. In the Name of Jesus, I bind my family's needs to God's unlimited resources. In the Name of Jesus, I bind my future to God's infinite wisdom and design for my life. In the Name of Jesus, I bind my body to the

Resurrection life of Jesus. In the Name of Jesus, I bind my spirit, soul, and body to the Blood of Jesus. In the Name of Jesus, I bind myself to the Word of God, which will renew my mind and set me free. And Father, in the Name of Your Son, I bind my heart to Your Heart. Amen.

I hope and pray that all of you young men and women will come to realize very early in your lives, that you are "in the world," but are "citizens of Heaven." Please do not allow the world to distract you from God. Bill Renner

My advise is to surround yourself with good people and every day I pray to Saint Joseph:

Dear Lord Jesus, Help me be faithful in following your leadership and actively participate in your mission. May I walk in your provision and never step out of your divine protection. Help me to be a faithful leader in my home and parish by walking in wisdom, sacrifice and love. Help me provide for my family and my parish, both physically and spiritually, knowing that Heaven is our reward. May I faithfully fulfill my duty to protect those entrusted to me, both physically and spiritually. Like St. Joseph, may I humbly fulfill the duties that have been placed upon me as a man of God. St. Joseph, Pray for me! In Jesus' name, Amen!

Jerry Lindenfelser

Points to ponder:

I've learned a few simple truths over the years as a husband and father. Most all of us and our wives have to work to make a living. But when you're home spend time with your children and your wife. Hermits don't make good husbands or fathers. The amount of time isn't as important as the frequency. If you can devote a lot of daily contact...great. If not, at least a few minutes of concentrated one-on-one time is essential. Don't let your wife have to ask you several times to do a simple task. Try to establish a routine of getting away occasionally. As a family and again just you and your wife. If you can make it an extended period of time, that's great, if not even just a couple of days of just the two of you can have a positive impact on your relationship. Happiness is grossly under rated. Nurture it constantly. Ross Holmes