

# S E P S

Following the Footsteps of Jesus



## WHAT DOES IT MEAN TO CONSECRATE YOURSELF TO ST. JOSEPH?

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As Catholics, we have a variety of traditions, devotions, and prayers you can follow throughout your journey with God. One tradition has recently been gaining momentum in the Church: a greater devotion to St. Joseph. St. Joseph has always had a special place in the lives of Christians throughout centuries but his increasing importance in the life of the Church encourages us to grow a deeper relationship with him.

### What exactly does it mean to consecrate yourself to St. Joseph?

This is an amazing 33-day inner spiritual journey that teaches you about who St. Joseph was and why we should grow closer to him. Consecration to St. Joseph basically means you acknowledge that St. Joseph is your spiritual father and that you want to live more like him embodying his virtues of purity, courage, justice, obedience, faithfulness, patience, poverty, and love of work.

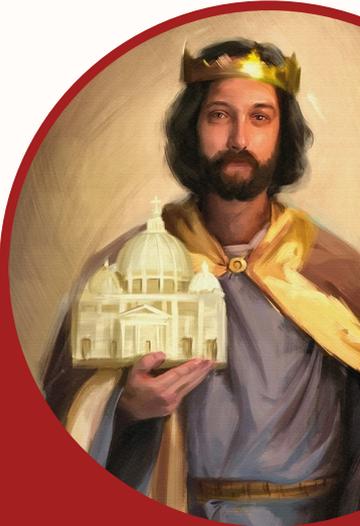
### Who was St. Joseph?

He was the holiest person on Earth after Mary and the “Most Just” of all saints. St. Joseph was the chosen one to take Jesus as his child and Mary as his wife. He was a just and reverent man, Jesus’ earthly father, our spiritual father, the Pillar of Families, and the Patron Saint of the Universal Church. He’s also the Patron Saint of workers because of his work as a humble carpenter always seeking love in employment to provide food for his Holy Family. He traveled almost 100 miles with his pregnant wife and traveled 40 more miles after Jesus’ birth to Egyptian foreign lands fleeing from Herod the Great’s slaughter of innocent children. He was the one who taught Jesus the discipline of Scripture and praying the sacred Jewish prayers. St. Joseph fully lived and embodied true love of God.

### Why Should I Consecrate Myself to St. Joseph?

Consecrating yourself to St. Joseph helps you become like another Joseph for Jesus and Mary. It prepares you to become more holy, faithful, and loving, and to increase the presence of God in your life. In just [over a month] you learn how to ascend into greater heights in your spiritual life and how to imitate the virtues he practiced daily in his quiet and hidden life. If you feel called to follow the journey, I hope you’ll enjoy this consecration as much as I did. I would love to hear about your experience and what fascinated you most about St. Joseph’s life!

**FOR MORE FROM CHRISTINE MARIE LACAYO, PLEASE VISIT HER WEBSITE, CHRISTINEMARIELACAYO.COM**



“SAINT JOSEPH MY DEAR FATHER, GAZE UPON ME FROM HEAVEN. DETACH ME FROM THE THINGS OF EARTH, OBTAIN FOR ME PURITY OF HEART, LOVE OF GOD, AND FINAL PERSEVERANCE. ”

| BLESSED BARTOLO LONGO |

## CONSECRATION TO JESUS, THROUGH ST. JOSEPH AT ST. NORBERT PARISH

Beginning on July 26th we will be offering an opportunity to make a consecration to Jesus through St. Joseph as a community. Every day from July 16th through September 8th a video will be posted on our social media and website with the readings and reflection for the day. We will be using the book *Consecration to Jesus through St. Joseph: An Integrated Look At the Holy Family*, by Dr. Gregory Bottaro and Jennifer Settle. If you would like to follow along with your own copy of the book please contact Ed Grady at egrady@parish.strnorbert.org. We are really looking forward to moving deeper in our relationship with Jesus through the guidance of St. Joseph. *We hope you'll join us!*