



Mary's Mantle



Invitation to join our Community of Prayer and make a Consecration to St. Joseph

Dear friends,

In July of last year, we formed a little community of prayer called Mary's Mantle. We individually prayed a daily rosary and shared our prayer intentions via what's app and email. The 46 days of rosaries and reflections culminated in a consecration to Mary our Mother on the 15th August. We had around 46 people praying from both our parish and much further afield (Ireland, Holland, Australia) as people invited friends and family to join. It was a wonderful time of grace. Since then, around 20 of us have continued to pray and share our intentions, encouraging one another along the way. On the 15th February we will begin a 33 day consecration to St. Joseph and would like to invite any and all of you to join us.

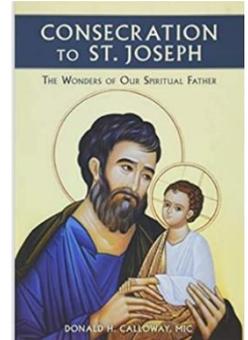
Why St. Joseph?

I will probably be better able to answer this question by the end of our consecration, in the meantime I will quote Cardinal Burke and Bishop Schneider: "The fatherly protection of St. Joseph, first exercised in the Holy Family and then in the universal Church is needed more now than ever". "St. Joseph is the Patron of the Church and the Terror of Demons. Our spiritual father will teach us to place God above all things, strive for purity of heart, maintain a profound interior life and have boundless confidence in the unchanging truth." After Mary Our Mother, St Joseph is the most powerful Saint in Heaven. The Hearts of Jesus, Mary and St. Joseph are one.

What does it mean to make a consecration?

Consecration is the solemn dedication to a special purpose or service. The word consecration literally means "association with the sacred (holy)". In consecrating ourselves to St. Joseph we are officially and solemnly placing ourselves under his protection and opening our hearts to all of the graces that he is offering, through the power of God the Father.

Believing "the world needs St. Joseph now more than ever," Fr Calloway's consecration to St. Joseph is modelled after the Consecration to Mary of St. Louis de Montfort. Fr. Calloway has stated that "the first person to entrust himself to the spiritual care of Joseph and Mary was actually Jesus." In his book, Fr Calloway writes that consecration to St. Joseph means "that you acknowledge that he is your spiritual father, and you want to be like him. To show it, you entrust yourself entirely to his paternal care so that he can lovingly help you acquire his virtues and become holy. St. Joseph, in turn, will give those consecrated to him his loving attention, protection and guidance.



The book that we are using can be purchased here in kindle or paperback editions, should you wish to have your own copy (this is recommended). https://www.amazon.co.uk/Consecration-St-Joseph-Wonders-Spiritual/dp/1596144319/ref=sr_1_1?dchild=1&keywords=consecration+to+st+joseph&qid=1611747803&sr=8-1

A little about Fr Don Calloway, author of the book

I first came across Fr Don Calloway when I listened to his captivating talk on the power of the rosary last year "The Rosary: Spiritual Sword of Our Lady", which I highly recommend. <https://www.youtube.com/watch?v=dwVdYXyln0&list=PLVsLuF1zmHU68wSFOPkwSPUYxl3FJteMS>. In addition, he gives a powerful testimony regarding his conversion from angry teen drug addict to Catholic priest. https://www.youtube.com/watch?v=bE_0-D2F8Wc

Fr Don studied at Steubenville, was ordained in 2003 and he belongs to the Congregation of Marian Fathers of the Immaculate Conception of the Most Blessed Virgin Mary. He has written numerous books on the Catholic faith and has featured on EWTN.

Our Community of Prayer

Although we will be reading the reflections and praying our daily litany individually, we will be united in our shared purpose, our shared intentions, our reading of the daily reflections that I will what's app (possibly email) each morning and in our consecration to St Joseph at the end. We are beginning on Monday 15th February and finishing on

Friday 19th March, the feast of St. Joseph. If you are able to purchase your own copy of the book, I would strongly encourage you to do so.

Prayer Intentions

Many of us will continue praying our daily rosary in addition to the prayers of preparation so please feel free to share any prayer intentions with the group, or through me if you prefer it to remain anonymous. I will share with the group whatever prayer intentions you would like me to share.

How do I do the 33 days of preparation?

Fr Don's book has three parts. Part I has a reflection for each day and these are a contemplation of the litany of St. Joseph. The litany of St Joseph is a powerful prayer and will help you to come to know love your spiritual father. The litany highlights many of St. Joseph's titles, privileges and heroic virtues. You will then be directed to a particular reading in Part II and prayer in Part III.



Part II (the reading material) explores the wonders of St. Joseph. As St Josemaria Escriva said "Saint Joseph more than anyone else before or since, learned from Jesus to be alert to recognise God's wonders".

Part III is a compendium of prayers. Daily prayer is crucial for preparation for consecration. Without daily prayer our preparation would only impart information whereas prayer will help us to develop a filial relationship.

The time commitment is about 20-30 minutes a day.

Fasting

Prayer and fasting are a powerful combination. When we fast, we practise the virtue of self-control and we put other people's needs before our own when we offer it up in prayer. There is no obligation to fast as part of the 33 day consecration to St. Joseph but you are welcome to fast every Wednesday and/or Friday (medical conditions and age permitting). A strict fast is bread and water but you could eat simple, plain food and abstain from meat and anything sweet. I make mum's "fasting buns" for lunch as they are filling (recipe at the end). Asking for the grace to fast in the morning makes all the difference and offering it up for a particular intention gives our fast meaning. For some, fasting from TV or social media or gossip, for example, is the greater need. St Basil the Great said "Fasting gives birth to prophets and strengthens the powerful; fasting makes lawgivers wise. Fasting is a good safeguard for the soul, a steadfast companion for the body, a weapon for the valiant, and a gymnasium for athletes. Fasting repels temptations, anoints unto piety; it is the comrade of watchfulness and the artificer of chastity. In war it fights bravely, in peace it teaches stillness."

Rosary beads and prayer

Daily prayer is an important part of the preparation for consecration and Part III of Fr Don's book has a wide range of prayers to St Joseph (as well as a choice of consecration prayers). Rosary beads are not required for the consecration to St Joseph, but if anyone would like any beads then I have numerous pairs to give away in a little cloth bag on my doorstep that you are welcome to help yourself to (next to the miraculous medals!), or I will drop them off/post to you. 8a Victoria Road, BA14 7LH. Perhaps we could focus more deeply on the presence of St Joseph in the joyful mysteries, for example. If, like me, you struggle to pray the rosary by yourself then I have found the following YouTube channel very helpful <https://www.youtube.com/user/CatholicDevotions> A lilting Irish voice guides you through the rosary and the beautiful artwork depicts each scene and provides a focus for wandering minds! There are various options, i.e. with or without music, with subtitles (so you know what to say when). This available for each of the mysteries: Joyful, Sorrowful, Luminous and Glorious. There is also a scripture rosary. "Subscribing" to the YouTube channel is the equivalent of using a bookmark and it is free.

We're not perfect

The Consecration to St Joseph does not have to be done perfectly. God rejoices in our trying. If you miss a day of prayer or stumble in your attempts, allow God's mercy and appreciation for your efforts to enfold you, leaving no room for discouragement or self-reproach – just make it up and carry on.

A Prayer to Begin

O glorious Patriarch St. Joseph, you who were chosen by God above all men to be the earthly head of the most holy of families, I beseech you to accept me within the folds of your holy cloak, that you may become the guardian and custodian of my soul.

From this moment on, I choose you as my father, my protector, my counselor, my patron, and I beseech you to place in your custody my body, my soul, all that I am, all that I possess, my life, and my death.

Look upon me as one of your children; defend me from the treachery of my enemies, invisible or otherwise, assist me at all times in all of my necessities; console me in the bitterness of my life, and especially at the hour of my death. Say but one word for me to the Divine Redeemer whom you were deemed worthy to hold in your arms, and to the Blessed Virgin Mary, your most chaste spouse. Request for me those blessings which will lead me to salvation. Include me amongst those who are most dear dear to you and I shall set forth to prove myself worthy of your special patronage. Amen.

I will be praying the following prayer each day this week for you

O St. Joseph, guardian of Jesus, chaste spouse of Mary, you who passed your life in the perfect fulfillment of duty, sustaining the Holy Family of Nazareth with the work of your hands, kindly keep those who with total trust now come to you. You know their aspirations, their miseries, and their hopes. They come to you because they know that you understand and protect them. You, too, have known trial, toil and weariness. But even in the midst of worries about the material life, your soul was filled with profound peace, and it exulted in unerring joy through intimacy with the Son of God Who was entrusted to you, and with Mary, his most sweet mother. May those whom you protect understand they are not alone in their toil, but show them how to discover Jesus at their side, to receive him with grace, to guard him faithfully, as you have done. And with your prayers obtain that in every family, in every factory, in every workshop, wherever a Christian works, all may be satisfied in charity, in patience, in justice, in seeking righteousness, so that abundant gifts may shower upon them from heaven. Amen

Spread the word

If you know anyone that might be interested in join us, then please pass on my details – no matter where in the world they reside, or even if we have already started. Sinead Peacock haywoodsmv@yahoo.co.uk 01225 971020 07903 120266

Finally...

I hope that I have covered everything. Please get in touch with any queries and if you are only reading this after we have begun...then please join us still.

Love and God bless, Sinead

To make 6 fasting buns	To make 12 fasting buns
7oz flour (could be wholemeal, country grain or plain) 1tbsp porridge oats 1 oz of spelt Handful of raisins 1 tsp bicarbonate of soda 1 tsp salt 1tbsp olive oil 1tbsp honey 1 egg beaten Natural yoghurt (250ml)	14oz flour (could be 10oz wholemeal or country grain or plain. I do 10oz of wholemeal or country grain plus 4oz plain) 2oz porridge oats 1-2 oz spelt 3- 5oz raisins 1 tsp bicarbonate of soda 1 tsp salt 1tbsp olive oil 1tbsp honey 1 or 2 eggs beaten Natural yoghurt (between 250ml – 500ml)
These are really quick and easy to make and very forgiving. The quantities can be approximate. Mix all the dry ingredients then add the rest. Use as much natural yoghurt as is needed to bind the ingredients to make a manageable dough. Flatten on a floured board and cut into bun shapes. Place on a baking tray. Bake at 205 degrees for 10-12 mins	