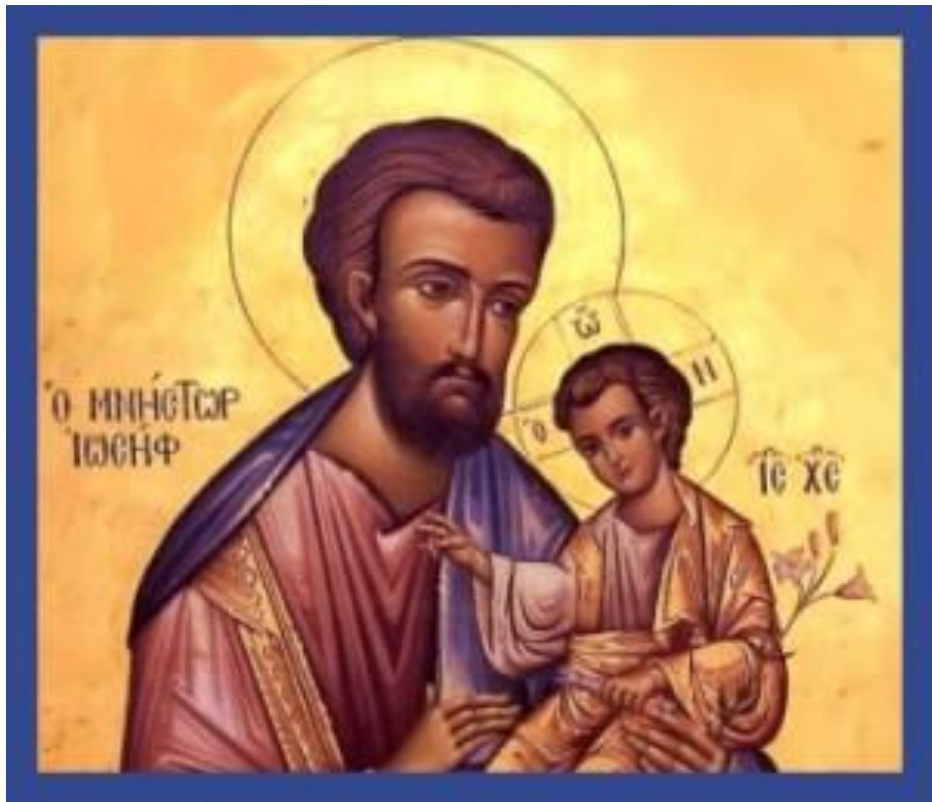


# Sons Of Saint Joseph

St. Theresa Roman Catholic Church

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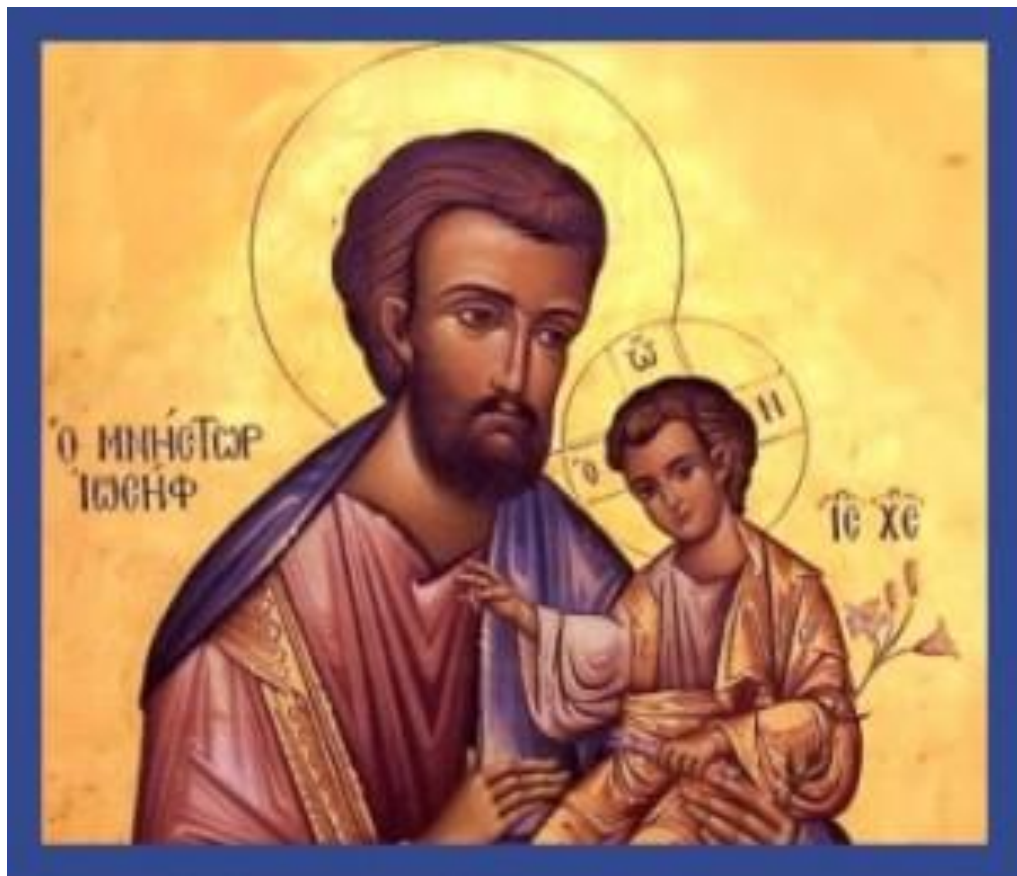


*A Guide to  
creating a group of dedicated  
men ages 18 and up who are  
serious about living their  
Catholic faith and growing in  
holiness and in fellowship with  
other men of like mind.*

# Sons of Saint Joseph

St. Theresa Roman Catholic Church

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## Mission Statement

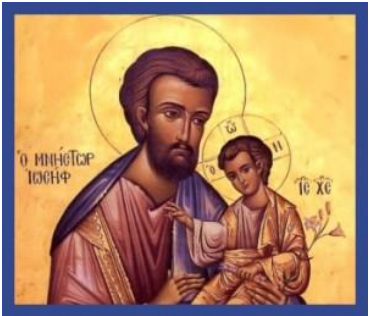
*The Sons of Saint Joseph seek to integrate the eternal Truths of Jesus Christ taught through His Holy Roman Catholic Church into our lives and relationships; firstly through the study and imitation of Him, as He is the ultimate source and archetype of all masculinity, and secondly in our aid to one another in solidarity as men of faith. Grace builds upon nature, thus true masculinity requires greater intimacy with our Lord through the sacraments and through a life of virtue and self-sacrifice as we grow in personal holiness, in fellowship with one another, and in fidelity to our own individual missions in life. Christ's goals must be our goals, namely our own salvation and the salvation of our loved ones and of the whole world.*

# Sons Of Saint Joseph

St. Theresa Roman Catholic Church

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## How do we form the group?



*The graces poured out on St. Theresa's Sons of Saint Joseph (SOSJ) flow directly from Eucharistic Adoration. While not absolutely necessary every week, our group would have no real success without it.*

**Form an executive committee** – *This group will discuss and plan and then meet with the pastor to organize the effort and make decisions.*

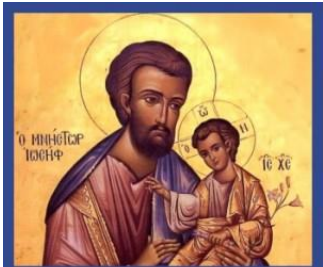
**Pastoral involvement is crucial** – *our Pastor is our shepherd, leader, and solid rock as he teaches and catechizes us each and every week.*

**Apostles are needed** – *we started with 12 (this was coincidental..) Find a core group of men dedicated to learning more about the faith. You probably already know who they are.*

**Pick a day of the week and time** – *our group chose 6:40 AM on Saturdays. There are so many reasons why this time shouldn't work. If you were offered an opportunity to bet on whether 30 men would get up early in the morning and that they would squeeze into a chapel built for 20 AND that they would be singing in Latin would you take that bet?*

# Sons Of Saint Joseph

St. Theresa Roman Catholic Church



## Choose a format for the meeting

*St. Theresa's Sons of Saint Joseph (SOSJ) use a seven week format – six weeks follow the format listed below*

***Wednesday or Thursday– the Reading and the questions for the week are distributed to the email list Saturday***

***6:10 - Set up coffee, meeting room and chapel – make sure the coffee is strong and plentiful***

***6:40 – Adoration\* – All men are hopefully kneeling in the pews at this time.***

***– Exposition – All sing O Salutaris (yes it's Latin)***

***– Bible Reading and Meditation – A short bible reading and meditation on the topic for the week (see list of topics) is presented by the priest. This talk also highlights certain points necessary to answer the questions in the break our session – pay attention!***

***– Benediction and Divine Praises– Another chance to kneel in praise before Jesus***

***7:10 - Fellowship - Coffee and a bite to eat***

***\* See Essential Prayers in the Appendix***

# Sons Of Saint Joseph

St. Theresa Roman Catholic Church



## Choose a format for the meeting

*St. Theresa's Sons of Saint Joseph (SOSJ) use a seven week format – six weeks follow the format listed below*

- 7:15** – **Prayer – “O Come Holy Spirit”** – All men are at their designated tables ready for the breakout Discussion Session. Moderators begin by asking about spiritual growth and/or failures during the week. This holds men accountable to their weekly efforts spiritually. They then lead the discussion of 4 carefully crafted questions about the topic for the day. See a sample of a typical weekly topic in the Appendix. Moderators keep the discussion on topic and avoid any tangents and politics. Each Moderator has a backup ready to step in. All are encouraged, never pressured, to contribute to discussion
- 7:50** - **Moderators give brief synopsis** – Each moderator recaps the most salient points from the discussion in one minute or less

# Sons Of Saint Joseph

St. Theresa Roman Catholic Church

## Choose a format for the meeting



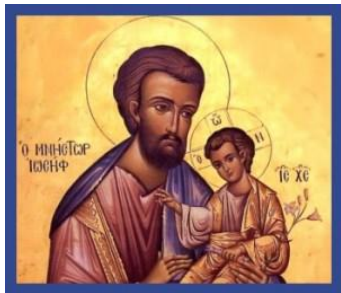
*St. Theresa's Sons of Saint Joseph (SOSJ) use a seven week format – six weeks follow the format listed below*

- 8:00**
- our Pastor gives a final summation**
  - Prayer Intentions** – Men are encouraged to pray for their individual needs, needs of their families, their community and the nation at large. These are emailed to the group each week
  - Prayer of St. Joseph** – meeting concludes with the Prayer of St. Joseph\*

**\*See Appendix**

# Sons Of Saint Joseph

St. Theresa Roman Catholic Church



## Choose Open Forum meeting format

*St. Theresa's Sons of Saint Joseph (SOSJ) use a seven week format – and on the seventh and concluding week we change format to an open forum.*

**6:30** - *Holy Rosary*

**7:00** – *Holy Mass in the Chapel*

**7:25** - *Breakfast in the meeting room*

**7:45** - *A longer talk by the pastor about an important topic with Q&A*

**8:30** - *Prayer Intentions – Men are encouraged to pray for their individual needs, needs of their families, their community and the nation at large. These are emailed to the group each week*  
**Prayer of St. Joseph – Open Forum meeting concludes with the Prayer of St. Joseph**

*Some members arrive early to make breakfast – a true sacrifice by our brothers!*

# Sons of Saint Joseph

## Essential Prayers

### EXPOSITION/BENEDICTION PRAYERS

#### Exposition

##### O SALUTARIS

O salutaris Hostia, Quae caeli pandis ostium: Bella premunt hostilia, Da robur, fer auxilium. Uni trinoque Domino Sit sempiterna gloria, Qui vitam sine termino Nobis donet in patria. Amen	O saving Victim, opening wide, The gate of heaven to man below! Our foes press on from every side; Your aid supply, Your strength bestow. To Your great name by endless praise, Immortal Godhead, one in Three; Oh, grant us endless length of days, In our true native land with Thee. Amen
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#### Benediction

Tantum ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedat ritui: Praestet fides supplementum Sensuum defectui.	Down in adoration falling, Lo! the sacred Host we hail, Lo! oe'r ancient forms departing Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail.
Genitori, Genitoque Laus et jubilatio, Salus, honor, virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio. Amen.	To the everlasting Father, And the Son Who reigns on high With the Holy Spirit proceeding Forth from each eternally, Be salvation, honor, blessing, Might and endless majesty. Amen.

V. You have given them bread from heaven (alleluia),

**R. Having all sweetness within it (alleluia).**

*Let us pray:*

O God, who under this wonderful Sacrament hast left us a memorial of Thy Passion: grant us, we beseech Thee, so to reverence the sacred mysteries of Thy Body and Thy Blood, that we may ever feel within ourselves the fruit of Thy redemption: Who livest and reignest for ever and ever. **R. Amen**

#### THE DIVINE PRAISES

Blessed be God.  
Blessed be His Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be His Most Sacred Heart.  
Blessed be His Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.  
Blessed be her Holy and Immaculate Conception.  
Blessed be her Glorious Assumption.  
Blessed be the Name of Mary, Virgin and Mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in His Angels and in His Saints.



# Sons of Saint Joseph

## Essential Prayers

### Come, Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

∇. Send forth your Spirit, and they shall be created.

***R. And You shall renew the face of the earth.***

*Let us pray.*

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Spirit, we may be truly wise and ever rejoice in His consolations. Through the same Christ Our Lord.

***R. Amen.***

### Prayer to S. Joseph

O blessed Joseph, faithful guardian of my Redeemer, Jesus Christ, protector of thy chaste spouse, the virgin Mother of God, I choose thee this day to be my special patron and advocate and I firmly resolve to honor thee all the days of my life. Therefore I humbly beseech thee to receive me as thy client, to instruct me in every doubt, to comfort me in every affliction, to obtain for me and for all the knowledge and love of the Heart of Jesus, and finally to defend and protect me at the hour of my death. Amen

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### Prayers for Meditation

#### Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### Anima Christi

Soul of Christ, sanctify me; Body of Christ, save me; Blood of Christ, inebriate me; Water from the side of Christ, wash me; Passion of Christ, strengthen me; O good Jesus, hear me; Within Your wounds, hide me; Separated from You, let me never be; From the malignant enemy, defend me; At the hour of my death, call me; And close to You bid me. That with Your saints I may praise You forever and ever. Amen.

### Prayer of S. Francis

Lord, make me a channel of thy peace;  
that where there is hatred, I may bring love;  
that where there is wrong, I may bring the spirit of forgiveness;  
that where there is discord, I may bring harmony;  
that where there is error, I may bring Truth;  
that where there is doubt, I may bring faith;  
that where there is despair, I may bring hope;  
that where there is darkness, I may bring light;  
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;  
to understand, than to be understood;  
to love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life. Amen.

### Prayer to S. Michael the Archangel

Saint Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the heavenly host, by the divine power of God, cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

# Sons of Saint Joseph

## Six Week Topics Listing (Since Group Started in 2010)

	<b>2010</b>	
Masculinity		4-Dec
	<b>2011</b>	
Accountability		12-Jan
Discipleship		2-Apr
Attitude Adjustment		28-May
Men at Work		16-Jul
Holy Mass		3-Sep
Sacrifice of the Mass		22-Oct
The Word Made Flesh		10-Dec
	<b>2012</b>	
The Passion of Christ		11-Jan
The Glorious Mysteries		14-Apr
<b>Called to Holiness</b>		26-May
The Cardinal Virtues		14-Jul
Conquering the Seven Deadly Sins		1-Sep
Living the Spiritual Plan		27-Oct
Heroes of the OT		22-Dec
	<b>2013</b>	
The Beatitudes -		16-Feb
Ten Commandments I-V		13-Apr
Ten Commandments VI-X		1-Jun
The Sacraments		27-Jul
In the Image of God		14-Sep
The Masculinity of Jesus		2-Nov
Heralds and Prophets		21-Dec

	<b>2014</b>	
The Seven Gifts of the Holy Ghost		8-Feb
Inner Conversion		2-Mar
The Trinity and Creation		31-May
Doctors of the Church		19-Jul
Spirit of the Liturgy		13-Sep
Church's Teaching on Marriage and Family		1-Nov
The Mission of St. Paul		20-Dec
	<b>2015</b>	
Fathers of the Church		14-Feb
Spiritual Warfare		18-Apr
ST Joseph our Patron		13-Jun
Our Father		1-Aug
The Incarnate Word		21-Nov
	<b>2016</b>	
Great Teachers of Faith		9-Jan
God's Mercy		12-Mar
Apparitions of the Blessed Virgin		14-May
Reconciliation and Penance		2-Jul
Prayers of the Church		13-Aug
First Seven Councils of the Church		15-Oct

Week By Week Topics  
~~26-May-2012~~ **Called-to-Holiness-1-Daily-Spiritual-Plan**

**2-Jun-2012** **Called-to-Holiness-2-Slilent-Meditative-Prayer**

**9-Jun-2012** **Called-to-Holiness-3-Forming-Examining-Ones-Conscience**

**16-Jun-2012** **Called-to-Holiness-4-Confessing-Thoroughly-and-Frequently**

**23-Jun-2012** **Called-to-Holiness-5-The-Weapon-that-is-the-Holy-Rosary**

**30-Jn-2012** **Called-to-Holiness-6-On-the-Necessity-of-Fasting**

**7-Jul-2012** **Open Forum: Bioethics: Beginning and End of Life Issues**

# *Sons of Saint Joseph*

## Weekly Reading and Questions

### Called to Holiness 4:

### Confessing Our Sins Thoroughly & Frequently

June 16, 2012

#### **JOHN 20: 19-23**

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

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#### **Questions**

1. How important is the Sacrament of Confession in my spiritual life?
2. Do I really seek to be transformed by the grace of God in Confession, or do I just use my religion in order to "look" like a good Christian person? Why or why not?
3. How can I partake more fully in the forgiving love of Christ made present in the Sacrament of Reconciliation?
4. How do I make my Examination of Conscience? How can I improve it?

# Sons of Saint Joseph

## Spiritual Plan of Action

*Follow peace with all men, and holiness: without which no man shall see God.*

-Hebrews 12:14

### **STEP ONE**

#### **Daily**

- Get up immediately at your appointed time and begin your day.
  - Make a Morning Offering of your day to God through the Intercession of Our Lady; recite the Prayer to St. Joseph with your morning prayers
  - Daily Rosary (with your family, if possible)
  - Spend at least 15 minutes of uninterrupted, silent, meditative prayer at home or before the Blessed Sacrament
  - Examine your Conscience each night before retiring: Humbly place yourself in God's Presence, review your day in light of the Commandments or Deadly Sins, identify your defeats and victories, make resolutions, ask for grace, and make an Act of Contrition.
- 

#### **Weekly**

- Attend Mass EVERY Sunday and Holy Day of Obligation; keep holy the Lord's Day, center all activities around this day of rest and spiritual growth
- Receive Communion or make a Spiritual Communion if unable to receive
- Recite one of your daily Rosaries each week for the Sons of St. Joseph, its members and their intentions.
- Friday Penance: Abstain from all meat every Friday, or substitute some other suitable penance under the advice of your spiritual director

#### **Monthly**

- Go to Confession at least once a month: "God is always the one who is principally offended by sin. I have sinned against you, and God alone can forgive. He does in the ministry of the priest in the Sacrament of Penance, which is the ordinary way of obtaining forgiveness and remission of mortal sins. Every mortal sin must always be stated with its determining circumstances in an individual confession." – Pope John Paul II
- 

#### **Annually**

- Attend a 2 to 3 day Retreat, with much time in prayer and reflection to make one or two resolutions to further aid in your quest for Holiness.
- 

#### **Other**

- Seek out a well-formed Spiritual Director who understands your sincere desire for Holiness and who coaches you to that end

# Sons of Saint Joseph

## Spiritual Plan of Action

*Follow peace with all men, and holiness: without which no man shall see God.*

*-Hebrews 12:14*

### STEP TWO

*Once you have mastered the weapons of Step One of the Plan, move on to Step Two adding these to what you've already been doing*

#### **Daily**

- Add other suitable prayers to your Morning Offering focusing on your commitments and desire to avoid sin throughout the day.
  - Consider a daily consecration to Our Lady.
  - Stop your work at noon and pray the Angelus, meditating on the great mystery of the Incarnation. During Eastertide recite the Regina Caeli instead.
  - Rearrange your day to try to attend daily Mass, if possible
  - Read a passage from Holy Scripture, contemplating it for 15-20 minutes
- 

#### **Weekly**

- Recite at least 2 preparatory prayers before receiving Communion and at least 2 prayers of thanksgiving after receiving, meditating on your unworthiness and on the tremendous Gift you will/have receive.
- 

#### **Monthly**

- Fast (as well as abstain from meat) on First Friday in reparation for your sins and for the sins against the Sacred Heart of Jesus. Spend one hour on First Friday in Adoration of the Blessed Sacrament

### STEP THREE

*Once you have mastered the weapons of Steps One & Two of the Plan, move on to Step Three adding these to what you've already been doing*

#### **Daily**

- Recite the Angelus (Regina Caeli during Eastertide) at 6am and 6pm
- Increase your silent, meditative prayer to 30 minutes each day
- Spend time each day reading a spiritual classic, deepening your intellectual understanding of our Faith.
- Add prayers to your bedtime examination, focusing on the Four Last Things.

#### **Weekly**

- Fast and abstain from meat every Friday as a penance and an exercise of your will in gaining dominion over your passions.

#### **Monthly**

- Be sure to fulfill the requirements to obtain the Promises that Our Lord made for the Nine First Fridays

#### **Annually**

- Consider making the Total Consecration to Jesus Through Mary as prescribed by St. Louis de Montfort

***This all may seem like a lot to take on, but it's a worthy undertaking. Be measured in your approach. Tailor each step to your own circumstances. These are GOALS to work toward, not burdens to resent. Our goal is spiritual perfection, nothing less. The reward is Eternal, nothing less.***

# Sons of Saint Joseph

## Moderator Guidelines

- Be fully committed. When you are assigned to Moderate, be sure to attend each week or attempt to find a substitute from the pool of Moderators beforehand when your absence cannot be avoided.
- Be an example. Your commitment to growing in holiness and to the SOSJ should be obvious by how you comport yourself.
- Be ever mindful of the Mission of the SOSJ and lead each discussion in light of that Mission.
- Moderators should be prepared for each session; read, research & reflect on topic
- Begin each session with a review of the group's progress in living the Spiritual Plan of Action; keep these questions general, never singling out anyone.
- Facilitate participation from ALL members; don't let anyone dominate
- Keep the discussion moving to answer all the questions
- Before small group ends, summarize "take-aways" from group discussion
- Be prepared to share take-always with large group
- Recognize people's discussion contributions in large group discussion
- Welcome & special focus on new members/visitors
- Encourage men to invite someone to SOSJ

# *Sons of Saint Joseph*

## Key Functions and Responsibilities

- Lay Leader – Chosen by and works hand in hand with the Pastor
- Executive Committee 6-10 Men – Chosen by the Pastor and Lay leader based on commitment to group and example to other men. Responsible for choosing topics with the Pastor
- Moderators – men capable of leading group discussion and distilling information for summary to the whole group. At least 12 men.
- IT/Communications – 1 to 3 men to keep the email list, send out communications to the group, host the web site and graphic design.
- Recorder – 1 man to keep track of what has been done in the past.
- Timekeeper – someone to keep the group on schedule (see Overall Lead Moderator guidelines OLM)
- Altar Guild – 2 men to help our Pastor In set up/break down of chapel
- Hospitality – 2- 4 individuals to help with supplies for coffee, bagels, breakfast or other social aspects
- Treasurer – SOSJ is a zero budget operation. We collect \$3 donations (free will) for regular weeks and \$7 for breakfast week. Any leftover funds are spent on parish activities and charitable works.

# *Sons of Saint Joseph*

## **Additional Activities**

- **Corpus Christi procession and Lunch**
- **Annual Retreat – Weekend Religious Retreat that is led by the Pastor. (reflection, spiritual growth, fellowship and relaxation)**
- **Mini-Annual Retreat – a 1-day Religious Retreat that is led by the Pastor held at a local facility or shrine**
- **Annual Pilgrimage – to spiritual sites (Cloisters, Mother Cabrini Shrine, etc.)**
- **Annual Pancake Breakfast - serves as SOSJ Recruitment for the Parish and also uses up any leftover funds from the previous year**
- **Annual family picnic for all SOSJ and their families**
- **Annual Golf Outing**
- **Movie Night – Religious/Family themed movie for enjoyment and discussion (see Movies under resources)**
- **First Friday Adoration – attended by SOSJ members**
- **Numerous other events in support of other parish groups such as Knights of Columbus, Pro-Life Ministry, etc.**