

LITANY OF  
ST JOSEPH:

Lord, have mercy.  
Lord, have mercy.  
Christ, have mercy  
Christ, have mercy.  
Lord, have mercy.  
Lord, have mercy.  
Christ, hear us.  
Christ, graciously  
hear us.  
God the Father of  
Heaven,  
Have mercy on us.  
God the Son,  
Redeemer of the  
world,  
Have mercy on us.  
God the Holy Spirit,  
Have mercy on us.  
Holy Trinity,  
One God,  
Have mercy on us.  
Holy Mary,  
pray for us .  
Saint Joseph,  
pray for us.  
Noble Offspring of  
David, pray for us.  
Light of Patriarchs,  
pray for us.  
Spouse of the  
Mother of God,  
pray for us.  
Chaste Guardian of  
the Virgin,  
pray for us.  
Foster-Father of the  
Son of God,  
pray for us.  
Zealous defender of  
the Son of God,

pray for us.  
Head of the Holy  
Family, pray for us.  
Joseph Most Just,  
pray for us.  
Joseph Most Chaste,  
pray for us.  
Joseph Most  
Prudent,  
pray for us.  
Joseph Most  
Courageous,  
pray for us.  
Joseph Most  
Obedient,  
pray for us.  
Joseph Most  
Faithful,  
pray for us.  
Mirror of Patience,  
pray for us.  
Lover of Poverty,  
pray for us.  
Model of Workmen,  
pray for us.  
Glory of Domestic  
Life,  
pray for us.  
Guardian of Virgins,  
pray for us.  
Pillar of Families,  
pray for us.  
Comfort of  
the Afflicted,  
pray for us.  
Hope of the Sick,  
pray for us.  
Patron of the Dying,  
pray for us.  
Terror of Demons,  
pray for us.  
Protector of  
the Holy Church,

pray for us.  
Lamb of God, Who  
takes  
away the sins of the  
world,  
Spare us, O Lord.  
Lamb of God, Who  
takes  
away the sins of the  
world,  
Graciously hear us,  
O Lord.  
Lamb of God, Who  
takes  
away the sins of the  
world,  
Have mercy on us.  
V. He made him the  
lord  
of His household,  
R. And prince over  
all  
His possessions.  
Let us pray.  
O God, Who, in Your  
loving providence,  
chose  
Blessed Joseph to be  
the spouse of Your  
most Holy Mother,  
grant us the favour  
of having him for  
our intercessor in  
Heaven whom on  
earth we venerate as  
our protector.  
You, Who live  
and reign forever  
and ever.  
R. Amen.

3. + **J. M. J.** + is + **JESUS**, + **MARY**, and + **JOSEPH** +  
*Newsletter Supplement: 15th March Anno Domini 2026*  
**THE FOURTH SUNDAY OF LENT (A)**  
**Pages 164 - 168 in the Parish Mass Book**  
*(Music in Parish Mass Book begins page 320,*  
**Preface Dialogue page 15, Holy, holy /Sanctus page 16,  
**Mystery of Faith: "SAVE US ..."** page 29,  
*Lamb of God/Agnus Dei page 57 & 78)***

**MOTHERING SUNDAY**

*also known as:*

**MOTHERS' DAY:**

In Britain this is always on the  
Fourth Sunday of Lent since it de-  
rives its name from the Entrance  
Antiphon, or Introit of the Mass  
on the Fourth, or Laetare, Sunday  
of Lent:

**"Rejoice, Jerusalem,  
and all who love her.  
Be joyful,  
all who were mourning;  
exult and be satisfied  
at her consoling breast."**

*see Isaiah 66: 10-11.*

Back in the Middle Ages  
it was a day to visit your  
"**Mother Church**", that is,  
the Church in which you were  
Baptized, your local Church,  
or maybe the Cathedral Church  
of the Diocese.

So, where were you Baptised?  
What was the name of the  
Church?  
What was the date?  
Who are your Godparents?  
Do you know the name of  
the Priest who baptised you?

Later, the Mothering Sunday be-  
came an opportunity for servants  
to return to their homes and visit  
their Mothers. It was a great time  
for families to get together.

While 'Mothers' Day' has become  
more commercialized, it is still  
very good to celebrate our Moth-  
ers, grandmothers, God mothers,  
and also remember the Catholic  
Church is a Mother, as well as  
Mother Mary, given to us by Jesus  
from the Calvary Cross just before  
He died for love of each one of us.

Blessings upon,  
and thanksgivings for,  
all our Mothers, Grandmothers,  
Godmothers, and Mothers to be!!



**4. ST PATRICK OF IRELAND:  
TUESDAY 17TH MARCH 2026**

*Taken from:*  
<https://www.confessio.ie/>

1  
My name is Patrick. I am a sinner, a simple country person, and the least of all believers. I am looked down upon by many. My father was Calpornius. He was a deacon; his father was Potitus, a priest, who lived at Bannavem Taburniae. His home was near there, and that is where I was taken prisoner. I was about sixteen at the time. At that time, I did not know the true God. I was taken into captivity in Ireland, along with thousands of others. We deserved this, because we had gone away from God, and did not keep his commandments. We would not listen to our priests, who advised us about how we could be saved[Nota]. The Lord brought his strong anger upon us, and scattered us among many nations even to the ends of the earth. It was among foreigners that it was seen how little I was.

12 So I am first of all a simple country person, a refugee, and unlearned. I do not know how to provide for the future. But this I know for certain, that before I was brought low, I was like a stone lying deep in the mud. Then he who is powerful came and in his mercy pulled me out, and lifted me up and placed me on the very top of the wall. That is why I must shout aloud in return to the Lord for such great good deeds of his, here and now and forever, which the human mind cannot measure.

*These paragraphs are some extracts from the famous "Confessio" an autobiography of St Patrick himself.*

16  
After I arrived in Ireland, I tended sheep every day, and I prayed frequently during the day. More and more the love of God increased, and my sense of awe before God. Faith grew, and my spirit was moved, so that in one day I would pray up to one hundred times, and at night perhaps the same. I even remained in the woods and on the mountain, and I would rise to pray before dawn in snow and ice and rain. I never felt the worse for it, and I never felt lazy – as I realise now, the spirit was burning in me at that time.



*"In the war against sin,  
in the fight for the faith,  
dear saint, may thy children  
resist unto death.;  
may their strength be in meekness,  
in penance, in prayer,  
their banner the Cross  
which they glory to bear."*

**5. ST JOSEPH:  
THURSDAY 19TH MARCH 2026  
SPOUSE OF THE  
BLESSED VIRGIN MARY  
AND PATRON OF  
THE UNIVERSAL CHURCH.**



**PRAYER TO ST. JOSEPH  
FROM POPE FRANCIS**

**Hail, Guardian  
of the Redeemer,  
Spouse of the  
Blessed Virgin Mary.  
To you God  
entrusted His only Son;  
in you Mary placed her trust;  
with you Christ became man.  
Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace,  
mercy and courage,  
and defend us from every evil.  
AMEN.**

**THE PRIEST'S PRAYER TO ST JOSEPH  
BEFORE HOLY MASS:**

**O happy man, Saint Joseph, to you it was given to see and hear the God whom many kings longed to see but did not see, and longed to hear but did not hear. Not only that, but you were privileged even to bear God in your hands, to kiss Him, to dress Him and to watch over Him.  
V/.: Pray for us, Saint Joseph.  
R/.: That we might be worthy of the promises of Christ.**

**LET US PRAY:**

**O God, Who has given us  
a royal priesthood:**

**You found Blessed Joseph worthy to hold Your only Son, born of the Virgin Mary, reverently in his hands and to carry Him. Enable us, too, to serve at Your Holy Altar with pure hearts and innocent lives, so that today we may receive worthily the Most Holy Body and Blood of Your Son, and may be found worthy of an everlasting reward in the world to come.  
Through the same Christ our Lord.  
AMEN.**

