

From:
Rev. Msgr. John P. Putano
St. Patrick and St. Thomas Aquinas
Binghamton, NY 13905

Act of Spiritual Communion

My Jesus,

**I believe that you are truly present in
the most Holy and Blessed Sacrament.**

I love you above all things and long for you in my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart.

**As though You have already come, I embrace You and unite myself entirely to You,
never permit me to be separated from you. Amen.**

St. Thomas Aquinas Binghamton - You Tube or tinyurl.com/12w5eun. live St Thomas
(Daily - 10:00 am) (Sunday -11:30 am) (Stations of the Cross - Fridays at 11:00 am.)
Fr. Paul will be celebrating the Live Streaming mass on Thursday - the Feast of St.
Joseph. It will remain up so people can access it later.

March 19, Solemnity of St. Joseph, Husband of the Virgin Mary
St. Joseph Story (shared by Cathy Rood)

If there's a man who knows what it's like to have his plans dismantled in an instant, it's
St. Joseph. Surely, he had plans for a quiet, simple life with Mary. And suddenly his
whole world was turned upside down



Joseph discovers that his betrothed, Mary, has conceived a child that is not his. Under the law, Joseph can divorce Mary, and even have her stoned. But the Angel appears to Joseph in a

dream and tells him that Mary has conceived by the Holy Spirit.

Joseph promptly obeys the Angel, who tells him to “not be afraid to take Mary as his wife” (Mt. 1:20).



St. Joseph is called to protect and lead an extraordinary family, one which included the promised Messiah of Israel and the Mother of the Son of God! What anxiety and uncertainty he must have wrestled with under the weight of this tremendous, unforeseen responsibility?

What happens shortly afterward? His plans to provide a stable home and income for his family are interrupted by the call for a census, during which his wife gives birth to the Son of God.



Then—in order to escape a murderous ruler—Joseph has to gather up his little family in the middle of the night and flee to a foreign country.



St. Joseph was never guaranteed what the next day, month, or year held. At many times throughout his life, the only “certainty” Joseph had of God’s next step were whispers from heavenly dreams. And yet, despite unexpected circumstances, St. Joseph persevered.



As the man chosen to be the earthly father of Christ, Joseph is revered as the greatest saint after Our Lady. He is the patron saint of many things, including:

Families and fathers
Travelers and immigrants
House sellers and buyers
Craftsmen, engineers, and workers
And much more!

Perhaps most beautiful of all, he is the Patron of the Universal Church.



St. Joseph always has his fatherly, protective gaze on us—for we are the children of Holy Mother Church. He desires not only to protect our bodies from physical harm, but to protect our whole person.

In the midst of anxiety and dismantled plans, St. Joseph stands as an empathetic protector of minds and hearts, inviting us to keep our eyes on Christ—and our hands on the work that we have been called to do while we wait for God to reveal the next step.

Today, March 19th, is the feast of St. Joseph. It is the perfect opportunity to get to know him better and to invite him into our hearts and lives in a concrete way.

Whether we keep an image of him in our home, wear a reminder of his peaceful presence on a pendant around our necks, or simply learn a new prayer to invoke his intercession, let's ask St. Joseph to protect us in a special way against the loss of peace in mind and heart.

GO TO JOSEPH!