
Journey with Mary and Joseph

Our Blessed Mother and St. Joseph give us the perfect example of this. As we prepare our hearts and homes for the celebration of Christmas, let us look to them and imitate the virtues they practiced on their journey to Bethlehem. For each of the four weeks of Advent, we can concentrate on one the following virtues.

First Week of Advent – Charity

When the Blessed Mother and St. Joseph had to leave Nazareth to be enrolled in Bethlehem for the census, they did so for the love of God and for love of souls. We, too, need to practice this greatest of all virtues. We can show our love for God and our neighbor by performing little acts of charity toward others. During this first week of Advent, strive to speak kindly toward everyone and to give your time or financial assistance to others.

Second Week of Advent - Prayerfulness

On the busy and crowded road to Bethlehem, Mary and Joseph thought only of Jesus. Though we may be surrounded by people and occupied with many distracting duties during this week, let us frequently turn our thoughts to the Divine Infant by praying a particular aspiration throughout the day. One that we can use is “All for Thee, Most Sacred Heart of Jesus.” We can also say the St. Andrew Novena to help us be more recollected. Resolve, as well, to pray the daily Rosary with greater attention.

Third Week of Advent - Patience

Our Lady and St. Joseph uncomplainingly suffered the discomforts of the journey. They were patient amidst the cold and unpleasant weather. They remained undisturbed when they were jostled by the crowds and insulted by inn keepers. During this third week of Advent, may we practice a similar patience by suffering without complaint the annoyances and difficulties that God allows to occur in our daily life.

Fourth Week of Advent - Cheerfulness

St. Joseph and Our Blessed Mother were so filled with love for the Infant Savior that nothing could alter their joy. Even when they were rudely refused lodging and their only shelter was a dirty stable, they were happy and at peace. Let us be cheerful during this last week of Advent. We can express this spirit of joy by smiling and being positive in our words, especially when we suffer some inconvenience.

Returning Love to Our Infant Savior

The love of Mary and Joseph made up for the sufferings the Christ Child endured on that first Christmas night. It is now our turn to make up for the sufferings inflicted on Him by the ingratitude of mankind. Let us unite ourselves in spirit to Mary and Joseph during our Christmas preparations through a greater spirit of charity, prayer, patience, and joy.

May you and your family have a blessed Advent and Christmas. You remain in our prayers, and we are always grateful for yours.

In the Sacred Heart,

Mother Mary Bosco, F.M.

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