

# The JOSEPH HOUSE



## Little Sisters of Jesus and Mary

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### Dear Friends of Joseph House:

The beginning of a new year is a time to look forward with **hope**, knowing that in the days ahead God is already there.

Hope is not the same as optimism. To hope means to be open to the Infinite, to believe that God will bring each of us to completion as His creation. The things of this world pass away, but what gives us true joy does not. We can live with confidence because our strength comes from God and not just our own resources.

Did you make any resolutions for 2017? Consider doing the **daily examen**, which can develop the virtue of hope in our lives. It is not an examination of conscience, but a simple prayer exercise that can fine-tune our sensitivity to the promptings of the Holy Spirit. The daily examen can increase our awareness of how God is with us every day. It takes only a few minutes to do at night. Here is a description of the practice from the book, *Discernment: Seeking God In Every Situation*, by Rev. Chris Aridas:

1. Relax in the presence of God. Use a psalm or a hymn to help you.
2. Thank Him for everything that He has brought into your life since the day before.
3. Beg to be given the mind and heart of Jesus, to see reality as Jesus sees it.
4. Reflect prayerfully over your day by checking the "we" (what you and Jesus experienced together) against the "I" (you alone). This is done in order to bring to life St. Paul's insight "I live not myself alone, but Christ lives in me" (Galatians 2:20). This means that in reality our life is a "we" (you and He) not an "I."

As you reflect over the day, visualize those events about which you can say "we" (even if you were not conscious of His presence at the time). For example, "We ate breakfast, we drove to work, we cleaned the house, we spent time with people, etc."

Recall, then, those events about which you cannot say "we." For example, "I blew up at the children, I got angry at the slow traffic, I cheated in the store, etc."

As you prayerfully review the day's events in this manner, the Spirit will make you aware of the myriad ways in which He was present to you throughout the day. He will enable you to "discern" or distinguish His touch from all the other movements, promptings and urges in your life.

This, in turn, will help you to become more aware of His presence in the days ahead. This awareness will evolve into that ideal of working, playing, resting, living in Him that St. Paul describes.

5. Renew, in love, your sorrow for ever having disappointed or offended God. Offer a short prayer of repentance and sorrow at this time.
6. Plan a time of prayer for tomorrow. Make it definite in length and place. Also, promise to repair any damage you may have done to others should He give you the opportunity tomorrow.
7. End by praying the Our Father.



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**Be joyful in hope, patient in affliction, faithful in prayer.**

**Romans 12:12**



Prayer Requests: use return envelope or e-mail to LSJM@comcast.net

**In your charity, please remember my special prayer intentions:**

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**Our hope in God keeps us going in our ministry with the poor.** Together with you and our volunteers, we share the love that is all around us, and light a candle against the darkness of despair.

We became aware of **Meredith's** situation from her sister, **Lana**. Meredith is a 64 year old widow. According to Lana, Meredith is showing signs of dementia.

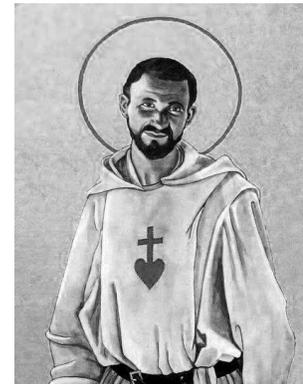
Meredith lives in a dilapidated trailer. Her diet consists mostly of fast food that she gets delivered. She owns the trailer but must still pay \$290 each month in lot rent. Lana's husband passed away recently, and now she has more time to be involved with her sister's well-being. She is trying to help Meredith, but did not have the money to get her caught up with the lot rent. The Joseph House was able to help with \$200.

**Preston**, 44, lost his eyesight because of health issues. It happened not that long ago and he is trying to cope with his blindness. He is not able to work at his job and has applied for disability, although he has not received approval yet. On Thanksgiving Day Preston ran out of propane, his only source of heat. The Joseph House responded by paying for 100 gallons (\$209).

**Glenn**, 54, is another disabled individual we helped recently. His kitchen stove was not in good condition and caught fire. Fortunately, the damage to his home was minimal, but Glenn needed a new stove. We called a thrift store and they agreed to lower the price of a decent one to \$180. The Joseph House paid for it.

**Sharice**, 50, is being treated for breast cancer. The side effects cause her to lose hours at work. She lives in a building that looks like a converted chicken house. The rent takes about 75% of her income. The Joseph House paid her past-due water bill of \$110.

**Cry the Gospel with your life!**



We are all the sons of the Most High. All of us: the poorest, the most outcast, a newborn child, a decrepit old man, the least intelligent human being, the most abject, an idiot, a fool, a sometimes sinner, the greatest sinner, the most ignorant, the last of the last, he who is the most physically and morally repugnant — all are children of God and sons and daughters of the Most High.

We should hold all human beings in high esteem. We should love all humankind, for they are children of God. God wants his children to love each other in the same way as a loving father wants his sons to love each other.

Let us love all human beings because they are our brothers and sisters, and God wants us to look at them tenderly and love them just as they are, because each is a child of God, who is beloved and adored, and because Our Lord paid the price for their love with his blood.

*- From the writings of Br. Charles of Jesus.*

**Please contact us for a free holy card of the Abandonment Prayer by Br. Charles.** This prayer encapsulates his spirituality. We, the Little Sisters of Jesus and Mary, recite this prayer every morning at the beginning of our day.

**Adelaide**, 54, was a caregiver in her home for a man who was paralyzed. When he died she lost her income. Her search for a new job is impeded by her lack of transportation. The Joseph House paid \$180 toward her past-due electric bill to keep the power on in her home.

**Marie**, 42, has three children. They were living in a house that had heavy water damage from the rain. The landlord never bothered to make proper repairs. Concerned for the health of her family, Marie saved up \$800 to move into another rental. The new landlord, however, required the first month's rent and security deposit to be paid in advance (\$1,600 total). Poor working families, barely getting by paycheck to paycheck, have a difficult time with these expenses. The Joseph House contributed \$200 to Marie's need.

**A**t the Joseph House, we place our hope in God because the work is His. We live in expectation of God making things new, of revealing His love for us in ways that are surprising.

Next month we will have a report on our activities during Thanksgiving and Christmas. Your generous support made the holidays brighter for hundreds of needy families. Thank you for your devotion to the poor and your continued generosity. May this New Year be filled with many blessings and moments to cherish!

**Your Little Sisters of Jesus and Mary**