



INTERCEDE



Read the full article by Most Reverend Shelton J. Fabre, Bishop of Houma-Thibodaux, at bit.ly/fabre-fatherhood.

ACT (choose one)

- Pray a decade of the Rosary (bit.ly/how-to-pray-rosary), followed by this Prayer to St. Joseph (bit.ly/Joseph-Rosary-Prayer) for all expectant mothers and fathers, especially those who are in difficult circumstances. May they be guided and inspired by the example of Mary and Joseph in welcoming new life.
- Choose one of your favorite foods, beverages, snacks, or treats to fast from for one day for the featured intention.
- Offer some other sacrifice or prayer that you feel called to do for the featured intention.

PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

“...Fatherhood is first a spiritual reality, because fatherhood has its origins in God who chose to reveal Himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers therefore have a special and unique role ‘in revealing and in reliving on earth the very fatherhood of God’ (FC 25). Fathers have a vital, unique, and important role to play in the personal and spiritual development of their children, and in reflecting the love of God the Father himself. Fathers are called to show the world the virtues of a tender protector, while living out the virtues of humility and courage.

In all circumstances, but especially in difficult circumstances, a father needs to be encouraged to faithfully accept the role entrusted to him by God and support the mother of his child. Through our prayers and through the intercession of St. Joseph, patron of fathers, may fathers come to know the *irreplaceable* role they hold in the lives of their children, and the responsibility they share in welcoming God’s gift of new life!...”

ONE STEP FURTHER

Use the simple activity guide located at usccb.org/joseph-spiritual-bouquet to create a spiritual bouquet seeking the intercession of St. Joseph, patron of fathers. (*While the activity guide suggests offering the bouquet in honor of Father’s Day, it can be offered at any time of year!*) Pray for expectant mothers to be lovingly supported by the fathers of their children in welcoming new life.

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For additional prayers, resources, and ideas on supporting mothers in your local area:

www.WalkingWithMoms.com