



Episode 2: Do Not Fear

"But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit."

{ Matthew 1:20 }

NEW INTERNATIONAL VERSION

Today is the feast of St. Joseph, a feast which has a special place in my heart because I attended St. Joseph's Convent, Port of Spain in Trinidad. A lot of the fruit in my life today is because of the education I received there. You can always spot me in my old pictures, I'm the one with the guitar.

There are many readings for the feast today, but one of the gospel options comes from Matthew and is the story of how Joseph in a dream is told not to be afraid to take Mary as his wife. I can just imagine the turmoil in him as he knew his life would be topsy-turvy after that. Our lives are topsy-turvy in a different way now, but if we hear those words as Joseph did, we can hear the Lord and do what he asks us to do.

I pray we will hear these words, "trust and believe", "do not be afraid" and, like Joseph, our doubt will lift and we will be consoled knowing that God is with us, Father, Son and Holy Spirit.

I pray this prayer over you as we take heart, take courage and continue to step into the unknown with faith: Almighty God, at the beginnings of our salvation, when Mary conceived your son and brought him forth in to the world, you placed them under Joseph's watchful care. May his prayer still help your Church to be an equally faithful guardian of your mysteries and a sign of Christ to humankind.

Father, I know that your love
for me knows no bounds.
When darkness has fallen your voice
from the heavens resounds.
Saying "Trust and believe,
come and walk on my road to its end".
Then take me home Father, Spirit and Son,
my master and friend

Spirit, I know that your truth
is spoken each day.
But power and greed change the creed,
leaving truth to decay.
So let the heavens resound
with hosannas to you, Holy One,

For in you Father, Spirit and Son
the battle is won.

Jesus, I know that your love for me has no end.
My faith growing stronger each day
that on you I depend.
When my doubting subsides,
when I'm finally brought to my knees;
Through my prayer, Father, Spirit and Son,
your grace is revealed.

Song to the Trinity

Words by Mike Stanley

Music from Traditional Irish melody

Buachaill ón Eirne (Come by the Hills)

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As we endeavour to take heart, what are
some areas of your life where you can let go of fear?