

the healing of Christmas



Will you pray in front of the crib?
This year, ask Saint Joseph for a
grace – it is 'his' year!

What will you ask him for?
In his Apostolic Letter dedicated
to the "Year of Saint Joseph",
Pope Francis gives us some hints!
I have a suggestion too: ask Joseph
for healing. Yes, **inner healing**.

When the Angel came to Joseph in his
first dream – telling him not to be
afraid and take home Mary and the
child in her womb, it was the first
moment of an inner healing (the
Angel is most likely San Raphael).

In our life lots of things happen
whose meaning we do not understand.
A betrayal, a miscarriage, traumas,
rejections, illnesses...
Our first reaction is frequently one
of disappointment and rebellion.
Joseph set aside his own ideas in
order to accept the course of events
and, mysterious as they seemed, to
embrace them, take responsibility
for them and make them part of his
own history.

An unusual marriage and child,
Angels, stars, Magi, prophecies...
puzzlement, persecutions,
precariousness, suffering, fears...

Joseph is neither passive nor resigned, he embraces life as it is with all
its contradictions, frustrations and disappointments. Christmas, at the
'school of Joseph', means first of all to be reconciled with the "flesh of
our history", the events of our life which we fail to understand.

"Do not be afraid", said the Angel. We need to renounce all fear, anger and
disappointment; to forgive, and embrace the way things are, even when they
do not turn out as we wish. In this way, we become open to the deeper
meaning of our life and make the very first step in our journey of healing.

At the 'school of Joseph' we can learn how not to throw away any event of
our life, nothing, not even what we regard as evil! Joseph teaches us to
accept the whole of our life, with its irreducible complexity, with all its
lights and shadows. We learn to see and embrace life with eyes of faith.
Unless we are reconciled with our own history, we will be unable to take a
single step forward, for we will always remain hostage of our painful past,
or of our expectations and the disappointments that follow.

This Christmas, and this year, "***Ite ad Ioseph***" (*go to Joseph*), let us ask
him for the grace of healing, so to be set free to move forward in our life,
and enter the mission God has prepared for us. **Merry Christmas,**

fr. Ivano

Father Ivano