



TYBURN TALK

CHRISTMAS 2020

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Dear Friends of Tyburn,

Many of us were very happy to receive the news that Pope Francis has proclaimed this year the Year of St Joseph. Like St. Joseph, we need to ensure that our whole lives revolve around the Child Jesus in the manger. Good Saint Joseph can serve as a powerful bridge . . .

*Let Us 'Go to Joseph':
Ite Ad Joseph!*

We can turn to St Joseph and beg him for the grace of intimate knowledge of Jesus that we will love Jesus more ardently and follow Jesus more closely. We can also beg him and for the grace of greater knowledge and love for Mary, his beloved spouse. Aside from Jesus Himself, nobody on earth knew, understood, cherished and loved the Blessed Virgin Mary more than Good Saint Joseph and aside from Mary nobody knew Jesus better on earth than good Saint Joseph. The Holy Family is complete only when the three members are recognized, honoured and loved. May the prayers of good Saint Joseph open our hearts to the immense treasures that God has in store for us this Christmas. Then may Jesus be born in the depths of our hearts this Christmas day!

To mark this special Year of St Joseph, we are inserting in the middle of this newsletter some prayers and the details on how to gain the Indulgences.

Diamond Jubilee and Monastic Professions



Our Reverend Mother Xavier McMonagle, O.S.B. celebrated her Diamond Jubilee of Profession on the 31st October. It was a joyous occasion, and we thank God for Mother's example to us all of perseverance and fidelity through "thick and thin". Mother renewed her vows during Holy Mass and sung the Suscipe to the edification of all witnessing this solemn occasion. Mother received the

Papal Blessing at the end of Holy Mass. Since our last newsletter, Sr Mary Jude and Sr Thomasina also made their Monastic Professions here.

Chickens!!

We purchased some young chickens and gave them a house, an enclosure, some good food and of course some TLC and sure enough in return they have started to give us fresh eggs! The first of the eggs ended on the plate of our Diamond Jubilarian! At the same time we hatched 2 batches of eggs in an incubator. It was the first time many of us Sisters had ever seen a chick hatch. God is so wonderful to share His goodness with us! We now have three generations of chickens and hopefully in the near future enough fresh organic eggs for each Sister's plate!

We also grow what we can regarding plants in our garden . . . the watercress will go well with the fresh eggs!

	Prizes drawn for our annual Raffle October 2020	Ticket No.
1 st	£500 Cash	11376
2 nd	£300 Cash	14630
3 rd	Afternoon Tea for 2 at Ritz London	16196
4 th	£200 Cash	17614
5 th	£100 Cash	20033
6 th	£100 Waitrose/John Lewis Voucher	22193
7 th	Hamper	039238
8 th	Hamper	12198
9 th	Hamper	17068

Tyburn Fayre

This year we were unable to hold our annual fayre on the last Saturday of October but we went ahead with the raffle. Thank you to the many of you that also spread the news to your friends and family. We were

greatly surprised one day to find that a whole lot of tickets had been bought online. This happened quite suddenly over the period of a few days before the draw and we realized that our friends were spreading the word!! THANK YOU!

INSERT:
THE YEAR OF ST. JOSEPH
8 December 2020 – 8 December 2021

December 8th marks the 150th anniversary of the Quemadmodum Deus Decree, with which Blessed Pius IX, moved by the grave and mournful circumstances in which a Church was beset by human hostility, declared St. Joseph Patron of the Catholic Church.

The gift of special indulgences is granted on the occasion of the Year of St. Joseph, -8th December 2020 – 8th December 2021- announced by Pope

Francis to celebrate the 150th anniversary of the proclamation of St. Joseph as Patron of the universal Church.

All of us faithful have the opportunity to commit ourselves, with prayers and good works, to obtain with the help of Saint Joseph, head of the heavenly Family of Nazareth, comfort and relief from the serious human and social tribulations that today afflict the contemporary world.

THERE ARE SIX WAYS CATHOLICS CAN GAIN PLENARY INDULGENCES DURING THE YEAR OF ST JOSEPH:

1. Because St. Joseph invites us to rediscover the filial relationship with the Father, renew faithfulness to prayer and listen intensely to God's will, **the plenary indulgence is granted if we meditate for at least 30 minutes on the Our Father, or be part of a spiritual retreat of at least one day that includes a meditation on St. Joseph.**

2. Because St. Joseph practiced the virtue of justice in an exemplary manner, **we can obtain a plenary indulgence by carrying out a corporal or spiritual work of mercy.** The spiritual works of mercy are: comforting the sorrowful, counselling the doubtful, instructing the ignorant, admonishing the sinner, bearing wrongs patiently, forgiving injuries, and praying for

the living and the dead. The corporal works of mercy are: feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the imprisoned, visiting the sick, and burying the dead.

3. To inspire, enthuse and encourage all Christian families to live with the same intimate communion, love and prayer that the Holy Family lived, **we can obtain a plenary indulgence by praying the Holy Rosary in families. If engaged couples pray the rosary, they can also obtain the indulgence.**

4. Considering the feast of St. Joseph the Worker was instituted on May 1, 1955, **a plenary indulgence can be gained by those**

who daily entrust their activities to the protection of St. Joseph, and by those who invoke the intercession of St. Joseph the Worker for those who are looking for work, that they can find dignifying work.

5. We can gain a plenary indulgence if we recite the Litany to St. Joseph for persecuted Christians.

6. We can gain a plenary indulgence if we recite any legitimately approved prayer or act of piety in honour of St. Joseph — for example, "To you, O Blessed Joseph" (below) — especially on his feast days of March 19 and May 1, on the Feast of the Holy Family of Jesus, Mary and Joseph (this year on Sunday, Dec. 27), on the 19th of each month and on every Wednesday, the day dedicated to St. Joseph. The plenary indulgence

is granted under the usual conditions (sacramental confession, Eucharistic Communion, usually prayer of an Our Father a Hail Mary and a Glory Be for the intentions of the Holy Father. One must be completely detached from all sin to gain the indulgence.)

In the current context of health emergency, the gift of the plenary indulgence is particularly extended to the elderly, the sick, the dying and all those who for legitimate reasons are unable to leave the house, who with a soul detached from any sin and with the intention of fulfilling, as soon as possible, the three usual conditions, in their own home or where the impediment holds them, they will recite an act of piety in honour of St. Joseph, comfort of the sick and Patron of a happy death, offering with trust in God the pains and discomforts of their life."

PRAYER TO ST. JOSEPH FOR THE CHURCH - *Composed by Pope Leo XIII*

To thee, O Blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us, and from heaven assist us in our struggle with the powers of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live a holy life, die a happy death, and attain to everlasting happiness in Heaven. Amen.

THE LITANY OF ST. JOSEPH

St. Joseph was named the "Patron of the Universal Church" by Pope Pius IX in 1870, and in the powerful Litany of St. Joseph he is given striking titles: Glory of Family Life, Patron of the Dying, Terror of the Demons. Innumerable miracles have been attributed to St Joseph's intercession over the course of time.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us. Christ,
hear us.
Christ, graciously hear us.
God the Father of Heaven,
have mercy on us.
God the Son, Redeemer of the
world, *have mercy on us.*
God the Holy Spirit,
have mercy on us.
Holy Trinity, One God,
have mercy on us.
Holy Mary, *pray for us.*
Saint Joseph, *pray for us.*
Renowned offspring of David,
Light of patriarchs,
Spouse of the Mother of God,
Chaste guardian of the Virgin,
Foster-father of the Son of God,

Watchful defender of Christ,
Head of the Holy Family,
Joseph most just,
Joseph most chaste,
Joseph most prudent,
Joseph most valiant,
Joseph most obedient,
Joseph most faithful,
Mirror of patience,
Lover of poverty,
Model of workers,
Glory of domestic life,
Protector of virgins,
Strength of families,
Solace of the afflicted,
Hope of the sick,
Patron of the dying,
Terror of demons,
Protector of Holy Church,



Lamb of God, Who takest away the sins of the world,
Spare us, O Lord.

Lamb of God, Who takest away the sins of the
world, *Graciously hear us, O Lord.*

Lamb of God, Who takest away the sins of the
world, *Have mercy on us.*

V. He made him master of His household,
R. *And prince over all His possessions.*

Let us pray: O God, Who in Thine ineffable providence didst deign to choose Blessed Joseph to be the spouse of Thy Most Holy Mother, grant, we beseech Thee, that we may merit to have him for our intercessor in Heaven, whom on earth we venerate as our protector, Thou Who livest and reignest forever and ever. *Amen.*

VARIOUS PRAYERS TO ST. JOSEPH

Daily Prayer For Protection



HAIL O SAINT JOSEPH! I, thine unworthy child, greet thee. Thou art the faithful protector and intercessor of all who love and venerate thee. Thou knowest that I have special confidence in thee and, after Jesus and Mary, place all my hope of salvation in thee, for thou art all-powerful with God and will never abandon thy faithful servants. Therefore, I humbly invoke thee and commend myself, with all who are dear to me, and my entire possessions, to thy secure protection and powerful intercession. I beseech thee, by the love of Jesus and Mary, do not abandon me during life, and assist me at the hour of my death. Amen. -By Ven. Martin Von Cochem

Prayer to St Joseph to Obtain a Conversion

O Glorious Patriarch St. Joseph, who merited to be called "just" by the Holy Ghost, I urgently recommend to the soul of [Name], which Jesus redeemed at the price of His Precious Blood. Thou knowest how deplorable is the state and how unhappy the life of those who have banished this loving Saviour from their hearts, and how greatly they are exposed to the danger of losing Him eternally. Permit not, I beseech thee, that a soul so dear to me should continue any longer in its evil ways; preserve it from the danger that threatens it; touch the heart of the prodigal child and conduct him back to the bosom of the fondest of fathers. Abandon him not, I implore thee, till thou hast opened to him the gates of the Heavenly city, where he will praise and bless thee throughout eternity for the happiness which he will owe to thy powerful intercession. AMEN

Words of St Alphonsus

"Since we all must die, we should cherish a special devotion to St Joseph, that he may obtain for us a happy death. All Christians regard him as the advocate of the dying who had honoured him during life, and that for three reasons: "First, because Jesus Christ loved him not only as a friend, but as a father, and on this account his mediation is far more efficacious than that of any Saint. "Second, because St Joseph has obtained special power against the evil spirits, who tempt us with redoubled vigour at the hour of death. Third, the assistance given St Joseph at his death by Jesus and Mary obtained for him the right to secure a holy and peaceful death for his servants. Hence, if they invoke him at the hour of death he will not only help them, but he will also obtain for them the assistance of Jesus and Mary."

Prayer for a happy death

O glorious St Joseph, spouse of the Immaculate Virgin, obtain for me a pure, humble and charitable mind and perfect resignation to the Divine Will. Be my guide, father, and model through life, that I may merit to die as thou didst die in the arms of Jesus and Mary. Amen.

Retreat Refurbishments



charge of the project. Donations came bit by bit so that we had just enough to complete each portion of the project until now when it is almost complete. Thanks be to God, St Joseph and each and all of you for your prayers, generosity and support. We are deeply grateful. As part of the renovations we made room for a now small but popular shop.

A huge THANK YOU to each and every one of you who has made it possible to have the refurbishment and renovation of our Retreat House almost complete. There are only a few bits and pieces for the workmen to finish. Of course as always happens with such a large scale project one job always leads to another! As most of you know, with all the ongoing disruptions on deliveries especially if from abroad, we are still awaiting the arrival of some items that were ordered months ago but are out of stock! At the beginning of the enormous project, we had enough money to complete one bathroom . . . so we gave our need to the care of St Joseph whom we put in



Live Stream

As some of you already know, we have been live streaming our Perpetual Adoration for a few years now. People as far away as USA watch the live stream to remind them Of Jesus' presence and to help them in their recollection. Some we have been told have the screen on the whole day. We have recently started live-streaming our

Holy Mass as well and are uploading to our Tyburn Nuns YouTube Channel" the daily readings and the homilies given by our Chaplain – Rev. Fr Barry Braum. The Homilies are very good and worth listening to. The live stream can be found on our website:

<https://adoration.tyburnconvent.org.uk>

Holy Water

St. Teresa of Avila wrote "From long experience I have learned that there is nothing like holy water to put devils to flight and prevent them from coming back again. They also flee from the Cross, but return; so holy water must have great virtue. For my own part, whenever I take it, my soul feels a particular and most notable consolation."

Holy water, through a priest, is blessed by God in virtue of Christ's baptism. The Catholic Church possesses enormous power in being able to impart sacramental grace—and holy water as a sacramental receives its power through the prayer and authority of the Church. The rite of blessing said over water by a priest to make it holy contains prayers of exorcism. It can banish demons, heal the sick, and send unwarranted grace upon us. **We always have a good supply of Blessed and Exorcised Holy Water. If you want some, you can bring a container and we will fill it for you!**

Protection packs

We have put together some "Protection Packs" for giving to people who want them. They have a small amount of Blessed and Exorcised oil, salt, water, a candle and a picture of the Holy Family. A donation, if possible, to cover costs is greatly appreciated. The salt which has been blessed for use as a sacramental may be sprinkled in a room, or across a threshold, or in other places as an prayer of Divine protection. It may also be consumed. The olive Oil which has been blessed for use as a sacramental can be used for personal use and may also be consumed.

Finally we wish you all a Happy and Blessed Christmas and New Year. Holy Mass on Christmas Day will be offered for the intentions of all our friends and benefactors. May the peace of the Christ Child enter your hearts and your homes and remain with you throughout 2021!

The Tyburn Nuns

Please pass Tyburn Talk on to a friend!

Donations for Tyburn Convent can be made by cash,
cheque (made payable to Tyburn Convent)
or through our website:

<https://www.tyburnconvent.org.uk/donations>

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