

They devoted themselves to the teaching  
of the apostles and to the communal life,  
to the breaking of the bread  
and to the prayers.

ACTS 2:42

*Issue 19 | February 2024*

## Peace of Christ



### God Bless You This Lent!

The Family of Saint Sharbel USA presents its 19th Newsletter. We are grateful and happy to be walking with you, and we ask for your prayers as our community of faith continues to grow!

**Please spread the word among your family and friends; we would love to have you all join us.**

- CLICK HERE TO ACCESS OUR NEWSLETTER ARCHIVE -

View this Letter as a PDF

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## Contemplation Corner

A Reflection by Deacon George Geagea, FSS Board Member



<https://www.familyofsaintsharbel.org/spiritual-designs/let-the-greatest-among-you-be-as-the-youngest>

**Finding Inspiration in the Silence: A Lenten Journey with Saint Joseph**

As the Lenten season dawns, a period of introspection and spiritual renewal motions us to journey inward, to align our hearts more closely with the divine. In this sacred time of preparation for Easter, we seek the guidance of those who have navigated the path of faith with grace and steadfastness. Among these leading lights, Saint Joseph, the foster father of Jesus, emerges as a singular beacon of virtue, embodying the essence of quiet strength, obedience, and humility. With the celebration of his feast day on March 19, 2024, we are given an opportunity to delve deeper into the lessons his life imparts, inviting us to reflect on how we too can embody these virtues in our own Lenten journey.

The legacy of Saint Joseph teaches us the extraordinary strength found in silence and the art of listening. In a world that prizes noise and constant activity, Joseph's life is a counter-narrative, demonstrating the transformative power of quietness and attentiveness to God's whispers. This Lent, let us take inspiration from Joseph, creating spaces of silence in our daily lives. It is in these quiet moments that we can truly listen, allowing God's gentle guidance to shape our path, much like Joseph, who navigated the complexities of his calling with a listening heart, fully attuned to the divine will.

**Click here** to read Deacon George's full reflection.

**Click here** to view more of our spiritual designs.

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## What's Ahead?

### **Lenten Retreat with Bishop Gregory**

Join Bishop Gregory Mansour of the Eparchy of St. Maron of Brooklyn at Our Lady of Lebanon Maronite Church (7142 Alaska Ave. NW Washington, DC 20012) from 9:00am - 2:00pm for a Lenten Retreat this Saturday, March 2nd! The day's theme will be prayer. See the schedule below for additional information!



## Saint Sharbel Events in the USA

*Explore the links below to find an event near you.*

**Please email or call the parish, mission, or center to verify the times listed below!**

### **Masses in Honor of St. Sharbel:**

**St. Joseph Maronite Catholic Church, Phoenix, Arizona**

**St. Sharbel Maronite Catholic Mission of Stockton, California**

**National Shrine Grotto of Our Lady of Lourdes, Emmitsburg, Maryland**

**St. Sharbel Maronite Catholic Church, Clinton Township, Michigan**

**Our Lady Star of the East Maronite Catholic Church, Pleasantville, New Jersey**

**St. Joseph Roman Catholic Church, Astoria, New York**

**Our Lady of Lebanon Maronite Cathedral, Brooklyn, New York**

**Our Lady of Victory Maronite Catholic Church, Pittsburgh, Pennsylvania -**

**St. Sharbel Masses MOVED to St. Sharbel Spiritual Life Center**

**St. Sharbel Spiritual Life Center, Pittsburgh, Pennsylvania**

**NEW! St. Sharbel Mission in El Paso, Texas**

**St. Sharbel Mission of Milwaukee, Wisconsin**

**Healing Holy Hour in Honor of St. Sharbel:**

**Shrine Church of Our Lady of Mount Carmel, Brooklyn, New York**

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## **In Case You Missed It**

### **St. Sharbel Church in Havana, Cuba**

On February 3rd and 4th, 2024 in Havana, Cuba, the Church of **St. Charbel and St. Thomas** was inaugurated with representatives from the Vatican and the Maronite Church in attendance. See the link below for a video on the church's building!







## St. Sharbel Havana

### “St. Sharbel: Ultimate Model of Detachment” by Raymond Nader

On Saturday, February 10th, 2024, Raymond Nader, founder and President of the Family of Saint Sharbel, shared a timely talk called “St. Sharbel, Ultimate Model of Detachment” over Zoom. Click [here](#) to listen to the talk on YouTube, [here](#) to find it on the FSS podcast, or [here](#) to listen through the FSS Website.

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## Saint Spotlight

### Saint Joseph



*Maronite icon of sleeping St. Joseph, who received multiple messages from angels in dreams.*

**Feast Day:** March 19th (Solemnity of St. Joseph) and May 1 (St. Joseph the

Worker)

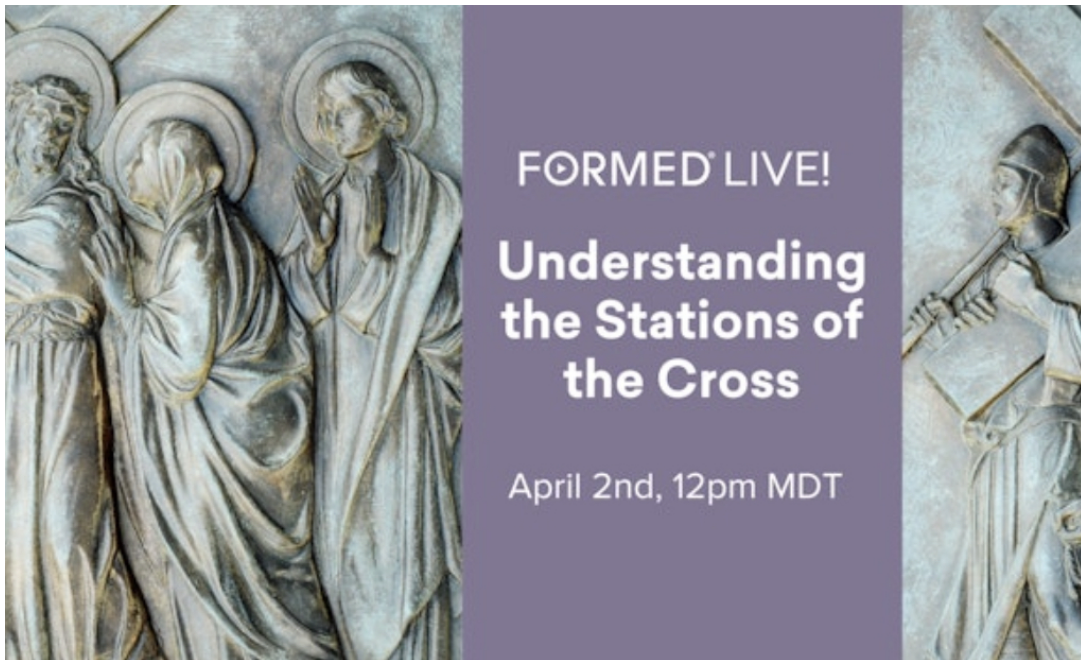
**St. Joseph** is the foster father of Jesus and the spouse of Mary, the Mother of God. Though none of his words are recorded in Scripture, the Gospels capture the important witness of Joseph's faith through his actions. Described as a "righteous man" (Matt. 1:19) from the line of King David, Joseph sought to break his betrothal to Mary quietly when he realized that she was pregnant and he was not her child's father. Yet when an Angel explained the baby's origin to him, that He (Jesus) was conceived by the Holy Spirit, St. Joseph trusted; he took the angel's words to heart and no longer feared to take Mary as his wife and Jesus for his son. Faithful to God, Joseph lived out his call to protect and provide for Jesus and Mary, keeping and honoring Mary's virginity, laboring for their material support through carpentry, adhering to Jewish law and customs, and bringing the family to Egypt and back when survival necessitated it. For these reasons and others, the Church looks to Joseph as a model of chaste spousal love, virtuous fatherhood, piety, and dignified work. Setting a strong example for all Christians, St. Joseph has also been called "terror of demons" (Litany of St. Joseph), as demons generally aim to obstruct and destroy the holiness that Joseph consistently embodied. St. Joseph's date and age of death remain unknown, but many assume that he passed away prior to Jesus' crucifixion since his presence at Calvary, unlike Mary's, was not mentioned in any of the four Gospels. The Church celebrates his feast on March 19th (Solemnity of St. Joseph) and May 1st (Feast of St. Joseph the Worker)!

*Saint Joseph, Pray for Us!*

To watch a video on St. Joseph, [click here!](#)

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**Editor's Pick: FORMED Resource**



*Click the image above (copied from the FORMED online streaming platform) to be directed to an informative discussion on the Stations of the Cross from FORMED Live!*

The Family of Saint Sharbel offers a FREE subscription to FORMED, a Catholic online platform with thousands of resources for spiritual growth, to all who are open. As we prepare to commemorate Christ's passion, death, and resurrection, we would like to highlight two helpful resources on the Stations of the Cross, a meditation that is often prayed on Fridays during Lent!

**Ever wonder where the Stations of the Cross came from? What they are?**

The FORMED team addresses these questions and others in “FORMED Live: Understanding the Stations of the Cross,” a helpful video for anyone open to learning about the spirituality and history of the Stations of the Cross, a popular devotion that originated in the Roman Rite of the Catholic Church. Click the first button below to learn more or the second button to pray the Stations with a guided meditation!

**Understanding the Stations of the Cross**

**Pray the Stations of the Cross**

To view this resource and many others, sign up for FORMED **FOR FREE** by following these simple steps:

(1) Go to: <https://formed.org/signup>



(2) **Enter:** Family of Saint Sharbel

(3) **Enter** your name and email address and you're in!

Below are the links to FORMED on social media:

*Instagram:* [formedcatholic](#)

*Facebook:* [FORMEDCatholic](#)

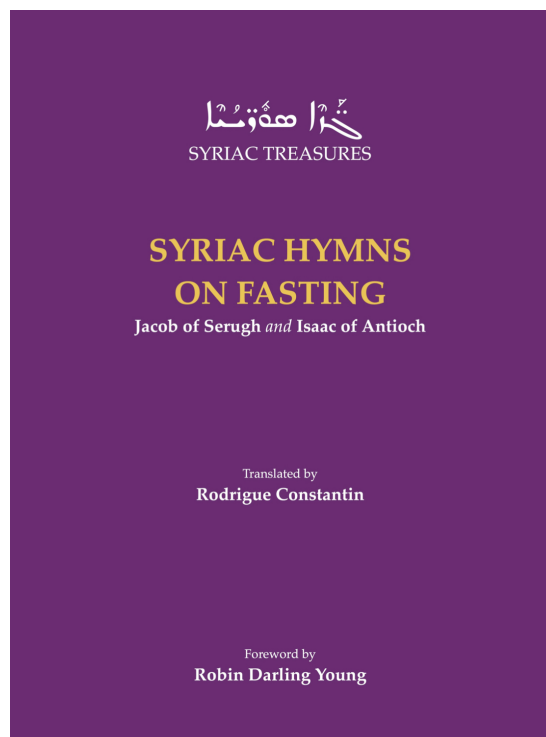
*YouTube:* [Augustine Institute](#)

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## Reading Nook

### Syriac Hymns on Fasting: Jacob of Serugh and Isaac of Antioch

Translated by Rodrigue Constantin, Foreword by Robin Darling Young



Cover Image from Hidden Pearl Press:  
<https://thehiddenpearl.press/product/syriac-hymns-on-fasting-jacob-of-serugh-and-isaac-of-antioch/>

### Recently Published!

*Syriac Hymns on Fasting: Jacob of Serugh and Isaac of Antioch*, the fourth volume of Syriac Treasures, is an English translation of 5th and 6th century metrical hymns on fasting composed by Jacob of Serugh and Isaac of Antioch. It includes introductions and vocalized Syriac texts!

This new work of the Hidden Pearl Press comes at a fitting time (Lent!), and readers, pastors, retreat masters, and professors are encouraged to work with the Hidden Pearl's **Online Study Guide**. The questions contained in the study guide are meant to guide a fruitful reflection on these hymns.

Learn more or buy a copy online today!

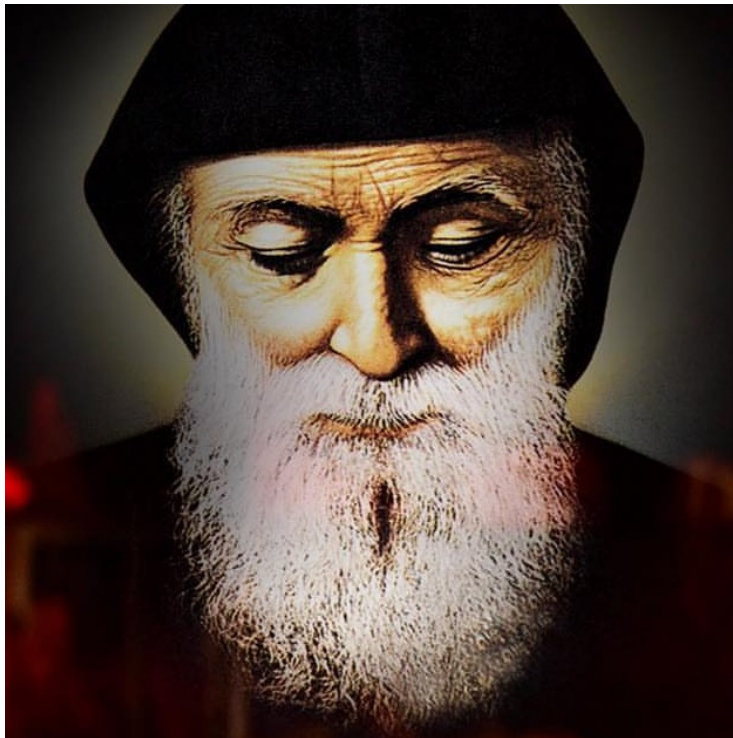
**Price:** \$27.00

[Find It Online](#)

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## Articles and More

### *New Testimonials*



<https://www.familyofsaintsharbel.org/testimonials.html>

Periodically, we receive stories from people around the globe who have experienced the work of God through the intercession of St. Sharbel. We would like to the most recent testimonies with you below! Click on a title to read the full story; all posted testimonies have been shared with the author's permission.

**Testimony of Melfi Anis Nasir**

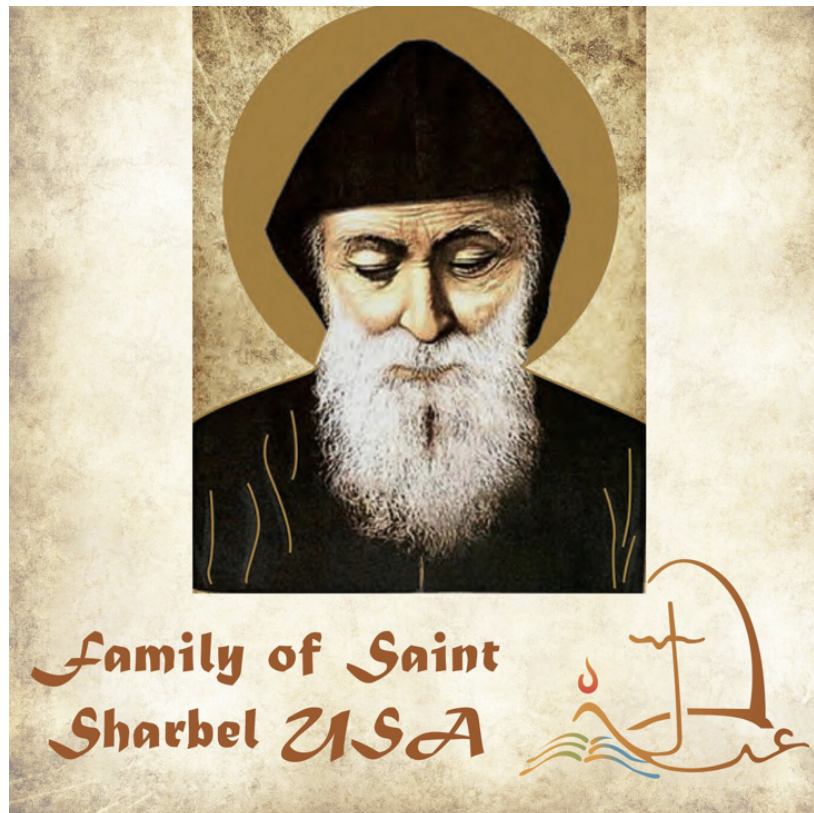
**Testimony of Flossie Morton**

**Testimony of Sally Quinones**

You can read more personal testimonials on our Testimonials page **HERE**.

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## **Family of Saint Sharbel Podcast**



<https://www.familyofsaintsharbel.org/podcast>

The Family of Saint Sharbel (FSS) Podcast is now available in English and Arabic! Episodes currently include talks on the Maronite Divine Liturgy, Syriac Spirituality, the Silence of God, and more. Listen at the link below or through your podcast app of preference, and please feel free to share!

**Listen Now**

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## **Zoom Prayer Gathering - Arabic**



Every Tuesday at 8:00 PM ET, members of the Family of Saint Sharbel from various locations gather on Zoom to pray Ramsho, the evening prayer from the Maronite Liturgy of the Hours, in Arabic. Each week, a priest leads the celebration, cantors sing hymns, and lectors read Scripture passages. To conclude, the priest reads the day's Gospel and gives a short homily, either sharing a scheduled teaching or leading the group through Lectio Divina before engaging in a Q&A session.

Come experience the serenity that prayer instills in us and the fellowship our meeting creates among all the members of our Family!

Email [communications@familyofsaintsharbel.org](mailto:communications@familyofsaintsharbel.org) for more information and be put on the Prayer Group email list.

## Where to Find Us

- [Website](#)
- [Shrine](#)
- [YouTube.Healings](#)
- [YouTube.Family.Channel](#)
- [Facebook](#)
- [Instagram](#)
- [Online.Shop](#)
- [Amazon.Store](#)
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The Family of Saint Sharbel USA



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