#### **BLESSED JOSEPHA HENDRINA STENMANNS**

Religious and Co-foundress Optional Memorial

Mother Josepha (Hendrina) Stenmanns was born on May 28, 1852 in Issum, Muenster Diocese, Germany. Already in early childhood she gave help to the poor and the sick. On February 12, 1884, she went to Steyl. There, on December 8, 1889, Arnold Janssen founded the Mission Congregation of the Servants of the Holy Spirit of which she became a co-foundress. An outstanding characteristic of Mother Josepha was her great love for the Blessed Trinity, especially the Holy Spirit, as well as for the Blessed Virgin Mary and St. Joseph. From December 1898 until her death on May 20, 1903, she led the Congregation as superior.

### (From the Common of Women Saints)

#### MASS

#### **COLLECT \***

O God, who through the inspiration of the Holy Spirit, led Blessed Josepha, Virgin, to dedicate her life to the spread of the faith, grant us through her intercession that, always growing in love, we may bear witness in the world to your goodness. We ask this through your Son, our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever . Amen.

#### **PRAYER OVER THE GIFTS \***

Accept our offering, Lord, as we celebrate the memory of Blessed Josepha Stenmanns; through her intercession fill us with a spirit of kindness and humility, so that we may always serve you in fidelity and perseverance. Through Christ our Lord.

#### **PRAYER AFTER COMMUNION \***

God our Father, through the sacrament we have received help us to follow the example of Blessed Josepha Stenmanns and serve you in our brothers and sisters in a spirit of kindness and love. Through Christ our Lord.

\* This English translation of the prayers is only provisional. It has not yet been approved by the Congregation for the Sacraments and Divine Worship.

## INVITATORY

Invitatory Antiphon: The Lord is the king of virgins; come, let us adore him.

## **Invitatory Psalm**

Psalm 94(95)

Come, ring out our joy to the Lord;hail the God who saves us.† Let us come before him, giving thanks,with songs let us hail the Lord. (Antiphon)

A mighty God is the Lord, a great king above all gods. In his hand are the depths of the earth; the heights of the mountains are his. To him belongs the sea, for he made it, and the dry land shaped by his hands. *(Antiphon)* 

Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. *(Antiphon)* 

O that today you would listen to his voice ! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work. (Antiphon)

For forty years I was wearied of these people and I said: "Their hearts are astray, these people do not know my ways." Then I took an oath in my anger: "Never shall they enter my rest." (Antiphon)

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen. *(Antiphon)* 

Invitatory Antiphon: The Lord is the king of virgins; come, let us adore him.

#### **OFFICE OF READINGS**

#### HYMN

Praise we the woman who, endued With high heroic fortitude, Has won renown that shall not die, A place among the saints on high.

Such holy love inflamed her breast, She would not seek on earth her rest, But, strong in faith and patience, trod The narrow path that leads to God.

Restraining every froward sense By gentle bonds of abstinence, With prayer her hungry soul she fed, And thus to heavenly joys hath sped.

O Christ, the strength of all the strong, To whom alone high deeds belong, Through her prevailing prayer on high In mercy hear thy people's cry.

All praise to God the Father be, All praise, eternal Son, to thee, Whom with the Spirit we adore For ever and for evermore. Amen.

## PSALMODY

Ant. 1: Her mouth spoke wisdom; the law of compassion was on her tongue.

#### Psalm 18(19) A 2-7

The heavens proclaim the glory of God \* and the firmament shows forth the work of his hands. Day unto day takes up the story \* and night unto night makes known the message.

No speech, no word, no voice is heard † yet their span extends through all the earth, \* their words to the utmost bounds of the world.

There he has placed a tent for the sun; † it comes forth like a bridegroom coming from his tent, \* rejoices like a champion to run its course.

At the end of the sky is the rising of the sun; †

to the furthest end of the sky is its course. \*

There is nothing concealed from its burning heat.

Ant. 1: Her mouth spoke wisdom; the law of compassion was on her tongue.

Ant. 2: The holy women who trusted in the Lord sang a hymn of praise in their hearts.

# Psalm 44(45)

# I

My heart overflows with noble words. † To the king I must speak the song I have made; \* my tongue as nimble as the pen of a scribe.

You are the fairest of the children of men † and graciousness is poured upon your lips: \* because God has blessed you for evermore.

O mighty one, gird your sword upon your thigh; † in splendour and state, ride on in triumph \* for the cause of truth and goodness and right.

Take aim with your bow in your dread right hand, † Your arrows are sharp: peoples fall beneath you. \* The foes of the king fall down and lose heart.

Your throne, O God, shall endure for ever, † A sceptre of justice is the sceptre of your kingdom. \* Your love is for justice; your hatred for evil.

Therefore God, your God, has anointed you † with the oil of gladness above other kings: \* your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music. † The daughters of kings are among your loved ones. \*

On your right stands the queen in gold of Ophir.

Ant. 2: The holy women who trusted in the Lord sang a hymn of praise in their hearts.

Ant. 3: They are led to the Lord amid gladness and joy.

# Π

Listen, O daughter, give ear to my words: \* forget your own people and your father's house. So will the king desire your beauty: \* He is your lord, pay homage to him.

And the people of Tyre shall come with gifts, \*

the richest of the people shall seek your favour. The daughter of the king is clothed with splendour, \* her robes embroidered with pearls set in gold.

She is led to the king with her maiden companions. † They are escorted amid gladness and joy; \* they pass within the palace of the king.

Sons shall be yours in place of your fathers: \* you will make them princes over all the earth. May this song make your name for ever remembered. \* May the peoples praise you from age to age.

Ant. 3: They are led to the Lord amid gladness and joy.

R Lord, you are my rescuer, my redeemer.

## FIRST READING Rom 12:1-21

A reading from the letter of St Paul to the Romans

#### The Christian life, a spiritual worship

I appeal to you, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect.

For by the grace given to me I bid every one among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith which God has assigned him. For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practise hospitality.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all. Beloved, never avenge

yourselves, but leave it to the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head'. Do not be overcome by evil, but overcome evil with good.

# RESPONSORY Rom 12:12; Eph 4:23-24

 $\mathbf{R}$  that you may prove what is the will of God, what is good and acceptable and perfect.

 $\cancel{V}$  You must be made new in mind and spirit and put on the new nature,

 $\mathbf{R}$  that you may prove what is the will of God, what is good and acceptable and perfect.

# SECOND READING

From letters of Mother Josepha to individual Sisters

(14 May 1901, 11 December 1899, September 1900, 26 August 1902) The Spirit of a Missionary Sister

Your kind letter gave me much joy. Thank you for sharing everything with me simply and candidly; the good Lord will reward you.

Take great pains in the exercise of your task. Impress on the Sisters that they are to become and remain faithful members of the Congregation. Instill in them great respect for Reverend Father Superior and the other superiors. Pray much to the Holy Spirit, whose servants we are and who has gathered us together in love, that he will preserve us in love.

You have many worries right now. The larger the house, the more you need to be everywhere at once. But do not become discouraged, the good Lord will help you; if you mean well, all will go well. Accustom yourself to guiding the sisters gently and patiently. But when you regard something as good, you must keep to it firmly. Otherwise only with love.

Just be truly sincere and insignificant in your own eyes; then all will go well. Earn the children's trust through love, for love wins hearts. If it becomes rather difficult at times, recall how you promised Jesus Christ fidelity until death; therefore do not draw back from the plow. Cheerfulness and good humor are part of sanctity, and they keep the soul peaceful. Often pray ejaculations; they relieve the heart.

Be quite open with the confessor and cultivate great respect for Sister Superior. Let us pray fervently that God's holy will may be done, for the will of God is the highest. Sacrifices have to be made in the missions. They are a sign that it is God's work. How short this earthly life is. Maintain courage and peace of heart.

How foolish it is when we have all kinds of wishes. Let us live from hour to hour, from day to day and leave the future to God. He will care for us like a loving Father.

Dear Sisters, begin again with new courage and trust; the Holy Spirit will give you strength and stamina. Be peace-loving and willing to make sacrifices and help lighten the heavy burden of the superiors through mutual sisterly love. God's work has to be purified through suffering like gold in

the furnace.

### RESPONSORY Acts 1:8; Lk 10:2

 $\checkmark$  The harvest is rich but the workers are few;\* therefore ask the harvest-master to send workers to his harvest.

 $\mathbf{R}$  Therefore ask the harvest-master to send workers to his harvest.

 $\bigvee$  You will receive power when the Holy Spirit comes down on You; then You are my witnesses even to the ends of the earth.

 $\mathbf{R}$  Therefore ask the harvest-master to send workers to his harvest.

## PRAYER

O God, who through the inspiration of the Holy Spirit, led Blessed Josepha, Virgin, to dedicate her life to the spread of the faith, grant us through her intercession that, always growing in love, we may bear witness in the world to your goodness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

## **MORNING PRAYER**

## HYMN

Praise we the woman who, endued With high heroic fortitude, Has won renown that shall not die, A place among the saints on high.

Such holy love inflamed her breast, She would not seek on earth her rest, But, strong in faith and patience, trod The narrow path that leads to God.

Restraining every froward sense By gentle bonds of abstinence, With prayer her hungry soul she fed, And thus to heavenly joys hath sped.

O Christ, the strength of all the strong, To whom alone high deeds belong, Through her prevailing prayer on high In mercy hear thy people's cry.

All praise to God the Father be, All praise, eternal Son, to thee, Whom with the Spirit we adore For ever and for evermore. Amen.

## **PSALMODY (Morning Prayer, SUNDAY I)**

Ant. 1: My soul clings to you; your right hand holds me fast.

## Psalm 62(63): 2-9

O God, you are my God, for you I long; \* for you my soul is thirsting. My body pines for you \* like a dry, weary land without water. So I gaze on you in the sanctuary \* to see your strength and your glory.

For your love is better than life, \* my lips will speak your praise. So I will bless you all my life, \* in your name I will lift up my hands. My soul shall be filled as with a banquet, \* my mouth shall praise you with joy.

On my bed I remember you. \* On you I muse through the night for you have been my help; \* in the shadow of your wings I rejoice. My soul clings to you ; \* your right hand holds me fast.

Ant. 1: My soul clings to you; your right hand holds me fast.

Ant. 2: God's own right hand has given you strength; may you be blessed for ever.

## The Canticle of Daniel: Dan 3:57-88, 56

O all you works of the Lord, O bless the Lord. \* To him be highest glory and praise for ever. And you, angels of the Lord, O bless the Lord. \* To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord. \* And you, clouds of the sky, O bless the Lord. And you, all armies of the Lord, O bless the Lord. \* To him be highest glory and praise for ever. And you, sun and moon, O bless the Lord. \* And you, the stars of the heav'ns, O bless the Lord. And you, showers and rain, O bless the Lord. \* To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord. \* And you, fire and heat, O bless the Lord. And you, cold and heat, O bless the Lord. \* To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord. \* And you, frosts and cold, O bless the Lord. And you, frost and snow, O bless the Lord. \* To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord. \* And you, darkness and light, O bless the Lord. And you, lightning and clouds, O bless the Lord. \* To him be highest glory and praise for ever.

O let the earth bless the Lord. \* To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord. \* And you, all plants of the earth, O bless the Lord. And you, fountains and springs, O bless the Lord. \* To him be highest glory and praise for ever.

And you, rivers and seas, O bless the Lord. \* And you, creatures of the sea, O bless the Lord. And you, every bird in the sky, O bless the Lord. † And you, wild beasts and tame, O bless the Lord. \* To him be highest glory and praise for ever.

And you, children of men, O bless the Lord. \* To him be highest glory and praise for ever.

O Israel, bless the Lord. O bless the Lord. \* And you, priests of the Lord, O bless the Lord. And you, servants of the Lord, O bless the Lord. \* To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord. \* And you, holy and humble of heart, O bless the Lord. Ananias, Azarias, Mizael, O bless the Lord. \* To him be highest glory and praise for ever. Let us praise the Father, the Son, and Holy Spirit; \* To you be highest glory and praise for ever. May you be blessed, O Lord, in the heavens. \* To you be highest glory and praise for ever.

Ant. 2: God's own right hand has given you strength; may you be blessed for ever.

Ant. 3: I will exult, Lord, and rejoice in your love.

## Psalm 149

Sing a new song to the Lord, \* his praise in the assembly of the faithful. Let Israel rejoice in its Maker, \* let Sion's sons exult in their king. Let them praise his name with dancing \* and make music with timbrel and harp.

For the Lord takes delight in his people. \* He crowns the poor with salvation. Let the faithful rejoice in their glory, \* shout for joy and take their rest. Let the praise of God be on their lips \* and a two-edged sword in their hand,

to deal out vengeance to the nations \* and punishment on all the peoples; to bind their kings in chains \* and their nobles in fetters of iron; to carry out the sentence pre-ordained: \* this honour is for all his faithful.

Ant. 3: I will exult, Lord, and rejoice in your love.

# SCRIPTURE READING Rom 12:1-2

My brothers, I implore you by God's mercy to offer your very selves to him: a living sacrifice, dedicated and fit for his acceptance, the worship offered by mind and heart. Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed. Then you will be able to discern the will of God, and to know what is good, acceptable, and perfect.

## RESPONSORY

 $\bigvee$  God is her help; she will not be moved.

- R God is her help; she will not be moved.
- ℣ The Lord is with her;
- R she will not be moved.

∛ Glory be.

R God is her help; she will not be moved.

# Benedictus

Ant.: Whoever does the will of my Father, says the Lord, is my brother, and sister, and mother.

Blessed be the Lord, the God of Israel! \* He has visited his people and redeemed them.

He has raised up for us a mighty saviour \* in the house of David his servant, as he promised by the lips of holy men, \* those who were his prophets from of old.

A saviour who would free us from our foes, \* from the hands of all who hate us. So his love for our fathers is fulfilled \* and his holy covenant remembered.

He swore to Abraham our father to grant us, \* that free from fear, and saved from the hands of our foes, we might serve him in holiness and justice \* all the days of our life in his presence.

As for you, little child, \* you shall be called a prophet of God, the Most High. You shall go ahead of the Lord \* to prepare his ways before him,

To make known to his people their salvation \* through forgiveness of all their sins, the loving kindness of the heart of our God \* who visits us like the dawn from on high.

He will give light to those in darkness, those who dwell in the shadow of death, \* and guide us into the way of peace.

Ant.: Whoever does the will of my Father, says the Lord, is my brother, and sister, and mother.

# INTERCESSIONS

With all the holy women let us praise our Saviour and call on him in prayer.

R Come, Lord Jesus.

Lord Jesus, you said of the woman who was a sinner, 'Her many sins are forgiven, because she has loved much'; - grant us your forgiveness for our many sins. R/.

Lord Jesus, women ministered to your needs on your saving journeys; - open our eyes to see you in those who need our help. R/.

Lord and master, Mary listened to your teaching and Martha did the serving; - may our faith grow ever deeper and our love go out to others. R/.

Lord Jesus, you called those who do God's will your brother and sister and mother; - teach us to live as members of your family. R/.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil.

## PRAYER

O God, who through the inspiration of the Holy Spirit, led Blessed Josepha, Virgin, to dedicate her life to the spread of the faith, grant us through her intercession that, always growing in love, we may bear witness in the world to your goodness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

# **EVENING PRAYER**

# HYMN

Lord God, we give you thanks for all your saints Who sought the trackless footprints of your feet, Who took into their own a hand unseen And heard a voice whose silence was complete.

In every word and deed they spoke of Christ, And in their life gave glory to his name; Their love was unconsumed, a burning bush Of which the Holy Spirit was the flame.

Blest Trinity, may yours be endless praise

For all who lived so humbly in your sight; Your holy ones who walked dark ways in faith Now share the joy of your unfailing light.

# PSALMODY

Ant. 1: Lord, your servant rejoices, because you have saved her.

# Psalm 121(121)

I rejoiced when I heard them say: \* 'Let us go to God's house.' And now our feet are standing \* within your gates, O Jerusalem.

Jerusalem is built as a city \* strongly compact. It is there that the tribes go up, \* the tribes of the Lord.

For Israel's law it is, \* there to praise the Lord's name. There were set the thrones of judgment \* of the house of David.

For the peace of Jerusalem pray: \* 'Peace be to your homes! May peace reign in your walls, \* in your palaces, peace!'

For love of my brethren and friends \* I say: 'Peace upon you!' For love of the house of the Lord \* I will ask for your good.

Ant. 1: Lord, your servant rejoices, because you have saved her.

*Ant. 2:* Like everlasting foundations on a rock are the commandments of God in the heart of a good woman.

# Psalm 126(127)

If the Lord does not build the house, \* in vain do its builders labour; if the Lord does not watch over the city, \* in vain does the watchman keep vigil.

In vain is your Earlier rising, \* your going later to rest, you who toil for the bread you eat: \* when he pours gifts on his beloved while they slumber.

Truly sons are a gift from the Lord, \* a blessing, the fruit of the womb. Indeed the sons of youth \* are like arrows in the hand of a warrior;

O the happiness of the man; \* who has filled his quiver with these arrows! He will have no cause for shame when he disputes with his foes in the gateways.

*Ant. 2:* Like everlasting foundations on a rock are the commandments of God in the heart of a good woman.

Ant. 3: God's own hand has given her strength; she will be blessed for ever.

### Canticle: Eph 1:3-16

Blessed be the God and Father \* of our Lord Jesus Christ, who has blessed us in Christ \* with every spiritual blessing in the heavenly places.

He chose us in him \* before the foundation of the world, that we should be holy \* and blameless before him.

He destined us in love \* to be his sons through Jesus Christ, according to the purpose of his will. † to the praise of his glorious, grace. \* which he freely bestowed on us in the Beloved.

In him we have redemption through his blood, \* the forgiveness of our trespasses, according to the riches of his grace \* which he lavished upon us.

He has made known to us † in all wisdom and insight \* the mystery of his will, according to his purpose \* which he set forth in Christ,

His purpose he set forth in Christ, \* as a plan for the fulness of time, to unite all things in him, \* things in heaven and things on earth. Ant. 3: God's own hand has given her strength; she will be blessed for ever.

## SCRIPTURE READING Rom 8:28-30

We are well assured that everything helps to secure the good of those who love God, those whom has called in fulfilment of his design. All those who from the first were known to him, he has destined from the first to be moulded into the image of his Son, who is thus to become the eldest-born among many brethren. So predestined, he called them; so called, he justified them; so justified, he glorified them.

# RESPONSORY

℣ God has chosen her. He chose her before she was born.

R God has chosen her. He chose her before she was born.

- R He chose her before she was born.
- **∛** Glory be.
- 🕅 God has chosen her. He chose her before she was born.

## Magnificat

*Ant.*: You have left all things and have followed me; you will be repaid a hundred times over, and gain eternal life.

My soul glorifies the Lord, \* my spirit rejoices in God, my Saviour. He looks on his servant in her lowliness; \* henceforth all ages will call me blessed.

The Almighty works marvels for me. \* Holy his name! His mercy is from age to age, \* on those who fear him.

He puts forth his arm in strength \* and scatters the proud-hearted. He casts the mighty from their thrones \* and raises the lowly.

He fills the starving with good things, \* sends the rich away empty.

He protects Israel, his servant, \* remembering his mercy, the mercy promised to our fathers, \* to Abraham and his sons for ever.

Ant.: You have left all things and have followed me; you will be repaid a hundred times over, and

gain eternal life.

## INTERCESSIONS

Through the holy women let us pray to the Lord for all the needs of his Church.

R Lord, remember your Church.

Through the women martyrs who overcame death with undying courage - strengthen your Church in time of trial. R/.

Through the married women who graced the lives of the human family - renew the Church in her apostolic mission. R/.

Through all the widows who sanctified loneliness with prayer and hospitality - make your Church a telling sign of your love for all the world. R/.

Through all the mothers who introduced their children to the kingdom of God and true human life in society – may your Church bring all men to eternal life and salvation. R/.

Through all the holy women who live in the light of your glory - grant to the faithful departed the everlasting vision of happiness. R/.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil.

## PRAYER

O God, who through the inspiration of the Holy Spirit, led Blessed Josepha, Virgin, to dedicate her life to the spread of the faith, grant us through her intercession that, always growing in love, we may bear witness in the world to your goodness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Text of the Psalms and Canticles is taken from the Divine Office approved by the Episcopal Conference of Australia, England and Wales, Scotland and Ireland. Also approved for use in Gambia, Ghana, India, Kenya, Liberia, Malaysia and Singapore, New Zealand, Nigeria, Sierra Leone, Tanzania, Uganda, Zimbabwe. The texts of the Prayers and Readings for the Mass are those approved by the Congregation for Divine Worship and the Discipline of the Sacraments, or taken from the Roman Missal.

The texts of the Liturgy of the Hours proper of the SVD are those approved by the Congregation for Divine Worship and the Discipline of the Sacraments.

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