

opusdei.org

# **A Meditation for the Feast of Saint Joseph (Audio)**

A meditation by Msgr.  
Frederick Dolan, Vicar of Opus  
Dei for Canada

03/19/2020

St. Joseph, a master of heroic fidelity to God's plan, can show us how to tap into our spiritual reserves to confront these challenging days with resilience and supernatural spirit.

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-tt/article/a-meditation-for-the-feast-  
of-st-joseph/](https://opusdei.org/en-tt/article/a-meditation-for-the-feast-of-st-joseph/) (03/21/2026)