



# AT HOME AT EASTER RETREAT

Spending time with the God Who Speaks

**EASTER OCTAVE: SATURDAY – 15 APRIL 2020**



FROM MORNING PRAYER – PSALM 149 – The saints rejoice

“The members of the Church, God’s new people, will rejoice in their king, who is Christ” (Hesychius)

*Alleluia. The Lord has risen, as he promised. Alleluia.*

Sing a new song to the Lord,  
his praise in the assembly of the faithful.  
Let Israel rejoice in its Maker,  
let Zion'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.

*Alleluia. The Lord has risen, as he promised. Alleluia.*

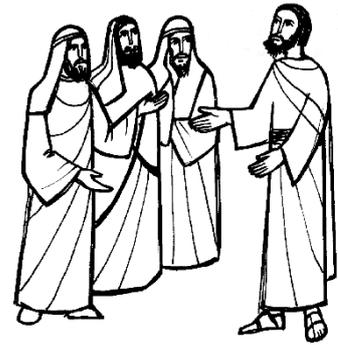
Intercessions – praying for those in need of Easter hope today.

Our Father...

## FIRST READING OF THE DAY – ACTS OF THE APOSTLES 4:13-21

The rulers, elders and scribes were astonished at the assurance shown by Peter and John, considering they were uneducated laymen; and they recognised them as associates of Jesus; but when they saw the man who had been cured standing by their side, they could find no answer. So they ordered them to stand outside while the Sanhedrin had a private discussion. 'What are we going to do with these men?' they asked. 'It is obvious to everybody in Jerusalem that a miracle has been worked through them in public, and we cannot deny it. But to stop the whole thing spreading any further among the people, let us caution them never to speak to anyone in this name again.'

So they called them in and gave them a warning on no account to make statements or to teach in the name of Jesus. But Peter and John retorted, 'You must judge whether in God's eyes it is right to listen to you and not to God. We cannot promise to stop proclaiming what we have seen and heard.' The court repeated the warnings and then released them; they could not think of any way to punish them, since all the people were giving glory to God for what had happened.



All around the world, people are finding that they have a choice. The pandemic is forcing us to live very differently from our usual way of life. We are thinking and acting in ways that would have been inconceivable to us just a couple of months ago. Some people have chosen to act selfishly but the vast majority have discovered a deeper sense of a shared humanity than ever before. Ordinary people are finding the "creativity of love" called for by Pope Francis that is enabling them to reach out beyond isolation to neighbours and people they will never meet in this life. Although they are following the guidance of governments and churches, ordinary – or lay – people are finding that they have prodigious gifts and skills which they can use to make the world just that bit better.

- Read the passage slowly – observing the dynamics between the different characters and what they represent.
- Which words, phrases or insight seem to resonate most deeply with you today? Jot them down – or repeat them several time to memorise them.
- Reflect back over the last few weeks and make a note of the times when something ordinary people have done or said has had a big impact. Give thanks that they trusted the gifts God has given them (whether they recognised it themselves or not). Pray for a continued sense of solidarity into the future.
- Use your word or phrase as a mantra as you go through the morning.

## NOON – THE ANGELUS



The angel of the Lord declared unto Mary,  
and she conceived by the Holy Spirit.

*Hail Mary...*

Behold the handmaid of the Lord,  
Be it done unto me according to your word.

*Hail Mary...*

And the Word was made flesh,  
and dwelt amongst us.

*Hail Mary...*

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an angel, may, by his Passion and Cross, be brought to the glory of his Resurrection.

Through the same Christ our Lord,

Amen

Intercessions – praying for those in need today.

Our Father

## THE GOSPEL OF THE DAY – MARK 16:9-15

Having risen in the morning on the first day of the week, Jesus appeared first to Mary of Magdala from whom he had cast out seven devils. She then went to those who had been his companions, and who were mourning and in tears, and told them. But they did not believe her when they heard her say that he was alive and that she had seen him.

After this, he showed himself under another form to two of them as they were on their way into the country. These went back and told the others, who did not believe them either. Lastly, he showed himself to the Eleven themselves while they were at table. He reproached them for their incredulity and obstinacy, because they had refused to believe those who had seen him after he had risen.



And he said to them, 'Go out to the whole world; proclaim the Good News to all creation.'

- Spend a few minutes playing the events in today's gospel over in your mind and heart.
- Look back over the gospel appearances that we have prayed with. Which seems to you today to be the one that has spoken to you most deeply? Try to explore why it has particular meaning for you.
- What might you take from your Holy Week and Easter Week retreat into the future? What have you received that will help you to proclaim the Good News – not to the whole world, perhaps, but to those around you?

## REVIEW OF THE DAY

Where have you felt close to God today?

Where have you felt distanced? And what led to that?

Where have God affirmed your gifts and skills today?

And what grace do you want to pray for in order to become more confident in using them tomorrow?

At the end of this Retreat – what are you most grateful for?

Join in the prayer that will enfold the world tonight...

## NIGHT PRAYER OF THE CHURCH - COMPLINE

O God, come to our aid.

*O Lord, make haste to help us.*

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.

### **Psalm 90 (91) The protection of the Most High**

“Behold, I have given you power to tread under foot both serpents and scorpions.” (Lk 10: 19)

*Alleluia. Alleluia. Alleluia.*

He who dwells in the shelter of the Most High

and abides in the shade of the Almighty

says to the Lord: "My refuge,

my stronghold, my God in whom I trust!"

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling.

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread

and trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: "I am with you."  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.  
*Alleluia. Alleluia. Alleluia.*

### **Short Reading – Apocalypse 22: 4-5**

They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

### **Short Responsory**

This is the day which was made by the Lord: let us rejoice and be glad, alleluia!

### **Canticle - Nunc Dimittis**

*Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.*

At last, all-powerful Master,  
you give leave to your servant go in peace.  
according to your promise.

For my eyes have seen your salvation,  
which you have prepared in the sight of all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.  
Glory be ...

*Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.*

### **Let us pray.**

God our Father,  
as we have celebrated today the mystery of the Lord's resurrection,  
grant our humble prayer:  
free us from all harm  
that we may sleep in peace  
and rise in joy to sing your praise.  
Through Christ our Lord,  
Amen.

### **Marian Anthem**

#### **Regina Caeli**

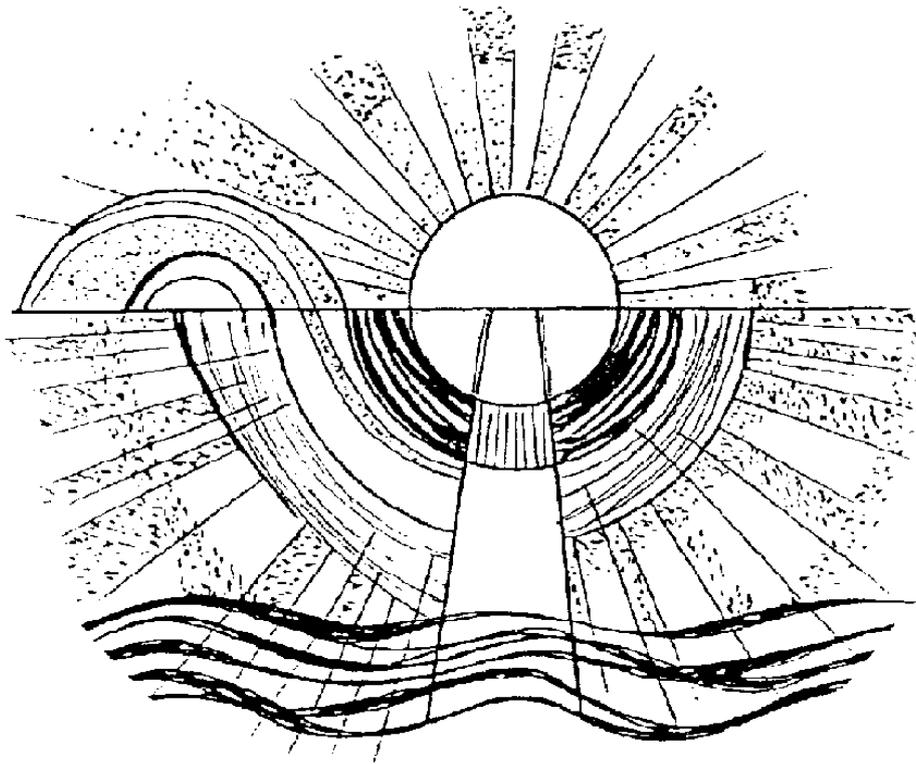
Queen of Heaven, rejoice, alleluia!  
for he whom you were worthy to bear, alleluia!  
has risen for us as he said, alleluia!  
Pray for us to God, alleluia!

Regina caeli, Laetare, alleluia!  
quia quem meruisti portare, alleluia!  
resurrexit sicut dixit, alleluia!  
Ora pro nobis Deum, alleluia!

**Intercessions** – placing those for whom you wish to pray into the hands and heart of God.

*Prayer of St Augustine*

Watch, O Lord, with those who wake,  
or watch, or weep tonight,  
and give your angels and saints  
charge over those who sleep.  
Tend your sick ones, O Lord Christ.  
Rest your weary ones.  
Bless your dying ones.  
Soothe your suffering ones.  
Pity your afflicted ones.  
Shield your joyous ones,  
and all for your love's sake. Amen.



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