



AT HOME AT EASTER RETREAT

Spending time with the God Who Speaks

EASTER OCTAVE: THURSDAY – 16 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.

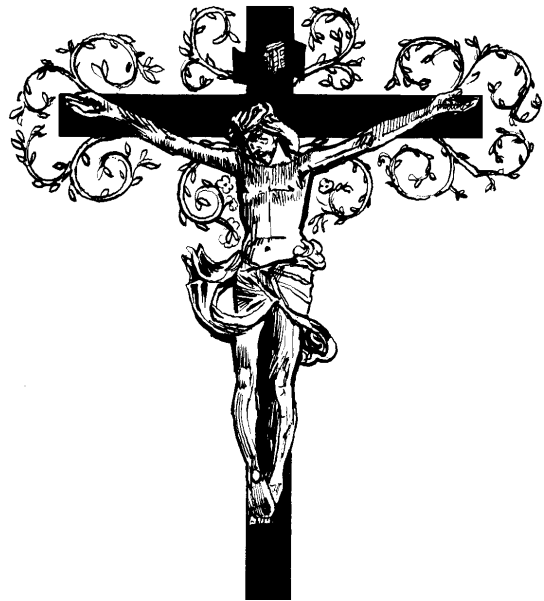
Intercessions – praying for those in need of Easter hope today.

Our Father...

FIRST READING OF THE DAY – ACTS OF THE APOSTLES 3:11-26

Everyone came running towards Peter and John in great excitement, to the Portico of Solomon, as it is called, where the man was still clinging to them. When Peter saw the people he addressed them, 'Why are you so surprised at this? Why are you staring at us as though we had made this man walk by our own power or holiness? You are Israelites, and it is the God of Abraham, Isaac and Jacob, the God of our ancestors, who has glorified his servant Jesus, the same Jesus you handed over and then disowned in the presence of Pilate, after Pilate had decided to release him. It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses; and it is the name of Jesus which, through our faith in it, has brought back the strength of this man whom you see here and who is well known to you. It is faith in that name that has restored this man to health, as you can all see.

'Now I know, brothers, that neither you nor your leaders had any idea what you were really doing; this was the way God carried out what he had foretold, when he said through all his prophets that Christ would suffer. Now you must repent and turn to God, so that your sins may be wiped out, and so that the Lord may send the time of comfort. Then he will send you the Christ he has predestined, that is Jesus, whom heaven must keep till the universal restoration comes which God proclaimed, speaking through his holy prophets. Moses, for example, said: The Lord God will raise up a prophet like myself for you, from among your own brothers; you must listen to whatever he tells you. The man who does not listen to that prophet is to be cut off from the people. In fact, all the prophets that have ever spoken, from Samuel onwards, have predicted these days.

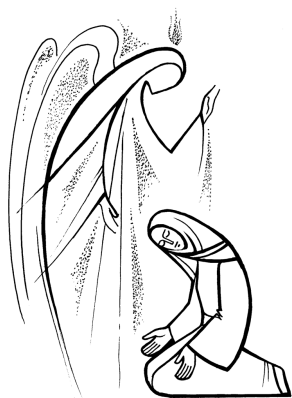


'You are the heirs of the prophets, the heirs of the covenant God made with our ancestors when he told Abraham: in your offspring all the families of the earth will be blessed. It was for you in the first place that God raised up his servant and sent him to bless you by turning every one of you from your wicked ways.'

Peter is reminding the Jewish people around him that Jesus had lived and worked among them – doing great good but, at the last, they had turned him over to the authorities to be crucified. He acknowledges that they had no idea of the severity of what they were doing – that, in fact, it was part of God's plan. Their decision now is what to do now that they do know who Jesus was.

- Read the passage slowly – as if Peter is speaking to you. How do you feel as you read it?
- Which word or phrase seems to be particularly meaningful for you today? Jot them down – or repeat them several time to memorise them.
- What does Jesus' acceptance of suffering teach us about how we might try to accept our own? What helps us to prepare for such a challenge? How can we allow God to transform our suffering into something that brings a deeper life to us – and to others?
- 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 – LUKE 24:35-48

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of bread.

They were still talking about all this when Jesus himself stood among them and said to them, ‘Peace be with you!’ In a state of alarm and fright, they thought they were seeing a ghost. But he said, ‘Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.’ And as he said this he showed them his hands and feet. Their joy was so great that they still could not believe it, and they stood there dumbfounded; so he said to them, ‘Have you anything here to eat?’ And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, ‘This is what I meant when I said, while I was still with you, that everything written about me, in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled.’ He then opened their minds to understand the scriptures, and he said to them, ‘So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.’



- Jesus comes among his disciples and his first words are “Peace be with you”. He would have used a word like “shalom” which means much more than peace as an absence of upset or agitation. It is a deep peace – a calm – a feeling of wholeness. Where is that kind of peace needed today?
- Spend time praying that kind of peace into situations that come to your mind and heart – perhaps a local hospital – a refugee camp – a strategic meeting... Allow the Spirit to guide your prayer and strive to breathe “shalom” into the places the Spirit presents.

REVIEW OF THE DAY

When have you been aware of God during the day?
Where have you had a sense of "shalom"?
Where have you disturbed it – in yourself or in others?
How might you bring it into your daily life tomorrow?

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

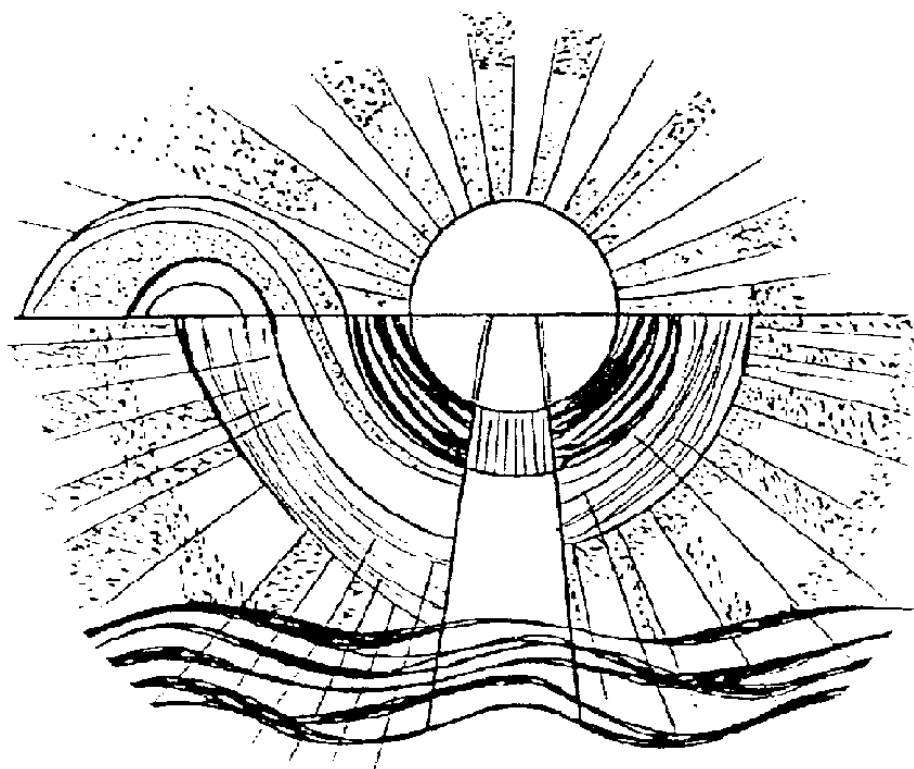
Queen of Heaven, rejoice, alleluia!
for he whom you were worthy to bear, alleluia!
has risen for us as he said, alleluia!
Pray for us to God, alleluia!

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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