



AT HOME AT EASTER RETREAT

Spending time with the God Who Speaks

EASTER OCTAVE: TUESDAY – 14 APRIL 2020



FROM MORNING PRAYER – DANIEL 3: 57-88 - All creatures, bless the Lord

Christ, our Redeemer, has risen from the tomb: let us sing a hymn to the Lord, our God. Alleluia

O all you works of the Lord, 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, angels of the Lord, O 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, rivers and seas, 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, 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, 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, children of men, 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.

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, 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, 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.

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.

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

Christ, our Redeemer, has risen from the tomb: let us sing a hymn to the Lord, our God. Alleluia

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

Our Father...



On the day of Pentecost, Peter spoke to the Jews: ‘The whole House of Israel can be certain that God has made this Jesus whom you crucified both Lord and Christ.’

Hearing this, they were cut to the heart and said to Peter and the apostles, ‘What must we do, brothers?’ ‘You must repent,’ Peter answered ‘and every one of you must be baptised in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. The promise that was made is for you and your children, and for all those who are far away, for all those whom the Lord our God will call to himself.’ He spoke to them for a long time using many arguments, and he urged them, ‘Save yourselves from this perverse generation.’ They were convinced by his arguments, and they accepted what he said and were baptised.

That very day about three thousand were added to their number.

One of fears many Catholics have around the whole Coronavirus crisis is – what happens to Confession – forgiveness? What happens if I or my loved one dies without a last Confession – or the last rites? It is an understandable fear. None of us wants to take the baggage of our life into the next. We want to be prepared. God’s love, though, is not limited to human action. He uses it – but is free to act beyond it. This is what Peter had come to know – the power of God and the work of the Holy Spirit in the world. This is what he wanted to share with the crowds – despite all that had happened, God had not, nor ever would, abandon his people.

God knows that we cannot come to the sacraments as we would usually – but does not, in effect, fold his arms and say, “too bad”. It could be said that God’s love is even stronger for those who are suffering when they do not have recourse to the comfort of the sacraments. Faith will be tested but it could be that our steadfast witness to the love and forgiveness of God will “preach” to the people around us – not, perhaps, as Peter preached but in words and actions of love that show them the love and mercy of God.

- Read the passage slowly – what is the promise that you hear in Peter’s words?
- Which word or phrase seems to resonate most deeply with you – for yourself or someone you know? Jot them down – or repeat them several time to memorise them.
- Sacramental forgiveness – absolution – is a beautiful gift to the Church but each one of us has the capacity to forgive. Reflect today on those who have caused you pain and who might need your forgiveness. You may not be able to let it all go, but, insofar as you can, ask God to forgive what you can. Reflect on the things you need to be forgiven for. Admit them realistically and humbly before God – and sense his love and the Holy Spirit pouring healing into your soul. At a later date, you can bring them into the Sacrament of Reconciliation – but for now, allow it to build your trust in the God who spoke through Peter to people who were complicit in the death of his Son – and offered them his forgiveness.
- 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

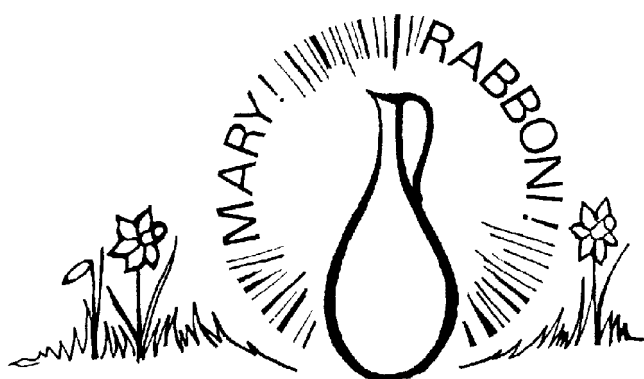
Intercessions – praying for those in need today.

Our Father

THE GOSPEL OF THE DAY – JOHN 20:11-18

Mary stayed outside near the tomb, weeping. Then, still weeping, she stooped to look inside, and saw two angels in white sitting where the body of Jesus had been, one at the head, the other at the feet. They said, 'Woman, why are you weeping?' 'They have taken my Lord away,' she replied, 'and I don't know where they have put him.' As she said this she turned round and saw Jesus standing there, though she did not recognise him. Jesus said, 'Woman, why are you weeping? Who are you looking for?' Supposing him to be the gardener, she said, 'Sir, if you have taken him away, tell me where you have put him, and I will go and remove him.'

Jesus said, 'Mary!' She knew him then and said to him in Hebrew, 'Rabbuni!' – which means Master. Jesus said to her 'Do not cling to me, because I have not yet ascended to the Father. But go and find the brothers, and tell them: I am ascending to my Father and your Father, to my God and your God.' So Mary of Magdala went and told the disciples that she had seen the Lord and that he had said these things to her.



- Spend a few minutes playing this Gospel account in your mind and heart.
Try to imagine yourself by the tomb with Mary – spending time with her in her sorrow:
Bring in those who are also grieving today.
Listen to the conversation between the “Gardener” and Mary and the confusion and misunderstanding that we all feel in times of loss:
Hear the voices of those whose loved ones are in hospital or who have died and who also feel “I don't know where they have put him/her”.
Hear Jesus speak Mary's name.
Pray that those who have died may hear that voice call their name. And that those who mourn, hear Jesus speak their name in love and consolation.

REVIEW OF THE DAY

Where have you recognised God at work during the day?

What are you thankful for today?

What would you like to let go of at the end of this day?

Spend some focusing on your breathing – breathing in gratitude for all that God has given to you today – and breathing out the tensions and anxieties of the day.

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

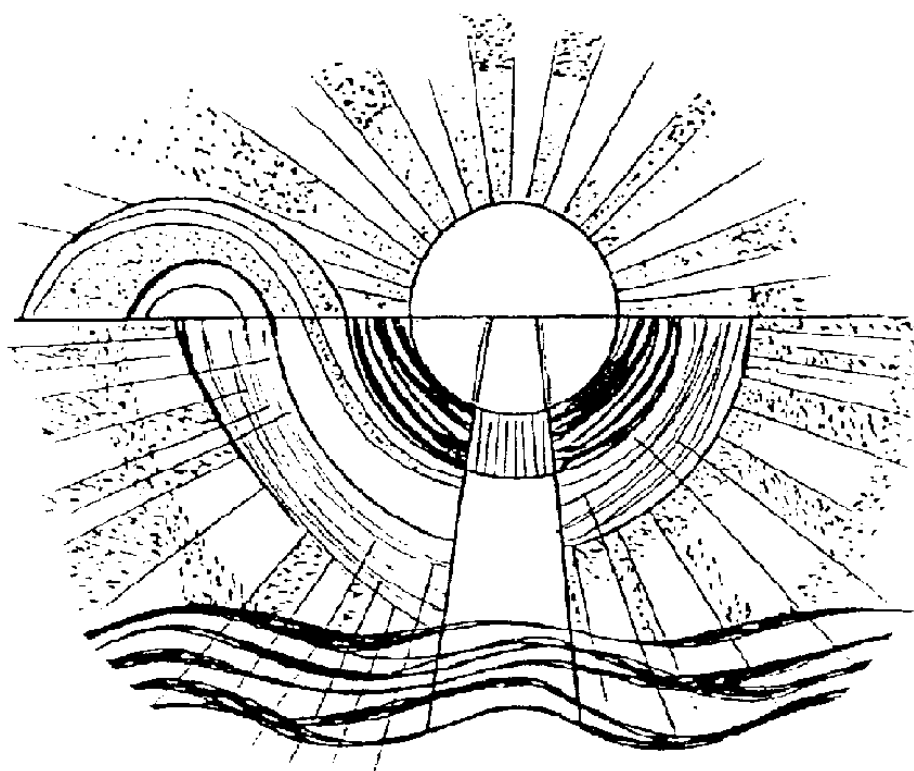
Queen of Heaven, rejoice, alleluia!
for he whom you were worthy to bear, alleluia!
has risen for us as he said, alleluia!
Pray for us to God, alleluia!

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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