



# AT HOME IN HOLY WEEK RETREAT

## Spending time with the God Who Speaks

MONDAY OF HOLY WEEK – 6 APRIL 2020

FROM MORNING PRAYER - PSALM 41(42)

*Longing for God and His Help in Distress*

"Let all who are thirsty come; all who want it may have the water of life." (Rev 22: 17)

*Jesus said, 'My soul is sorrowful to the point of death. Wait hear and keep awake with me.'*

Like the deer that yearns  
for running streams,  
so my soul is yearning  
for you, my God.

My soul is thirsting for God,  
the God of my life;  
when can I enter and see  
the face of God?

My tears have become my bread,  
by night, by day,  
as I hear it said all the day long:  
"Where is your God?"

These things will I remember  
as I pour out my soul:  
how I would lead the rejoicing crowd  
into the house of God,  
amid cries of gladness and thanksgiving,  
the throng wild with joy.

Why are you cast down, my soul,  
why groan within me?  
Hope in God; I will praise him still,  
my saviour and my God.

My soul is cast down within me  
as I think of you,  
from the country of Jordan and Mount Hermon,  
from the Hill of Mizar.

Deep is calling on deep,  
in the roar of waters:  
your torrents and all your waves  
swept over me.

By day the Lord will send  
his loving kindness;  
by night I will sing to him,  
praise the God of my life.

I will say to God, my rock:  
"Why have you forgotten me?  
Why do I go mourning  
oppressed by the foe?"

With cries that pierce me to the heart,  
my enemies revile me,  
saying to me all the day long:  
"Where is your God?"

Why are you cast down, my soul,  
why groan within me?  
Hope in God; I will praise him still,  
my saviour and my God.

*Jesus said, 'My soul is sorrowful to the point of death. Wait hear and keep awake with me.'*

Intercessions – praying for those in need today.  
Our Father...

FIRST READING OF THE DAY – ISAIAH 42: 1-7

Here is my servant whom I uphold,  
my chosen one in whom my soul delights.  
I have endowed him with my spirit  
that he may bring true justice to the nations.

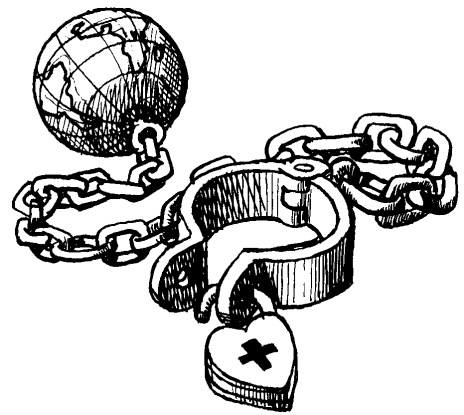
He does not cry out or shout aloud,  
or make his voice heard in the streets.  
He does not break the crushed reed,  
nor quench the wavering flame.

Faithfully he brings true justice;  
he will neither waver, nor be crushed  
until true justice is established on earth,  
for the islands are awaiting his law.

Thus says God, the Lord,  
he who created the heavens and spread them out,  
who gave shape to the earth and what comes from it,  
who gave breath to its people  
and life to the creatures that move in it:

I, the Lord, have called you to serve the cause of right;  
I have taken you by the hand and formed you;  
I have appointed you as covenant of the people  
and light of the nations,

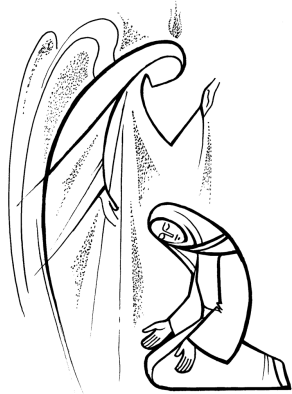
to open the eyes of the blind,  
to free captives from prison,  
and those who live in darkness from the dungeon.



This is a Reading from the prophet Isaiah that speaks as much to where we are in the current Covid-19 (Corona virus) crisis as it did to the people who first heard these words. During Holy Week, we contemplate the last week of the earthly life of the One whose coming Isaiah foretold – who entered the darkness of the world and set people free from all that held them bound.

- Read the passage slowly – as if hearing the words are being spoken directly to you.
- 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.
- How can you be someone who offers hope for other people? How can you reach out to people in the dungeon of quarantine or self-isolation? How can you support those for whom it feels like a prison – in which they sit in the darkness of depression or fear?
- 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 – MATTHEW 21: 1-11



Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. They gave a dinner for him there; Martha waited on them and Lazarus was among those

at table. Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was full of the scent of the ointment. Then Judas

Iscaiot – one of his disciples, the man who was to betray him – said, ‘Why wasn’t this ointment sold for three hundred denarii, and the money given to the poor?’ He said this, not because he cared about the poor, but because he was a thief; he was in charge of the common fund and used to help himself to the contributions. So Jesus said, ‘Leave her alone; she had to keep this scent for the day of my burial. You have the poor with you always, you will not always have me.’

Meanwhile a large number of Jews heard that he was there and came not only on account of Jesus but also to see Lazarus whom he had raised from the dead. Then the chief priests decided to kill Lazarus as well, since it was on his account that many of the Jews were leaving them and believing in Jesus.

- Spend a few minutes playing this Gospel account in your mind and heart. Notice where you would like to be – an observer – Martha serving – Mary anointing...
- Around the world today, Marthas and Marys are serving and ‘anointing’. Pray for them.
- How might you make serve others today as if they were Jesus? If you live alone – imagine Jesus as your companion for the day and do things as you would if he were physically present.

## REVIEW OF THE DAY

When have you been aware of God during the day?

Which of God's words have carried you through today? Thank God for them.

When you sensed that your work – your care of others – has felt like serving the Lord?

When have you made selfish choices that have crushed or hurt others? Ask God for forgiveness and ideas on how to put things right.

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 85 (86) A poor man's prayer in time of trouble**

"Blessed be God, who comforts us in all our sorrows." (2 Cor 1: 3-4)

*You, Lord, are slow to anger, abounding in love.*

Turn your ear, O Lord, and give answer

for I am poor and needy.

Preserve my life, for I am faithful:

save the servant who trusts in you.

You are my God, have mercy on me, Lord,

for I cry to you all the day long.

Give joy to your servant, O Lord,

for to you I lift up my soul.

O Lord, you are good and forgiving,

full of love to all who call.

Give heed, O Lord, to my prayer

and attend to the sound of my voice.

In the day of distress I will call

and surely you will reply.

Among the gods there is none like you, O Lord;

nor work to compare with yours.

All the nations shall come to adore you

and glorify your name, O Lord:

for you are great and do marvellous deeds,

you who alone are God.

Show me, Lord, your way

so that I may walk in your truth.

Guide my heart to fear your name

I will praise you, Lord my God, with all my heart

and glorify your name for ever;

for your love to me has been great:

you have saved me from the depths of the grave.

The proud have risen against me;  
ruthless men seek my life:  
to you they pay no heed.

But you, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

O give your strength to your servant  
and save your handmaid's son.  
Show me a sign of your favour  
that my foes may see to their shame  
that you console me and give me your help.  
Glory be ...  
*He will conceal you with his wings; you will not fear the terror of the night.*

### **Short Reading – 1 Thessalonians 5: 9-10**

God chose us to possess salvation through our Lord Jesus Christ, who died for us in order that we might live together with him, whether we are alive or dead when he comes.

### **Short Responsory**

Into your hands, Lord, I commend my spirit.  
– *Into your hands, Lord, I commend my spirit.*  
You have redeemed us, Lord God of truth.  
– *Into your hands, Lord, I commend my spirit.*  
Glory be to the Father and to the Son and to the Holy Spirit.  
– *Into your hands, Lord, I commend my spirit.*

### **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.**

Lord, give our bodies restful sleep  
and let the work we have done today  
be sown for an eternal harvest;  
Through Christ our Lord,  
**Amen.**

**Marian Anthem**  
**Ave Regina Caelorum**

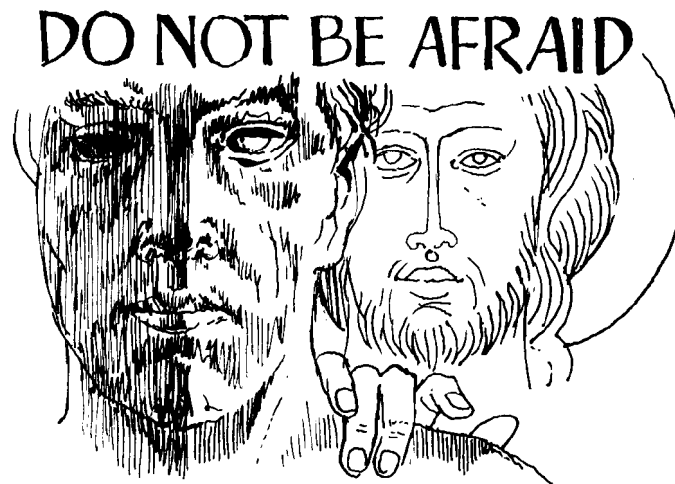
Hail, Queen of the heavens,  
hail, Lady of the angels.  
Root of our salvation  
and our gateway to heaven,  
the light of the world was born to you.  
Be joyful, Virgin of glory,  
most beautiful of all in heaven.  
We greet you now, true beauty –  
pray for us to Christ.

Ave, Regína cælórum,  
ave, Dómina angelórum,  
salve, radix, salve, porta,  
ex qua mundo lux est orta.  
Gaude, Virgo gloriósa,  
super omnes speciósa;  
vale, o valde decóra,  
et pro nobis Christum exóra.

**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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