



AT HOME IN HOLY WEEK RETREAT

Spending time with the God Who Speaks

MAUNDY THURSDAY

If you have a prayer focus, you might like to add a bowl and towel – and, perhaps some bread and wine (or glass) today – to remind you of some of the many symbols around today.

FROM MORNING PRAYER – PSALM 42(43)
“Come, Lord Jesus!” (Rev 22:20).

Look, Lord, and answer quickly, for I am in distress.

O shepherd of Israel, hear us,
you who lead Joseph’s flock,
shine forth from your cherubim throne
upon Ephraim, Benjamin, Manasseh.
O Lord, rouse up your might,
O Lord, come to our help.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Lord God of hosts, how long
will you frown on your people’s plea?
You have fed them with tears for their bread,
an abundance of tears for their drink.
You have made us the taunt of our neighbours,
our enemies laugh us to scorn.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
it took root and spread through the land

Look, Lord, and answer quickly, for I am in distress.

Intercessions – praying for those in need today.

Our Father...

The mountains were covered with its shadow,
the cedars of God with its boughs.
It stretched out its branches to the sea,
to the Great River it stretched out its shoots.

Then why have you broken down its walls?
It is plucked by all who pass by.
It is ravaged by the boar of the forest,
devoured by the beasts of the field.

God of hosts, turn again, we implore,
look down from heaven and see.
Visit this vine and protect it,
the vine your right hand has planted.
Men have burnt it with fire and destroyed it.
May they perish at the frown of your face.

May your hand be on the man you have chosen,
the man you have given your strength.
And we shall never forsake you again:
give us life that we may call upon your name.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

SECOND READING OF THE DAY – 1 CORINTHIANS 11: 23-26

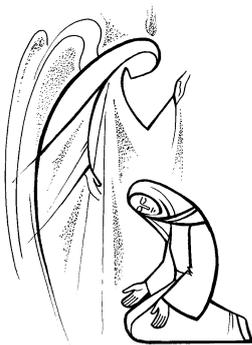
This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, “This is my body, which is given for you; do this as a memorial of me”. In the same way, he took the cup after supper, and said, “This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.” Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.



One of the hardest things for Catholics has been the inability to attend Mass. Even those following it online are aware that it is not the same. Spiritual Communion helps – but still does not entirely satisfy that hunger to receive the Lord under the forms of bread and wine – to “taste and see that the Lord is good.” In the Eucharist, we are not just looking back to the events of the past. We are, spiritually, at the Last Supper – receiving bread from the Lord’s hand and knowing it to be his body. We receive from his hand the wine of the New Covenant – the covenant in the blood of Christ – and acknowledge the cost of love. And we become the Body of Christ, broken and sent into the world to bring Christ to wherever we are.

- Read the passage slowly – reflecting on how they relate to our current “fast” from the Eucharist.
- Which word or phrase seems to speak to you most deeply today – for yourself or someone you know? Jot them down – or repeat them several times to memorise them.
- How can you continue to “eat” of Christ in the rich fare of the Word of God until churches are able to open fully?
- 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 15: 1-15

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot, son of Simon, to betray him.

Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment, and taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.

He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered. "At the moment you do not know what I am doing, but later you will understand." "Never," said Peter, "You shall never wash my feet." Jesus replied, "If I do not wash you, you can have nothing in common with me." "Then, Lord," said Simon Peter, "not only my feet but my hands and head as well!"



Jesus said, "No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you," He knew who was going to betray him, that was why he said, "though not all of you are."

When he had washed their feet and put on his clothes again he went back to the table. "Do you understand," he said, "what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you."

- Spend a few minutes playing this Gospel account in your mind and heart. What is your abiding feeling as you "witness" how Jesus shows the perfection of his love?
- Around the world today, the gesture Jesus taught is still being offered – not just the washing of feet – but the washing of the sick – the washing of the dead. It is an intimate and tender thing to do. Pray for those whose hands Christ will use as his own in caring for those who are ill and offering the last offices to those who have died.
- Pray for those who, like Peter, do not want to need the care of others – but who need to accept their need... Pray that they become able to receive that care with love and graciousness – blessing those who are offering them this loving and very practical service.

REVIEW OF THE RECENT WEEKS AND MONTHS

You might choose to watch an online Adoration for this exercise, Alternatively, another useful technique is the “empty chair” into which you invite Jesus to come and to be present to you.

Spend a few moments becoming still and aware of Jesus’ presence.

In your own words, describe what has been happening in the world – and how it has affected you.

Tell the Lord what has helped you. And what has hindered you.

Bring before him anyone you know who is sick – or bereaved – and who needs his presence tonight.

Talk about what you need to bring to the Cross tomorrow – people – situations – feelings – anything that needs to be laid into the infinite love that the Cross represents.

Then, move into the Garden of Gethsemane with Jesus. Stay with him – and keep watch – holding his Agony in your own love. Use music or reading to help you in your vigil.

As you close your vigil with Jesus, 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)

He will conceal you with his wings; you will not fear the terror of the night.

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.
He will conceal you with his wings; you will not fear the terror of the night.

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

Christ humbled himself for us and, in obedience, accepted death.

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.

Visit his house, we pray you, Lord:
drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in peace.
and let your blessing be always upon us.
Through Christ our Lord.

Amen.

Marian Anthem
Ave Regina Caelorum

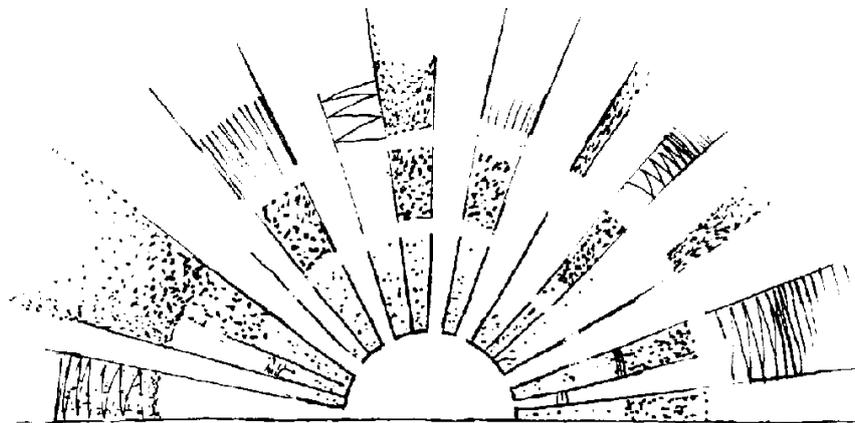
Hail, Queen of the heavens,
hail, Lady of the angels.
Root of our salvation
and our gateway to heaven,
the light of the world was born to you.
Be joyful, Virgin of glory,
most beautiful of all in heaven.
We greet you now, true beauty –
pray for us to Christ.

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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