

*Virtual*

# *Holy Week Retreat*

April 5-11, 2020

**Monday, April 6:  
Morning Prayer**

***Pro Ecclesia Sancta  
Sisters***



ARCHDIOCESE  
OF  
SAINT PAUL &  
MINNEAPOLIS

## *Invitatory*

*Stand and make sign of cross on lips with thumb*

Lord, open my lips.

— And my mouth will proclaim your praise.

*Psalm 95*

*A call to praise God*

*Encourage each other daily while it is still today (Hebrews 3:13).*

Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Come, let us sing to the Lord  
and shout with joy to the Rock who saves us.  
Let us approach him with praise and thanksgiving  
and sing joyful songs to the Lord.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

The Lord is God, the mighty God,  
the great king over all the gods.  
He holds in his hands the depths of the earth  
and the highest mountains as well.  
He made the sea; it belongs to him,  
the dry land, too, for it was formed by his hands.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Come, then, let us bow down and worship,  
bending the knee before the Lord, our maker.  
For he is our God and we are his people,  
the flock he shepherds.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Today, listen to the voice of the Lord:  
Do not grow stubborn, as your fathers did  
in the wilderness,  
when at Meriba and Massah  
they challenged me and provoked me,  
Although they had seen all of my works.

— Come, let us worship Christ the Lord, who for our sake  
endured temptation and suffering.

Forty years I endured that generation.  
I said, “They are a people whose hearts go astray  
and they do not know my ways.”  
So I swore in my anger,  
“They shall not enter into my rest.”

— Come, let us worship Christ the Lord, who for our sake  
endured temptation and suffering.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be for ever. Amen.

— Come, let us worship Christ the Lord, who for our sake  
endured temptation and suffering.

## *Morning Prayer*

### HYMN

The word of God, proceeding forth  
Yet leaving not his Father's side,  
And going to his work on earth  
Had reached at length life's eventide.  
Soon by his own false friend betrayed,  
Given to his foes, to death went he;  
His own true self, in form of bread,  
He gave his friends, their life to be.  
A double gift his love did plan,



His flesh to feed, his blood to cheer,  
That flesh and blood, the whole of man,  
Might find its own fulfillment here.

The manger, Christ their equal made;  
That upper room, their souls' repast;  
The cross, their ransom dearly paid,  
And heaven, their high reward at last.

All praise and thanks to thee ascend  
For evermore, blest one in three.  
O grant us life that shall not end  
In our true native land with thee.

*Melody: Rockingham L.M.; Music: Adapted by Edward Miller, 1731-1807, from  
A. Williams' A Second Supplement to Psalmody in Miniature, Oxford, c. 1870; Text:  
Thomas Aquinas, c. 1225-1274; Translator: Stanzas 1 and 5 John M. Neale, 1818-  
1866, Edward Caswall, 1814-1878, et al.; stanzas 2-4, Gerard Manley Hopkins,  
1844-1889*

*Sit or stand*

## PSALMODY

### *Antiphon 1*

Jesus said: My heart is nearly broken with sorrow; stay here and keep  
watch with me.

### *Psalm 42*

#### *Longing for the Lord's presence in his Temple*

*Let all who thirst come; let all who desire it, drink from the life-giving water  
(Revelation 22:17).*

Líke the déer that yéarns \*  
for rúnning stréams,  
só my sóul is yéarning \*  
for yóu, my Gód.

My sóul is thírsting for Gód, \*  
the Gód of my life;  
whén can I énter and sée \*  
the fáce of Gód?

My téars have becóme my bréad, \*

by níght, by dáy,  
as I héar it sáid all the day lóng: \*  
“Whére is your Gód?”

Thése things will Í remémber \*  
as I póur out my sóul:  
how I would léad the rejóicing crówd \*  
into the hóuse of Gód,  
amid críes of gládness and thanksgíving, \*  
the thróng wild with jóy.

Whý are you cast dówn, my sóul, \*  
why gróan withín me?  
Hope in Gód; I will práise him stíll, \*  
my sáviór and my Gód.

My sóul is cast dówn withín me \*  
as I thínk of yóu,  
from the cóuntry of Jórdan and Mount Hérmon, \*  
from the Híll of Mízar.

Déep is cálling on déep, \*  
in the róar of wátters:  
your tórrents and áll your wáves \*  
swept óver mé.

By dáy the Lórd will sénd \*  
his lóving kíndness;  
by níght I will síng to hím, \*  
praise the Gód of my lífe.

I will sáy to Gód, my rók: \*  
“Whý have you forgóttén me?  
Whý do Í go móurning \*  
opprésed by the fóe?”

With críes that pierce me to the héart, \*  
my énemies revíle me,  
sáying to me áll the day lóng: \*  
“Whére is your Gód?”

Whý are you cast dówn, my sóul, \*

why gróan withín me?  
Hope in Gód; I will práise him stíll, \*  
my sáviór and my Gód.

Glory to the Fátter, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Jesus said: My heart is nearly broken with sorrow; stay here and keep watch with me.

*Antiphon 2*

Now the time has come for this world to receive its sentence; now the prince of this world will be driven out.

*Canticle – Sirach 36:1-5, 10-13*

*Prayer of entreaty for the holy city, Jerusalem*

*This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17:3).*

Come to our aid, O God of the universe, \*  
and put all the nations in dread of you!  
Raise your hand against the heathen, \*  
that they may realize your power.

As you have used us to show them your holiness, \*  
so now use them to show us your glory.  
Thus they will know, as we know, \*  
that there is no God but you.

Give new signs and work new wonders; \*  
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob, \*  
that they may inherit the land as of old.  
Show mercy to the people called by your name; \*  
Israel, whom you named your first-born.

Take pity on your holy city, \*  
Jerusalem, your dwelling place.



Fill Zion with your majesty, \*  
your temple with your glory.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Now the time has come for this world to receive its sentence; now  
the prince of this world will be driven out.

*Antiphon 3*

Jesus, the beginning and end of our faith, endured the cross, heedless  
of the shame, and is seated now at the right hand of the throne of  
God.

*Psalm 19A*

*Praise of the Lord, Creator of all*

*The dawn from on high shall break on us . . . to guide our feet into the way of peace  
(Luke 1:78,79).*

The héavens procláim the glóry of Gód \*  
and the firmament shows fórh the wórk of his hánds.  
Dáy unto dáy tákes up the stóry \*  
and níght unto níght makes knówn the méssage.

No spéech, no wórd, no vóice is héárd †  
yet their spán exténds through áll the éarth, \*  
their wóords to the útmost bóunds of the wórlð.

Thére he has pláced a tént for the sún; †  
it comes fórh like a brídegroom cóming from his tént, \*  
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rísing of the sún; †  
to the fúrthest énd of the ský is its cóurse. \*  
There is nóthing conceáled from its búrning héat.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*

and will be for ever. Amen.

*Antiphon*

Jesus, the beginning and end of our faith, endured the cross, heedless of the shame, and is seated now at the right hand of the throne of God.

*Sit*

READING

*Jeremiah 11:19-20*

Yet I, like a trusting lamb led to slaughter, had not realized that they were hatching plots against me: "Let us destroy the tree in its vigor; let us cut him off from the land of the living, so that his name will be spoken no more."

But, you, O Lord of hosts, O just Judge,  
searcher of mind and heart,  
Let me witness the vengeance you take on them,  
for to you I have entrusted my cause, O Lord my God!

RESPONSORY

By your own blood, Lord, you brought us back to God.

— By your own blood, Lord, you brought us back to God.

From every tribe, and tongue, and people and nation,

— you brought us back to God.

Glory to the Father, and to the Son, and to the Holy Spirit,

— By your own blood, Lord, you brought us back to God.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Father, righteous One, the world does not know you, but I know you, because you are the One who sent me.



*The Messiah and his forerunner*

*Make sign of cross*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.

Through his holy prophets he promised of old †  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.

This was the oath he swore to our father Abraham: \*  
to set us free from the hands of our enemies,  
free to worship him without fear, \*  
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; \*  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation \*  
by the forgiveness of their sins.

In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death, \*  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Father, righteous One, the world does not know you, but I know  
you, because you are the One who sent me.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and

resurrection:

— Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory,  
bring your Church to the Passover feast of heaven.

— Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance,  
heal our wounds.

— Lord, have mercy on us.

You made the cross the tree of life,  
give its fruit to those reborn in baptism.

— Lord, have mercy on us.

On the cross you forgave the repentant thief,  
forgive us our sins.

— Lord, have mercy on us.

### *The Lord's Prayer*

Our Father who art in heaven,  
hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

### *Concluding Prayer*

All-powerful God,

by the suffering and death of your Son,

strengthen and protect us in our weakness.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

— Amen.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to everlasting life.

— Amen.

*The Word of God for Lectio Divina*

*John 12:1-11*

Six days before Passover Jesus came to Bethany,  
where Lazarus was, whom Jesus had raised from the dead.  
They gave a dinner for him there, and Martha served,  
while Lazarus was one of those reclining at table with him.  
Mary took a liter of costly perfumed oil  
made from genuine aromatic nard  
and anointed the feet of Jesus and dried them with her hair;  
the house was filled with the fragrance of the oil.  
Then Judas the Iscariot, one of his disciples,  
and the one who would betray him, said,  
“Why was this oil not sold for three hundred days’ wages  
and given to the poor?”  
He said this not because he cared about the poor  
but because he was a thief and held the money bag  
and used to steal the contributions.  
So Jesus said, “Leave her alone.  
Let her keep this for the day of my burial.  
You always have the poor with you, but you do not always have me.”  
The large crowd of the Jews found out that he was there and came,  
not only because of him, but also to see Lazarus,  
whom he had raised from the dead.  
And the chief priests plotted to kill Lazarus too,  
because many of the Jews were turning away  
and believing in Jesus because of him.



## REFLECTION

There will now be time for silent reflection. The prayer leader will ask questions. Feel free to journal your about the thoughts, feelings or desires which arise in your heart below.

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What is Jesus asking me to do today as a result of this prayer?

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In the silence of your own heart pray a prayer of commitment to respond to this prayer today.

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