

Virtual

Holy Week Retreat

April 5-11, 2020

**Tuesday, April 7:
Morning Prayer**

**Dominican Sisters of Mary
Mother of the Eucharist,
St. Agnes**



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

O Lord, defend my cause; rescue me from deceitful and impious
men.

Psalm 43

Longing for the temple

I have come into the world to be its light (John 12:46).

Defénd me, O Gód, and plead my cáuse *
against a gódless nátion.
From decéitful and cúnning mén *
réscue me, O Gód.

Since yóu, O Gód, are my stróngthold, *
whý have you rejécted me?
Whý do Í go móurning, *
oppresed by the fóe?

O sénd forth your líght and your trúth; *

let thése be my guíde.

Let them bring me to your hóly móuntain,*
to the pláce where you dwéll.

And I will cóme to the áltar of Gód,*
the Gód of my jóy.

My redéemer, I will thánk you on the hárp,*
O Gód, my 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 Hóly Spírit:

as it was in the béginning, is now,*
and will be for éver. Amen.

Antiphon

O Lord, defend my cause; rescue me from deceitful and impious men.

Antiphon 2

Lord, my God, you defended my cause; you ransomed my life.

Canticle – Isaiah 38:10-14, 17-20

Anguish of a dying man and joy in his restoration

I am living, I was dead . . . and I hold the keys of death (Revelation 1:17-18).

Once I said,*

“In the noontime of life I must depart!

To the gates of the nether world I shall be consigned*
for the rest of my years.”

I said, “I shall see the Lord no more*
in the land of the living.

No longer shall I behold my fellow men*
among those who dwell in the world.”

My dwelling, like a shepherd’s tent,*
is struck down and borne away from me;

you have folded up my life, like a weaver *
who severs the last thread.

Day and night you give me over to torment; *
I cry out until the dawn.

Like a lion he breaks all my bones; *
day and night you give me over to torment.

Like a swallow I utter shrill cries; *
I moan like a dove.

My eyes grow weak, gazing heaven-ward: *
O Lord, I am in straits; be my surety!

You have preserved my life *
from the pit of destruction,
when you cast behind your back *
all my sins.

For it is not the nether world that gives you thanks, *
nor death that praises you;
Neither do those who go down into the pit *
await your kindness.

The living, the living give you thanks, *
as I do today.

Fathers declare to their sons, *
O God, your faithfulness.

The Lord is our savior; *
we shall sing to stringed instruments
in the house of the Lord *
all the days of our life.

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

Lord, my God, you defended my cause; you ransomed my life.

Antiphon 3

My servant, the Just One, will justify many by taking their sins on himself.

Psalm 65

Solemn thanksgiving

Zion represents heaven (Origen).

To you our praise is due *
in Zion, O God.

To you we pay our vows, *
you who hear our prayer.

To you all flesh will come *
with its burden of sin.

Too heavy for us, our offenses, *
but you wipe them away.

Blessed is he whom you choose and call *
to dwell in your courts.

We are filled with the blessings of your house, *
of your holy temple.

You keep your pledge with wonders, *
O God our savior,
the hope of all the earth *
and of far distant isles.

You uphold the mountains with your strength, *
you are girded with power.

You still the roaring of the seas, †
the roaring of their waves *
and the tumult of the peoples.

The ends of the earth stand in awe *
at the sight of your wonders.

The lands of sunrise and sunset *
you fill with your joy.

You care for the earth, give it water, *
you fill it with riches.

Your river in heaven brims over †
to provide its grain. *

And thus you provide for the earth;
you drénch its fúrrows, †
you lével it, sóften it with shówers, *
you bléss its grówth.

You crówn the yéar with your góodness. †
Abúndance flóws in your stéps, *
in the pástures of the wildérness it flóws.

The hílls are gírded with jóy, *
the méadows cóvered with flócks,
the válleys are décked with whéat. *
They shoút for jóy, yes, they síng.

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

My servant, the Just One, will justify many by taking their sins on himself.

Sit

READING

Zechariah 12:10-11a

I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a first-born. On that day the mourning in Jerusalem shall be great.

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, give me the glory that I had with you before the world was made.

Luke 1:68-79

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, give me the glory that I had with you before the world was made.

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

Father,
may we receive your forgiveness and mercy
as we celebrate the passion and death of the Lord,
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 13:21-33, 36-38

Reclining at table with his disciples, Jesus was deeply troubled and testified,
“Amen, amen, I say to you, one of you will betray me.”

The disciples looked at one another, at a loss as to whom he meant.

One of his disciples, the one whom Jesus loved,
was reclining at Jesus’ side.

So Simon Peter nodded to him to find out whom he meant.

He leaned back against Jesus’ chest and said to him,

“Master, who is it?”

Jesus answered,

“It is the one to whom I hand the morsel after I have dipped it.”

So he dipped the morsel and took it and handed it to Judas,
son of Simon the Iscariot.

After Judas took the morsel, Satan entered him.

So Jesus said to him, “What you are going to do, do quickly.”

Now none of those reclining at table realized why he said this to him.

Some thought that since Judas kept the money bag, Jesus had told him,

“Buy what we need for the feast,”

or to give something to the poor.

So Judas took the morsel and left at once. And it was night.

When he had left, Jesus said,

“Now is the Son of Man glorified, and God is glorified in him.

If God is glorified in him, God will also glorify him in himself,

and he will glorify him at once.

My children, I will be with you only a little while longer.

You will look for me, and as I told the Jews,

‘Where I go you cannot come,’ so now I say it to you.”

Simon Peter said to him, “Master, where are you going?”

Jesus answered him,

“Where I am going, you cannot follow me now,

though you will follow later.”

Peter said to him,

“Master, why can I not follow you now?

I will lay down my life for you.”

Jesus answered, “Will you lay down your life for me?

Amen, amen, I say to you, the cock will not crow

before you deny me three times.”

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.

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

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

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