



AT HOME AT EASTER RETREAT

Spending time with the God Who Speaks

EASTER MONDAY – 16 APRIL 2020



FROM MORNING PRAYER - PSALM 62(63) – Thirsting for God
“Let the man who has put away the deeds of the night watch for God.”

Christ has risen: he is the light of his people, whom he has redeemed with his blood, Alleluia.

O GOD, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

Those who seek to destroy my life
shall go down to the depths of the earth.
They shall be put into the power of the sword
and left as the prey of the jackals.
But the king shall rejoice in God;
(all that swear by him shall be blessed)
for the mouth of liars shall be silenced.

Christ has risen: he is the light of his people, whom he has redeemed with his blood, Alleluia.

Intercessions – praying for those in need today.

Our Father...

FIRST READING OF THE DAY – ACTS OF THE APOSTLES 2:14.22-33

On the day of Pentecost, Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always,
for with him at my right hand nothing can shake me.
So my heart was glad
and my tongue cried out with joy;
my body, too, will rest in the hope
that you will not abandon my soul to Hades
nor allow your holy one to experience corruption.
You have made known the way of life to me,
you will fill me with gladness through your presence.



'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that.

'Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

Peter who sat and listened to the speeches Jesus gave to the crowds is now the one to speak. He does not, however, proclaim the truth in isolation but he stands with the Eleven to address the crowd in Jerusalem. Luke had earlier reported in his Gospel that Peter had run to the tomb after hearing the testimony of the women that Jesus was not there. He had 'stooped down and saw the cloths, and went off home, marvelling at what had happened' (Lk 24: 12). Peter clearly feels a deep sense of responsibility to break open the truth of the resurrection for others. It is an uncompromising belief for those who profess faith in Jesus Christ. He draws on the story of the David, a great but mortal king, to emphasise that Jesus' kingship is of a different order and did not end when his body was laid in the tomb. In the face of so many deaths in the light of the Corona virus in recent days we might be tempted to despair but Peter reminds us that 'God raised this man Jesus to life, and all of us are witnesses to that.' This Easter proclamation may feel more challenging than ever but we do not stand in isolation but in spiritual communion with one another. Together, through the outpouring of the Holy Spirit, we can bear witness to this hope of new life in Christ.

- Read Peter's speech slowly – imagine hearing these words as if you were there.
- Notice the tone of Peter's voice as he speaks with conviction. How does his stature help in the delivery of these words? What do you make of him? Does he convince you to believe in the resurrection of Jesus?
- What does Peter say that offers *you* hope in the current Covid 19 crisis?
- What signs are there that the Spirit is alive and active even in the midst of this crisis? How might you gently draw attention to this for those you know who are struggling?

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.

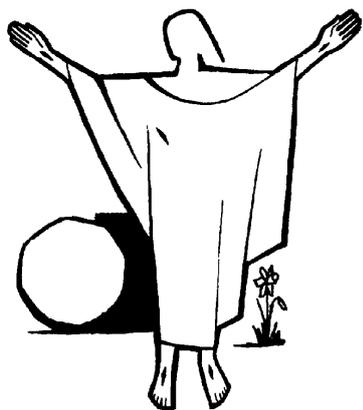
Hail Mary...

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 28:8-15



Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

And there, coming to meet them, was Jesus. ‘Greetings’ he said.

And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, ‘Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there.’

While they were on their way, some of the guard went off into the city to tell the chief priests all that had happened.

These held a meeting with the elders and, after some discussion, handed a considerable sum of money to the soldiers with these instructions, ‘This is what you must say, “His disciples came during the night and stole him away while we were asleep.” And should the governor come to hear of this, we undertake to put things right with him ourselves and to see that you do not get into trouble.’ The soldiers took the money and carried out their instructions, and to this day that is the story among the Jews

- Enter the story as if you were there that morning. Compare the different reactions of those involved: the women are ‘filled with awe and great joy’ and cannot wait to share the good news whilst the chief priests and the elders generate fake news to explain the empty tomb.
- How might we proclaim the good news to others today even from the confines of home? How might we make good use of the mobile phone, social media or the spoken word to do this?
- Listen to Jesus speaking to you in your home, ‘Do not be afraid’ and look forward, like the women and the disciples, to a time when we will meet as believers once again in person.

REVIEW OF THE DAY

Look over your day and ask God to show you how God was present in each moment?

What signs of new life did you see today? Perhaps in the signs of spring through the windows of your home? Give thanks to God for them.

Who or what was good news for you today? How were you good news for others? Savour these moments.

Were there moments you felt less positive and perhaps held back from reaching out to others? Tell God about these moments with honesty.

Look forward to tomorrow and ask for the grace to live in the light of the resurrection with joy.

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

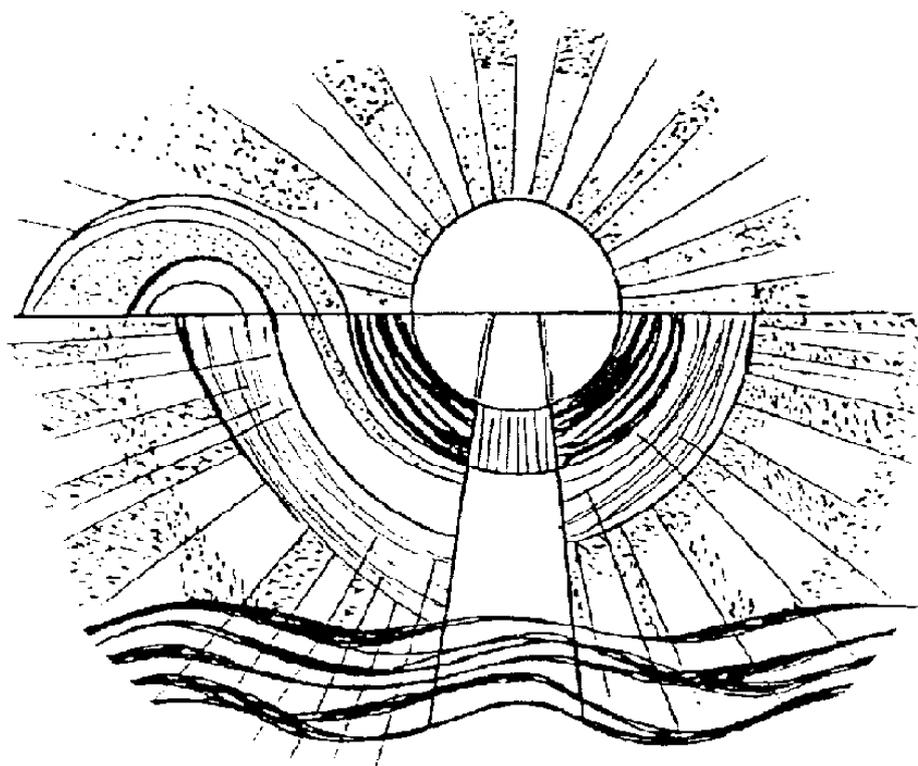
Queen of Heaven, rejoice, alleluia!
for he whom you were worthy to bear, alleluia!
has risen for us as he said, alleluia!
Pray for us to God, alleluia!

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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