



# AT HOME IN HOLY WEEK RETREAT

## Spending time with the God Who Speaks

PALM SUNDAY – 5 APRIL 2020

PSALM/ CANTICLE – THE BENEDICTUS (online version here:  
<https://www.vaticannews.va/en/prayers/the-benedictus.html>)

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 saviour,  
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 forever. Amen.

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



SECOND READING OF THE DAY – PHILIPPIANS 2: 6-11  
(we have added verses 1-5 as they seem so timely in light of the pandemic).

So if in Christ there is anything that will move you, any incentive in love, any fellowship in the Spirit, any warmth and sympathy – I appeal to you, make my joy complete by being of a single mind, one in love, one in heart and one in mind. Nothing is to be done out of jealousy or vanity; instead out of humility of mind, everyone should give preference to others, everyone pursuing not selfish interest but those of others, Make your own the mind of Christ Jesus:

His state was divine,  
yet Christ Jesus did not cling  
to his equality with God  
but emptied himself  
to assume the condition of a slave,

and became as men are,  
 and being as all men are,  
 he was humbler yet,  
 even to accepting death,  
 death on a cross.  
 But God raised him high  
 and gave him the name  
 which is above all other names  
 so that all beings  
 in the heavens, on earth and in the underworld,  
 should bend the knee at the name of Jesus  
 and that every tongue should acclaim  
 Jesus Christ as Lord,  
 to the glory of God the Father.

Although this appears in a letter by St Paul, it is thought that he is using words of a very ancient Christian hymn. It recognises the fact that Jesus is the Son of God – but was humble enough to enter into the pain and sorrow of the world – even unto death. This is the mind and heart that Paul is calling the early Christians to. This is the mind and heart that God is calling us to.

- Read the passage slowly – hearing the words spoken directly to you.
- Which word or phrase seems to resonate most deeply with you? Jot them down if it helps – or repeat them to memorise them.
- How might you put on the mind and heart of Christ today – with your family – with your friends – those with whom you work – online communities – and...?
- 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

Today we have two Gospels – the entry into Jerusalem and the Passion according to Matthew. We will use the first for our reflections today.

When they drew near to Jerusalem  
and came to Bethphage, to the Mount of Olives,  
Jesus sent two disciples, saying to them,  
'Go into the village opposite you,  
and immediately you will find an ass tied,  
and a colt with her;  
untie them and bring them to me.  
If anyone says anything to you, you shall say,  
"The Lord has need of them,"  
and he will send them immediately'.  
This took place to fulfil  
what was spoken by the prophet, saying,  
'Tell the daughter of Zion,  
Behold, your king is coming to you,  
humble and mounted on an ass,  
and on a colt, the foal of an ass'.  
The disciples went and did as Jesus had directed them;  
they brought the ass and the colt,  
and put their garments on them, and he sat thereon.  
Most of the crowd spread their garments on the road,  
and others cut branches from the trees  
and spread them on the road.  
And the crowds that went before him  
and that followed him shouted,  
'Hosanna to the Son of David!  
Blessed is he who comes in the name of the Lord!  
Hosanna in the highest!'  
And when he entered Jerusalem  
all the city was stirred, saying, 'Who is this?'  
And the crowds said,  
'The prophet Jesus from Nazareth of Galilee'.



From *The Jerusalem Bible* © 1966 by Darton Longman & Todd Ltd and Doubleday and Company Ltd.

- This is quite an easy Gospel to imagine yourself watching, or taking part in, the events. Spend some time doing just that – imagining the excitement – seeing the crowds – hearing the shouts – and watching Jesus ...
- What were the hopes the people were pinning on Jesus? What happens to people when their hopes are not fulfilled? And how does that reflect what is happening in our world today?

## 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 have you made selfish choices? 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 90 (91) The protection of the Most High**

*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.

Glory be ...

*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**

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.

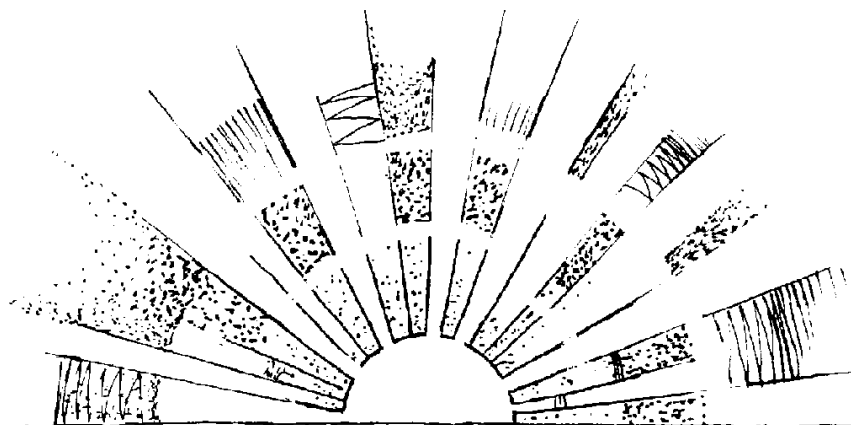
For my eyes have seen your salvation,  
which you have prepared in the sight of all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.

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.**

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**  
**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.

The Lord grant us a quiet night and a perfect end.  
**Amen.**

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