



# AT HOME AT EASTER RETREAT

## Spending time with the God Who Speaks

EASTER SUNDAY – 12 APRIL 2020

If you have a prayer focus, add in your “Easter candle” and some flowers. If you have children – or the urge yourself – decorate an “Alleluia!”

FROM MORNING PRAYER – DANIEL 3: 57-88

“Praise our God, all you his servants” (Rev 19: 5).

*Christ, our Redeemer, has risen from the tomb; let us sing a hymn to the Lord, our God. Alleluia!*

O all you works of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, angels of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord.  
And you, clouds of the sky, O bless the Lord.  
And you, all armies of the Lord, O bless the Lord.  
To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord.  
And you, the stars of the heav’ns, O bless the Lord.  
And you, showers and rain, O bless the Lord.  
To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord.  
And you, fire and heat, O bless the Lord.  
And you, cold and heat, O bless the Lord.  
To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord.  
And you, frosts and cold, O bless the Lord.  
And you, frost and snow, O bless the Lord.  
To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord.  
And you, darkness and light, O bless the Lord.  
And you, lightning and clouds, O bless the Lord.  
To him be highest glory and praise for ever.

O let the earth bless the Lord.  
To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord.  
And you, all plants of the earth, O bless the Lord.  
And you, fountains, rivers and seas, O bless the Lord.  
To him be highest glory and praise for ever.

And you, creatures of the sea, O bless the Lord.  
And you, every bird in the sky, O bless the Lord.  
And you, wild beasts and tame, O bless the Lord.  
To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.  
To him be highest glory and praise for ever.

O Israel, bless the Lord, O bless the Lord  
And you, priests of the Lord, O bless the Lord.  
And you, servants of the Lord, O bless the Lord  
To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord  
And you, holy and humble of heart, O bless the Lord.  
Ananias, Azarias, Mizael, O bless the Lord.  
To him be highest glory and praise for ever.

Let us praise the Father, the Son, and Holy Spirit.  
To you be highest glory and praise for ever.  
May you be blessed, O Lord, in the heavens.  
To you be highest glory and praise for ever

*Christ, our Redeemer, has risen from the tomb; let us sing a hymn to the Lord, our God. Alleluia!*

Intercessions – praying for those in need of Easter hope today.

Our Father...

## SECOND READING FOR THE DAY – CORINTHIANS 5:6-8

You must know how even a small amount of yeast is enough to leaven all the dough, so get rid of all the old yeast, and make yourselves into a completely new batch of bread, unleavened as you are meant to be. Christ, our passover, has been sacrificed; let us celebrate the feast, by getting rid of all the old yeast of evil and wickedness, having only the unleavened bread of sincerity and truth.



Easter is a day of new beginnings. Sadly, those who had hoped to be baptised at the Easter Vigil will have had their hopes put on hold. It highlights the reality of Easter 2020. But, as many of us have found – Lent has been more profoundly Lent than anything we have experienced before. Giving up chocolate pales into insignificance in comparison with fasting from our shared celebrations of Mass – from hugs with our family – and the popping out for a coffee with friends. But at the same time as experiencing the losses, we may well have discovered some of that “old yeast” – the things that have, now we look at them, have grown stale and no longer give us the life they once did.

- Read the passage slowly – and notice which words or images speak to you...
- What hope do you find in this Reading?
- What are the things that you are now seeing as “old yeast”? How can you get rid of them – not just for today but when the crisis is over?
- How can you share hope and joy with others this Easter?

## 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.

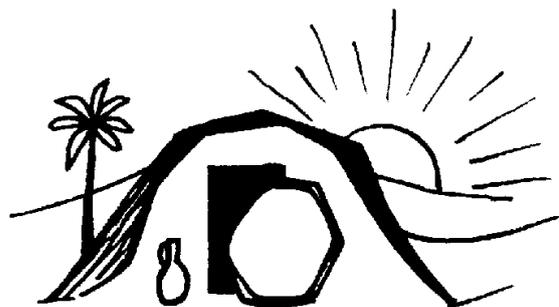
Through the same Christ our Lord, Amen

Intercessions – praying for those in need today.

Our Father

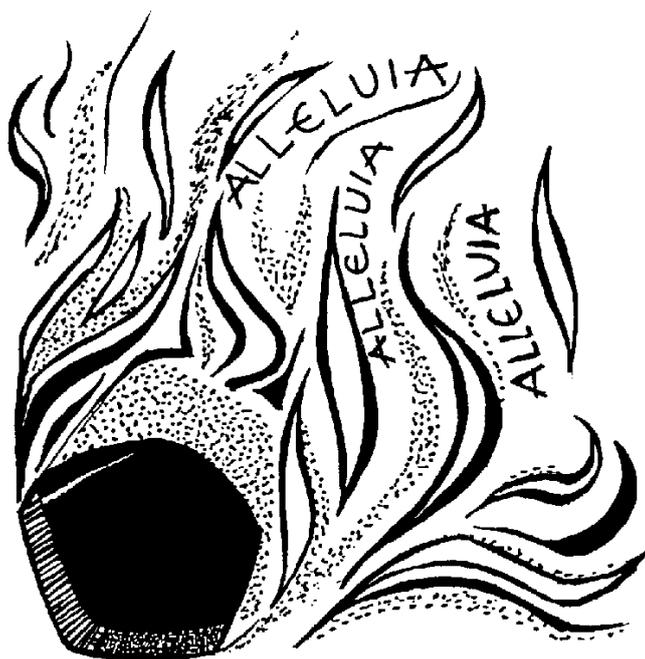
## GOSPEL OF THE DAY – JOHN 20:1-9

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'



So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

- Spend a few minutes playing this Gospel account in your mind and heart. Try to imagine what it was like for Mary, Simon Peter and John to see an empty tomb and the body of their Lord, apparently, removed from it.
- Around the world today, people are facing death – their own or their loved ones. Many others will be bereaved and desolate that they could not be with their beloved as they died. Their funeral rites – which offer such comfort and hope – will have been curtailed. They will know that moment that Mary experienced – “they have taken away my... - and I don't know where he/she is...Which ward – which bed – which funeral directors... Pray for them and invite these three great saints to pray for them with you – asking them to enter into the desolation of the losses and say “we felt that too – but the Lord is risen – and there is hope”.
- How might you spread Easter hope and joy today? Phone calls? Skype? Planting up something that will bring colour to your neighbourhood? How can you share our faith that life is stronger than death – that Jesus is risen?



## REVIEW OF THE DAY

Where has God spoken to you today?

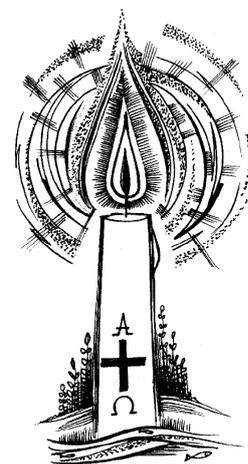
Where have you found joy and hope?

Where have you failed to share joy and hope with others?

Where have encountered sorrow – fear – bleakness? And where was God?

At the end of this day which changed the world. for what are you most grateful for?

Give thanks for God for the gift of Easter.



## 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 he 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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