



AT HOME AT EASTER RETREAT

Spending time with the God Who Speaks

EASTER OCTAVE: FRIDAY – 17 APRIL 2020



FROM MORNING PRAYER – DANIEL 3: 57-88 - All creatures, bless the Lord
“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

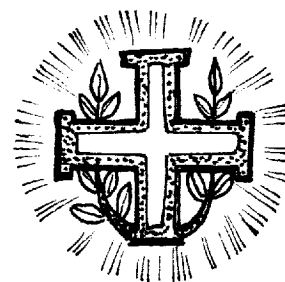
Intercessions – praying for those in need of Easter hope today.
Our Father...

FIRST READING OF THE DAY – ACTS OF THE APOSTLES 4:1-12

While Peter and John were talking to the people the priests came up to him, accompanied by the captain of the Temple and the Sadducees. They were extremely annoyed at their teaching the people the doctrine of the resurrection from the dead by proclaiming the resurrection of Jesus. They arrested them, but as it was already late, they held them till the next day. But many of those who had listened to their message became believers, the total number of whom had now risen to something like five thousand.

The next day the rulers, elders and scribes had a meeting in Jerusalem with Annas the high priest, Caiaphas, Jonathan, Alexander and all the members of the high-priestly families. They made the prisoners stand in the middle and began to interrogate them, 'By what power, and by whose name have you men done this?'

Then Peter, filled with the Holy Spirit, addressed them. 'Rulers of the people, and elders! If you are questioning us today about an act of kindness to a cripple, and asking us how he was healed, then I am glad to tell you all, and would indeed be glad to tell the whole people of Israel, that it was by the name of Jesus Christ the Nazarene, the one you crucified, whom God raised from the dead, by this name and by no other that this man is able to stand up perfectly healthy, here in your presence today. This is the stone rejected by you the builders, but which has proved to be the keystone. For of all the names in the world given to men, this is the only one by which we can be saved.'



Peter is filled with the Holy Spirit which is just as well. Not so very long before the events in this Reading, some of those present were responsible for an illegal trial that had led to the condemnation of Jesus to death. His first reaction was probably fear – if they could do that to Jesus, his Master, how much easier would it be to do the same to him? But the Spirit gives him the courage he needs to proclaim a truth that they do not want to hear. In a different way, there are people going in to work today who will feel fear. What if they pick up the virus? What if they are badly affected and become terribly ill and die? We think of people involved in health care – but there are countless others whose daily work runs the risk of exposure to the infection. And yet, they find the courage to do what they need to do – day after day.

- Read the passage slowly. Try to imagine yourself in the scene – watching and listening to Peter as he confronts and confounds those he is addressing.
- Which of his words or phrases seem to resonate most deeply with you? Spend some time allowing the words to be internalised.
- Who are the people who, today, will be afraid at the prospect of going to work or offering help but who will do it anyway? Pray for them – that the Spirit of fortitude will support and guide them. Pray for their families and friends who have to show a different kind of courage.
- 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 – JOHN 21: 1-14

Jesus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like this: Simon Peter, Thomas called the Twin, Nathanael from Cana in Galilee, the sons of Zebedee and two more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night.

It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. Jesus called out, 'Have you caught anything, friends?' And when they answered, 'No', he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord'.

At these words 'It is the Lord,' Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish; they were only about a hundred yards from land.



As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore, full of big fish, one hundred and fifty-three of them; and in spite of there being so many the net was not broken. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus showed himself to the disciples after rising from the dead.

- Chapter 21 of John's Gospel forms the thread that runs through the Bishops' Conference of England and Wales' document on spirituality: *Do You Love Me*. It takes us on the spiritual journey many of us make – for day-to-day busy-ness – through an encounter with the Lord to a moment of deep conversion. How Jesus sets the scene for it to happen in the gospel is interesting. He does not lecture or teach – he cooks breakfast. He offers a simple gift that speaks of kindness.
What are the simple gifts or gestures that are making a big difference to the people of our world during the pandemic?

REVIEW OF THE DAY

When have you been aware of God during the day?

Where have you sensed God at work in the simple things in life today?

Where have you not responded to the promptings of the Spirit to do the little things that might have made a big difference to someone's day?

What graces would you like to pray for today?

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

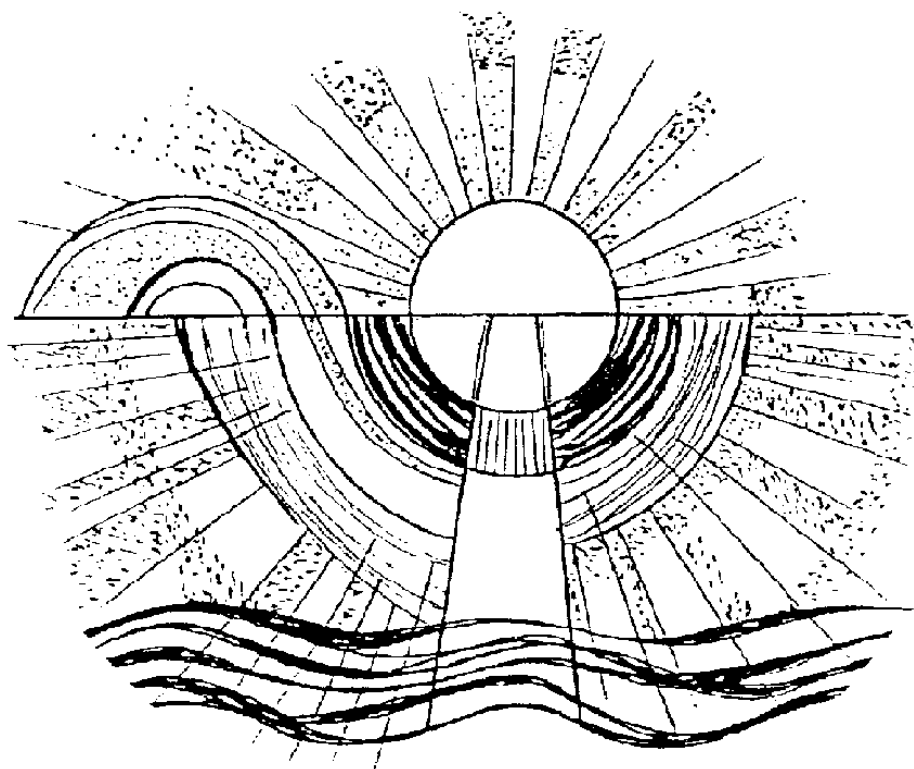
Queen of Heaven, rejoice, alleluia!
for he whom you were worthy to bear, alleluia!
has risen for us as he said, alleluia!
Pray for us to God, alleluia!

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.



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

Text from *The Psalms*, a new translation © 1963 The Grail (England) administered by HarperCollins.

Excerpts from The Divine Office © 1974, hierarchies of Australia, England and Wales, Ireland. All rights reserved.

Images: © McCrimmons

Layout and Content prepared by Spirituality Committee of the Bishops' Conference © 2020 Catholic Bishops' Conference of England and Wales www.liturgyoffice.org.uk/Resources/Flu