

# Handbook of Spiritual Exercises



*St. Joseph's-in-the-Hills*

**Malvern**  
Retreat House



### **PRAYER AT THE FLAG**

O God, Father and Ruler of all nations, through the intercession of Saint Joseph, our Patron, protect and guide all who dwell beneath these Stars and stripes, that serving you with a pure mind and a clean heart they may enter into everlasting Life, through Christ, Our Lord. Amen.

### **PLEDGE OF ALLEGIANCE**

I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation, under God, indivisible, with liberty and justice for all.

### **GOD BLESS AMERICA**

God bless America.  
Land that I love,  
Stand beside her and guide her  
Thru the night with a light from above.  
From the mountains to the prairies  
To the oceans white with foam,  
God bless America,  
My home sweet home.  
God Bless America,  
My home sweet home.

Or

### **AMERICA THE BEAUTIFUL**

O beautiful for spacious skies  
For amber waves of grain,  
For purple mountain majesties  
Above the fruited plain.  
America! America!  
God shed His grace on thee,  
And crown thy good with brotherhood  
From sea to shining sea.

## **MISSION STATEMENT**

Rooted in the Catholic Faith, we provide retreats, programs and events that help people deepen their relationship with God and find peace and healing.

## **ST. JOSEPH'S-IN-THE-HILLS MALVERN RETREAT HOUSE**

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## ABOUT ST. JOSEPH'S IN THE HILLS

### PROSIT!

*Omnibus et singulis!*

The expression of the word Prosit has become a time honored tradition here at Malvern. The translation of the word "Prosit" is, "May it be for your benefit."

### COME AS YOU ARE

Faint of heart, weak in spirit,  
Short of breath, need a friend?  
Now's the time to make a move:  
Come to heal, come to mend.

Come as you are, you are welcomed here.  
Come as you are, there's nothing to fear.  
Start your journey from near or far.  
We all need hope, so come,  
Come as you are, come as you are.

Time for peace, day by day,  
On a path, on our way.  
Ears to listen to what you say,  
Helping hands to guide your way.

Come as you are, you are welcomed here.  
Come as you are, there's nothing to fear.  
Start your journey from near or far.  
We all need hope, so come,  
Come as you are, come as you are.

*Lyrics and Music by Marty & Jules Rotella*

## WELCOME TO NEW RETREATANTS

Welcome to your first retreat at St. Joseph's-in-the-Hills, also known as The Malvern Retreat House. We welcome you to this holy place to personally experience the unique spiritual blessings of a retreat. Your retreat may take place in the main buildings or in the Family Life Center. In either case, there is a registration process which informs you about your room assignment and scheduling issues.

If your retreat is in the main buildings, you will take your meals in Memorial Hall Dining Room. In the Family Life Center, the facility is self-contained. All your activities will be there.

Retreats are a special time for meditation, adoration and contemplation. The schedule of your retreat has been designed to help you come to a deeper experience of God. In the end, it is God and your goodwill who can best determine those activities which will be most helpful to you. Please feel free to choose. Silence is the only requirement we ask from all retreatants.

The Retreat House is situated on 125 wooded acres with five sets of outdoor Stations of the Cross and many beautiful shrines. We encourage you to take time to visit them and reflect in silence. Smoking is prohibited in all our buildings. There are smoking receptacles located outside all our buildings for the disposal of your cigarettes.

Please do not hesitate to ask questions of your retreat captain, hospitality coordinator or retreat director, and be sure to use this Manual as you go through the Retreat.



## HISTORY

In 1912 a Philadelphia businessman, John Ferreck, was in New York on a business trip that necessitated a weekend stay. On Friday afternoon he stopped at Old Saint Peter's church. In the vestibule he noticed a placard announcing retreats for laymen at Mt. Manresa in Staten Island beginning Friday evening and concluding Monday morning. This profound experience changed his life.

Returning to Philadelphia, he told his friends about the weekend and convinced them to join him at St. Charles Borromeo Seminary for the first weekend retreat. Eventually, the group decided to form an organization and in 1921 it was chartered as the Laymen's Retreat League of Philadelphia with John J. Sullivan as President. The increasing number of men making retreats prompted Cardinal Dougherty to suggest that the men look for a site where retreats could be held year-round.

The search ended when the committee found the former Rosengarten estate in Malvern, later occupied by the Coxe family. Thus, in 1922, Saint Joseph in the Hills Retreat House (later known as "The Malvern Retreat House") was established in the secluded hills of Chester County. The Retreat House was founded on the unique concept of a lay owned and operated spiritual retreat center.

Many changes have occurred since 1922. The Retreat House grounds expanded to 125 acres and two new buildings were erected: in 1948 Memorial Hall which houses the dining facility and in 1953 Our Lady's Hall with 150 rooms, two oratories and several conference rooms as well as the beautiful Chapel. The coach house was torn down in 1962 and in its place the magnificent

statue of the Pieta is located. Cabrey Hall served as the Sisters' Convent until 1965 when it was converted to administrative offices. The former office location was 1819 Arch Street in Philadelphia. During the Golden Anniversary year of 1972, the Mary and John McShain auditorium was built. The most recent addition is the McShain-Horstmann Family Life Center which opened in 2003. We now have over 350 private rooms, the largest lay retreat house in the United States.

The Family Life Center enables the retreat experience to extend to couples, families, and young people. "Individuals and families need a safe place to grow spiritually and emotionally. Saint Joseph-in-the-Hills offers them that place to reflect, to give thanks and to face the gifts of God as well as the struggles and joys of daily living," said Fr. Dennis O'Donnell, former rector of the Retreat House.

More than one million retreatants have passed through the gates of the Malvern Retreat House. Jesus said to his disciples, "Come away by yourselves with me to a deserted place and rest a while." (Mark 6:31) We repeat this invitation to all. To learn more about the History of Malvern Retreat House, check out these two videos:



**History of MRH**



**MRH Building History**



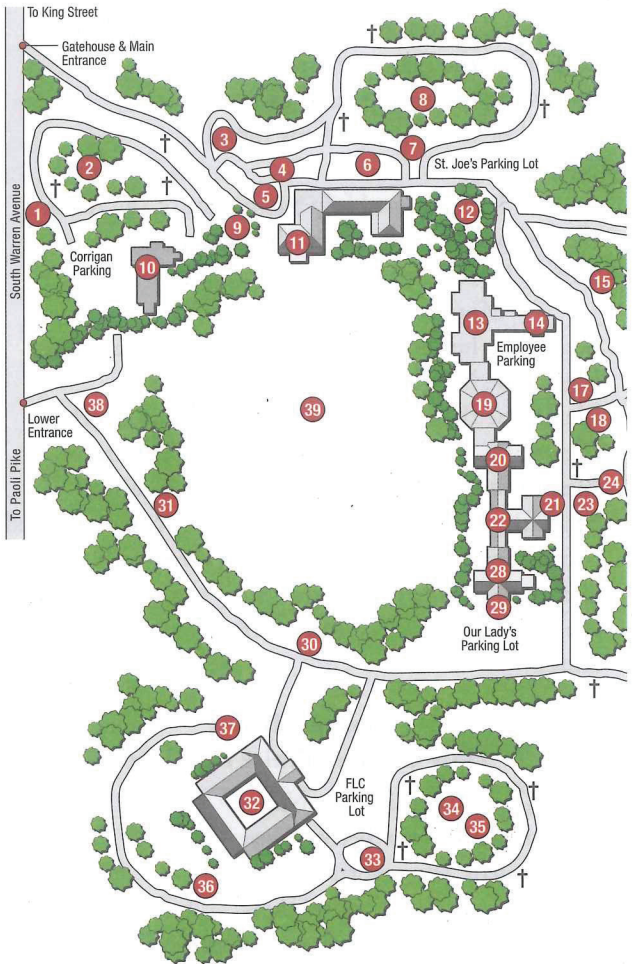
## GENERAL INFORMATION

- **The Sacrament of Reconciliation** is offered as part of your retreat schedule. Additional times or Personal Interview times may be arranged through prior appointment with the Retreat Director or Rector.
- There is a map of all the buildings, shrines, pathways, Stations of the Cross, grottos and parking areas of the grounds on page 8.
- There are 125 wooded acres with pathways for meditation, shrines to visit, and five sets of Stations of the Cross.
- There are 3 chapels and 5 oratories (small, private chapels) which are available during your retreat for private prayer, meditation, and adoration.
- A tradition at The Malvern Retreat House for most weekend retreats is use of Oratories for Eucharistic Adoration with preset times listed on the bulletin boards outside the chapels.
- There are five separate residence halls (St. Joseph, Corrigan, Assumption, Immaculate Conception, and the Family Life Center). Please refer to the map on page 8 for the location of your hall.
- On most weekend retreats, we have retreat coordinators (captain, leader, prefects) who are available to help you with any questions or problems you may have.
- The servers in the dining halls and the hospitality coordinators can help with any hospitality concerns.

- If you have any dietary needs, please consult with your server.
- The Retreat House is a non-smoking facility. Smoking is permitted outside. Please use the proper receptacles located near the doors of all our buildings, to discard used cigarettes.
- There are defibrillator devices for emergency use located in the sacristies and dining halls. Certain staff members and retreatants are certified to use these devices.
- Certain medical equipment (e.g. oxygen tanks) can be sent in advance to the Retreat House.
- St. Joseph Chapel and Our Lady Chapel are equipped with hearing aid devices, please ask the sacristan.
- The Blessed Carlo Acutis exhibit is located in Lower McShain.
- Immaculate Conception Hall, McShain Hall, the Family Life Center and the first two floors of St. Joseph Hall are wheelchair and handicap accessible – please inform the retreat house of your needs before registration.

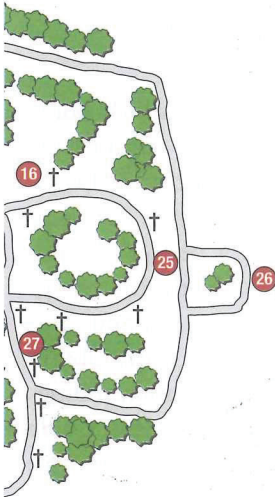
**Malvern Retreat House can conduct five separate retreats simultaneously. Please be respectful of the unique character of other retreats on campus.**





# St. Joseph's-in-the-Hills

**Malvern**  
Retreat House



- |   |                               |    |                                      |
|---|-------------------------------|----|--------------------------------------|
| 1 | Our Lady of Fatima Shrine     | 10 | Corrigan Hall                        |
| 2 | Way of the Cross "A"          | 11 | St. Joseph's Hall & Chapel           |
| 3 | Holy Family Shrine            | 12 | Pieta                                |
| 4 | St. Joseph's Shrine           | 13 | Memorial Hall (Dining Hall)          |
| 5 | Statue of St. Joseph          | 14 | Pieta                                |
| 6 | Sacred Heart Shrine I         | 15 | Miraculous Medal Shrine              |
| 7 | Our Lady of Grace Shrine      | 16 | Woodland Chapel of Our Lady          |
| 8 | Way of the Cross "B"          | 17 | Sacred Heart Shrine II               |
| 9 | Former Retreat Master's Grave | 18 | Way of the Cross "C"                 |
|   |                               | 19 | McShain Conference Center            |
|   |                               | 20 | Assumption Hall                      |
|   |                               | 21 | Shrine of the Crucifixion            |
|   |                               | 22 | Our Lady's Library & Chapel          |
|   |                               | 23 | Our Lady of Grace Shrine             |
|   |                               | 24 | St. Joseph the Worker Shrine         |
|   |                               | 25 | The Overlook                         |
|   |                               | 26 | Our Lady of Lourdes Grotto           |
|   |                               | 27 | Way of the Cross "D"                 |
|   |                               | 28 | Immaculate Conception Hall           |
|   |                               | 29 | Gift Shop                            |
|   |                               | 30 | Agony in the Garden Statue II        |
|   |                               | 31 | Shrine of the Crucifixion            |
|   |                               | 32 | McShain-Horstmann Family Life Center |
|   |                               | 33 | Guardian Angel                       |
|   |                               | 34 | FLC Stations of the Cross            |
|   |                               | 35 | Agony in the Garden Statue I         |
|   |                               | 36 | Our Lady of Guadalupe Shrine         |
|   |                               | 37 | Meditation Garden                    |
|   |                               | 38 | Good Shepherd Statue                 |
|   |                               | 39 | Malvern's Lawn                       |

## ABOUT YOUR RETREAT

### WHY MAKE A RETREAT?

When is the last time you spent time alone with the Lord? If your spiritual life is secondary to your daily life, a retreat will help you to restore balance to your life. It is virtually a time out to renew your relationship with God, self and others.

### AN INVITATION TO SILENCE

Withdrawing to a place of solitude, you could devote yourself to the important business of eternal destiny. Here at St. Joseph's-in-the-Hills — Malvern Retreat House, each retreatant is invited to find their own place of solitude. To be alone before God intensifies and enhances enormously that moment of aloneness; and a retreat provides such an opportunity. Silence during that retreat serves a two-fold purpose: First, it provides the opportunity to withdraw within yourself and communicate with God. Such silence is a very positive reality. Secondly, personal silence is consideration of others. The spirit of St. Joseph's-in-the-Hills, formed over many decades, ***does not permit one retreatant to become an obstacle to another retreatant.*** Unnecessary noise is an obstacle to a deeper experience on retreat both for the one creating the distraction as well as those around them.

As Cardinal Sarah says in his recent book ***The Power of Silence***, “No prophet ever encountered God without withdrawing into solitude and silence. Moses, Elijah, and John the Baptist encountered God in the great silence of the desert. Today, too, monks seek God in solitude and silence. I am speaking, not just about a geographical solitude or movement, but about an



interior state. It is not enough to be quiet, either. ***It is necessary to become silent.*** For, even before the desert, the solitude and the silence, God is already in man. The true desert is within us, in our soul. Strengthened with this knowledge, we can understand how silence is indispensable if we are to find God. The Father waits for his children in their own hearts.”

To encourage silence, there are designated Silence Zones here at Malvern Retreat House: the vicinity around the chapels and oratories, and the dormitory corridors. ***We request that all observe the Grand Silence, beginning after the last exercise of the day and continuing through until breakfast.***

### **Keep silence golden!**

*“We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.”*

–St. Teresa of Calcutta [Mother Teresa]

*But, in order to hear the voice of God, one has to have silence in one’s soul and to keep silence; not a gloomy silence but an interior silence; that is to say, recollection in God. (118)*

–St. Faustina

*A talkative soul lacks both the essential virtues and intimacy with God. A deeper interior life, one of gentle peace and of that silence where the Lord dwells, is quite out of the question. A soul that has never tasted the sweetness of inner silence is a restless spirit which disturbs the silence of others.*

–St. Faustina, Divine Mercy in My Soul

## WHAT IS PRIVATE EUCHARISTIC ADORATION?

The Adoration of the Holy Eucharist, or Eucharistic Adoration, is an opportunity for the faithful to pray to Jesus Christ before the Eucharist by yourself in one of the small oratories at Malvern Retreat house. The term “the faithful” refers to Catholics who wish to express and deepen their love of Christ. But what makes praying during Eucharistic Adoration any different than the prayers you say throughout your daily life?

True, you can pray to God anywhere. God is omnipresent, which means He is everywhere at all times. As the Word of God says in Proverbs 15:3, “The eyes of the Lord are in every place, keeping watch on the evil and the good.” God is always near, and thus, you can always enter into His presence in prayer.

God is also omniscient, which means He knows everything, including your thoughts.

God’s omnipresence and omniscience are both wonderful truths that Catholics can take comfort in every day, whether at home, work or worshipping at your local parish. But Eucharistic Adoration differs from your daily prayers in one key aspect. Catholics believe the body, blood, soul and divinity are substantially present in the Eucharist. In other words, when you participate in Eucharistic Adoration, you pray and worship Jesus in a more intimate, present and real way.

## WHY IS THE EUCHARIST CELEBRATED?

The Eucharist represents the body of Jesus, the son of God who died so that humankind could have eternal hope. Catholics believe that, in communion, we receive the actual body of Jesus. In that moment, you share in Christ’s suffering on the cross. It’s a sobering, beautiful

concept to meditate on, one that can leave you with feelings of overwhelming love and adoration for Jesus and His work on the cross.

The symbol of the cross is front and center during Eucharistic Adoration. When you enter a time of adoring the Eucharist, you can have faith that you're entering into the true, substantial presence of Jesus. As you contemplate drawing near the blood, body, divinity and soul of Jesus Christ, you can experience a rejuvenation of spiritual nourishment and strength in a more unique, powerful way than you might experience in your daily prayers.

### **WHAT DO YOU DO DURING ADORATION?**

Once you've decided to go to Eucharistic Adoration, the next common question to answer is what you should or can do while there. Catholics of all ages who attend Eucharistic Adoration for the first time feel at a loss regarding what they should be doing. Should you sit or stand? Should you kneel like the person in the seat next to you? Is it OK that one person is reading while another seems to be writing something in a notebook?

Questions like these are normal. Most people have asked them or at least wondered about them at some point in their Catholic walk. What matters is that you have the desire and intention to attend Eucharistic Adoration to deepen your walk with Jesus Christ and experience His presence in your life in a new way. The last thing you want is to do something wrong or disrespectful while in the presence of your beloved Savior.

If you feel at a loss about what you should do during Eucharistic Adoration, take heart with the knowledge that many people now and in times past have felt the

same way. Below, you'll find a list of acceptable actions you can take so you can enter the presence of Jesus with confidence and humility and experience the blessing of the Adoration of the Eucharist.

Suggestions to do while in private adoration: just be there, pray the rosary, pray on your own or read scripture.



## AS YOUR RETREAT BEGINS

### FRIDAY EVENING

#### MEALS

If you have dietary restrictions please inform your server and they will try to accommodate you.

Meals are served family style. If a serving plate is empty and you would like more please ask your server and they will bring more to the table.

#### GRACE BEFORE MEALS

*(To be repeated before every meal)*

Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty, through Christ our Lord. Amen.

#### GRACE AFTER MEALS

*(To be repeated after every meal)*

We give thee thanks, for all thy benefits, Almighty God, who lives and reign forever.

And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

#### NEW RETREATANT ORIENTATION

If you are a new retreatant, you should attend new retreatant orientation after dinner in Lower McShain. Your captain or representative tell you about Malvern and what to expect for your weekend.

## SATURDAY MORNING

### MORNING GREETING

On Saturday and Sunday you will be awakened at 7am by a knock on the door by a prefect on your floor. They will announce "Let us bless the Lord" and your reply will be "And give thanks to God"

### ANGELUS

*(Said at 6am, noon and 6pm daily,  
except during Easter season)*

*Leader:* The angel of the Lord declared unto Mary.

*All:* **And she conceived of the Holy Spirit.  
Hail Mary, full of grace...**

*Leader:* Behold the handmaid of the Lord.

*All:* **Be it done unto me according to thy word.  
Hail Mary, full of grace...**

*Leader:* And the Word was made flesh.

*All:* **And dwelt among us.  
Hail Mary, full of grace...**

*Leader:* Pray for us, O holy Mother of God.

*All:* **That we may be made worthy of the  
promises of Christ.**

*Leader:* Let us pray:

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy 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.

## REGINA COELI

*(To be said instead of the Angelus  
from Easter Sunday through Pentacost Sunday)*

*Leader:* Queen of heaven, rejoice, alleluia!

*All:* **The Son whom you merited to bear, alleluia!**

*Leader:* Has risen as he said, alleluia!

*All:* **Pray for us to God, alleluia!**

*Leader:* Rejoice and be glad, O Virgin Mary, alleluia!

*All:* **For the Lord has truly risen, alleluia!**

*Leader:* Let us pray:

*All:* **O God, who through the resurrection  
of your Son, our Lord Jesus Christ, did  
vouchsafe to give joy to the world; grant,  
we beseech you, that through his Mother,  
the Virgin Mary, we may obtain the joys of  
everlasting life. Through the same Christ  
our Lord. Amen.**

## MORNING PRAYER

THE LEADER ASSIGNS THREE ROLES: THE LEADER, THE READER AND THE LECTOR.

THE LEADER EQUALLY DIVIDES EVERYONE INTO GROUP 1 OR GROUP 2.

THE LEADER ENCOURAGES EVERYONE TO PRAY MORNING PRAYER SLOWLY AND PRAYERFULLY.

ALL STAND.

AS THE LEADER BEGINS TO SPEAK, EVERYONE MAKES THE SIGN OF THE CROSS.

*Leader:* God, come to my assistance.

*All:* **Lord, make haste to help me.**

ALL BOW EACH TIME THE GLORY BE... IS PRAYED.

*Leader:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*All:* as it was in the beginning, is now and will be forever. Amen.

### JOYFUL, JOYFUL, WE ADORE THEE

*(Another appropriate hymn may be chosen.)*

*All:* Joyful, joyful, we adore thee, God of glory,  
Lord of love;

Hearts unfold like flowers before thee,  
Opening to the sun above.

Melt the clouds of sin and sadness;  
Drive the dark of doubt away.

Giver of immortal gladness,  
Fill us with the light of day.

All thy works with joy surround thee, earth  
and heaven reflect thy rays,

Stars and angels sing around thee,  
Center of unbroken praise;

Field and forest, vale and mountain,  
Flowery meadow, flashing sea,

Chanting bird and flowing fountain,  
Call us to rejoice in thee.

Thou art giving and forgiving,  
Ever blessing, ever blest,

Well-spring of the joy of living,  
Ocean depth of happy rest!

Thou our Father, Christ our brother,  
All who live in love are thine;



**Teach us how to love each other,  
Lift us to the joy divine.**

**Mortals, join the mighty chorus  
Which the morning stars began;**

**Love divine is reigning o'er us,  
Binding all within its span.**

**Ever singing, march we onward,  
Victors in the midst of strife;**

**Joyful music leads us sunward,  
In the triumph song of life.**

Text: 87 87 D; Henry van Dyke, 1852-1933, alt. Music: Ludwig van Beethoven, 1770-1827; adapt.

*By Edward Hodges, 1796-1867.*

ALL SIT.

READER STANDS.

## PSALM 77

*Reader:* O God, all your ways are holy; what god  
can compare with our God?

READER SITS.

*Group 1:* I cry aloud to God, cry aloud to God that  
he may hear me.

*Group 2:* In the day of my distress I sought the Lord.  
My hands were raised at night without  
ceasing; my soul refused to be consoled.

*Group 1:* I remembered my God and I groaned.  
I pondered and my spirit fainted.  
You withheld sleep from my eyes.  
I was troubled, I could not speak.

*Group 2:* I thought of the days of long ago and  
remembered the years long past.

At night I mused within my heart.  
I pondered and my spirit questioned.

*Group 1:* “Will the Lord reject us forever?  
Will he show us his favor no more?  
Has his love vanished for ever?  
Has his promise come to an end?  
Does God forget his mercy or in anger  
withhold his compassion?”

*Group 2:* I said: “This is what causes my grief; that  
the way of the Most High has changed.”  
I remember the deeds of the Lord,  
I remember your wonders of old.

*Group 1:* I mused on all your works and ponder your  
mighty deeds.  
Your ways, O God, are holy.  
What god is great as our God?

*Group 2:* You are the God who works wonders.  
You showed your power among the peoples.  
Your strong arm redeemed your people, the  
sons of Jacob and Joseph.

*Group 1:* The waters saw you, O God, the waters saw  
you and trembled; the depths were moved  
with terror.

*Group 2:* The clouds poured down rain, the skies  
sent forth their voice; your arrows flashed  
to and fro.

*Group 1:* Your thunder rolled round the sky, your  
flashes lighted up the world.

*Group 2:* The earth was moved and trembled when  
your way lead through the sea, your path  
through the mighty waters, and no one saw  
your footprints.

*Group 1:* You guided your people like a flock by the hand of Moses and Aaron.

*Group 2:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 1:* as it was in the beginning, is now and will be forever. Amen.

LEADER STANDS.

*Leader:* Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life that we may be led to the land of promise and celebrate your name with lasting praise.

LEADER SITS.

*All:* **O God, all your ways are holy; what god can compare with our God?**

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

## CANTICLE

*1 Samuel 2: 1–10*

*Reader:* My heart leaps up with joy to the Lord, for he humbles only to exalt us.

READER SITS.

*Group 1:* My heart exults in the Lord, my horn is exalted in my God.

*Group 2:* I have swallowed up my enemies;  
I rejoice in my victory.  
There is no Holy One like the Lord; there is no Rock like our God.

- Group 1:* Speak boastfully no longer, nor let arrogance issue from your mouths. For an all-knowing God is the Lord, a God who judges deeds.
- Group 2:* The bows of the mighty are broken, while the tottering gird on strength. The well-fed hire themselves out for bread, while the hungry batten on spoil. The barren wife bears seven sons, while the mother of many languishes.
- Group 1:* The Lord puts to death and gives life; he casts down to the nether world; he raises up again. The Lord makes poor and makes rich, he humbles, he also exalts.
- Group 2:* He raises the needy from the dust; from the ash heap he lifts up the poor, to seat them with nobles and make a glorious throne their heritage.
- Group 1:* For the pillars of the earth are the Lord's and he has set the world upon them. He will guard the footsteps of his faithful ones, but the wicked shall perish in the darkness. For not by strength does man prevail; the Lord's foes shall be shattered.
- Group 2:* The Most High in heaven thunders; the Lord judges the ends of the earth. Now may he give strength to his king and exalt the horn of his anointed!
- Group 1:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 2:* as it was in the beginning, is now and will be forever. Amen.

*All:* **My heart leaps up with joy to the Lord,  
for he humbles only to exalt us.**

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

## PSALM 97

*Reader:* The Lord is king, let the earth rejoice.

READER SITS.

*Group 1:* The Lord is king, let earth rejoice, let all the coastlands be glad.

Cloud and darkness are his raiment; his throne, justice and right.

*Group 2:* A fire prepares his path; it burns up his foes on every side.

His lightning's light up the world, the earth trembles at the sight.

*Group 1:* The mountains melt like wax before the Lord of all the earth.

The skies proclaim his justice; all peoples see his glory.

*Group 2:* Let those who serve idols be ashamed, those who boast of their worthless gods.

All you spirits, worship him.

*Group 1:* Zion hears and is glad; the people of Judah rejoice because of your judgments, O Lord.

*Group 2:* For you indeed are the Lord, most high above all the earth, exalted far above all spirits.

*Group 1:* The Lord loves those who hate evil: he guards the souls of his saints; he sets them free from the wicked.

*Group 2:* Light shines forth for the just and joy for the upright of heart.  
Rejoice, you just, in the Lord; give glory to his holy name.

*Group 1:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 2:* as it was in the beginning, is now and will be forever. Amen.

LEADER STANDS.

*Leader:* Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men, you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

LEADER SITS.

*All:* **The Lord is king, let the earth rejoice.**

PAUSE FOR A PERIOD OF SILENCE.

LECTOR STANDS.



## READING AND RESPONSORY

*Romans 8: 35, 37*

*Lector:* A reading from a Letter of Saint Paul to the Romans.

Who will separate us from the love of Christ? Trial, or distress, or persecutions, or hunger, or nakedness, or danger, or the sword? Yet in all this we are more than conquerors because of him who has loved us.

LECTOR SITS.

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

*Reader:* I will bless the Lord all my life long.

*All:* I will bless the Lord all my life long.

*Reader:* With a song of praise ever on my lips,

*All:* all my life long.

*Reader:* Glory be to the Father, to the Son and to the Holy Spirit.

*All:* **I will bless the Lord all my life long.**

READER SITS.

PAUSE FOR A PERIOD OF SILENCE.

ALL STAND.

## CANTICLE OF ZECHARIAH

*Luke 1: 68–79*

*Reader:* Let us serve the Lord in holiness all the days of our life.

*All:* **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 be 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.**

*All:* **Let us serve the Lord in holiness all the days of our life.**

PAUSE FOR A PERIOD OF SILENCE.

### INTERCESSIONS

*Leader:* **Blessed be God our Savior, who promised to remain with his Church all days, until the end of the world. Let us give him thanks and call out:**



*All:*       **Remain with us, Lord.**

*Lector:*   Remain with us the whole day, Lord, let your grace be a sun that never sets.

*All:*       **Remain with us, Lord.**

*Lector:*   We dedicate this day to you as an offering, do not let us offer anything that is evil.

*All:*       **Remain with us, Lord.**

*Lector:*   May your gift of light pervade this whole day, that we may be the salt of the earth and the light of the world.

*All:*       **Remain with us, Lord.**

*Lector:*   May the love of your Holy Spirit direct our hearts and our lips, and may we always act in accordance with your will.

*All:*       **Remain with us, Lord.**

*Leader:*   Other intentions may be spoken aloud.  
To each intention, all respond:  
Remain with us, Lord.

*Leader:*   Now let us pray as Christ the Lord has taught us:

*All:*       **Our Father...**

*Leader:*   Lord, as a new day dawns send the radiance of your light to shine in our hearts.  
Make us true to your teaching; keep us free from error and sin.  
We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

*All:*       **Amen.**

AS THE LEADER BEGINS TO SPEAK EVERYONE MAKE THE  
SIGN OF THE CROSS.

*Leader:* May the Lord bless us, protect us from all evil  
and bring us to everlasting life.

*All:* **Amen.**

## PRAYER AT THE FLAG

*(Inside Front Cover)*

## RITE OF RECONCILIATION

### Opening Hymn (Choose one)

*Come, Holy Ghost*

Come Holy Ghost, Creator Blest,  
And in our hearts take up thy rest;  
Come with thy grace and heavenly aid  
To fill the hearts which thou hast made.  
To fill the hearts which thou hast made.

*Hosea*

Come back to me with all your heart.  
Don't let fear keep us apart.  
Trees do bend, though straight and tall;  
So must we to others call.  
Long have I waited for your coming home to me  
And living deeply our new life.

BEGIN WITH THE SIGN OF THE CROSS.

*Priest:* The Lord be with you

*All:* **And with your spirit.**

*Priest:* Let us pray

## Gospel Reading (Choose one)

Luke 15

*(Parables of the Good Shepherd,  
Lost Coin, Prodigal Son)*

Matthew 18:21-35

*(How many times do I need to forgive?)*

John 20:19-23

*(Jesus breathing into the apostles the command to forgive)*

Homily

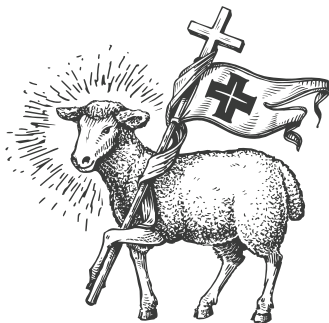
Petitions

Our Father

Concluding Prayer

Individual Confessions

*(see pages 30–36 for assistance with your  
examination of conscience)*



## THE TEN COMMANDMENTS

### **I am the Lord your God. You shall not have strange gods before me.**

- Have I grown in my faith putting down false images of God so that I might embrace deeper knowledge of the truth of who God is?
- Do I take time to pray and reflect on the mystery of the Trinity, the divine and human nature of Jesus Christ, and other mysteries of God?
- Does the time I spend in prayer reflect the relationship I want with God?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's Word found in Sacred Scripture, my conscience and Church teachings?

### **You shall not take the name of the Lord your God in vain.**

- Have I used God's name carelessly through anger, habit or jest?
- Have I taken time to reflect and adore the Holy name of Jesus, the Father and the Holy Spirit?
- Have I used God's name to will evil upon another person?
- Have I encouraged respect and awe for God's name among family and friends?
- Have I sworn a false oath or broken any promise made "as God is my witness?"

### **Remember to keep holy the Lord's Day.**

- Have I without cause missed Mass on Sundays or Holy Days of Obligation and caused others to do the same?
- Do I observe Sunday as a family day and a day of rest?
- Do I do needless work or shop on Sunday?
- Do I spend Sunday in healthy and considerate ways and encourage family and friends to do the same?

### **Honor your Father and your Mother.**

- Do I respect and love my parents in word and deed?
- Have I neglected my responsibilities to my parents or close relatives?
- Do I have a healthy respect and boundaries with authority figures?
- Do I try to bring peace into my home life?

### **You shall not kill.**

- Have I caused physical, emotional or spiritual harm, injury or death?
- Have I sought revenge, or clung to resentments?
- Have I abused food, alcohol, smoking, sex, drugs, or the internet?
- Have I sought, caused or in any way been involved in an abortion?
- Have I hated others, refused to speak with them, rejoiced at their misfortune, and rejected apologies of those who have offended me, or sought vengeance against them?
- Have I been impatient or uncharitable in word or actions because others irritated me or did not meet my expectations?

- Am I arrogant, judgmental or critical of others?
- Have I bullied others at work, school, and play or in my family?
- Have I endangered my life or others by aggressive driving, driving under the influence of alcohol or drugs, or allowing others to drive under the influence of alcohol or allowed inexperienced persons to drive?
- Have I altered God's natural plan through sterilization or artificial birth control?

### **You shall not commit adultery.**

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I respected all members of the opposite sex, or have I thought of other people as objects for my pleasure?
- Do I seek to be chaste in my thoughts, words and actions?
- Have I sought selfish sexual pleasure in pornography or masturbation?
- Do I use profane and vulgar language?
- Is the manner of my dress, or appearance an occasion of sin for others?

### **You shall not steal.**

- Have I stolen, embezzled, or damaged money or property? Have I returned or made restitution when I was able?
- Do I share what I have with the poor?
- Do I defraud employees of their rightful wages?

- Do I apply myself conscientiously at work, in school and in my vocation in life?
- Do I spend beyond my means or gamble excessively?
- Do I pay my debts?

**You shall not bear false witness against your neighbor.**

- Have I lied?
- Have I brought someone down either by lying, violating secrets or telling the truth about the person's past without just cause?
- Do I engage in gossip or talk behind someone else's back?
- Am I honest with my business dealings and contracts with others (am I known as a person of my word)?
- Do I hold onto critical, negative, judgmental or uncharitable thoughts of others?
- Do I keep material confidential?

**You shall not desire your neighbor's wife.**

- Do I choose conversations or humor to test or tease myself and others into compromising, sexual behavior?
- Have I overly indulged myself in sexual thoughts and fantasies?
- Have I chosen to watch movies, read books or magazines, surf the internet or engage in sexual conversations for my own selfish curiosity or motives? Am I addicted to pornography?
- Do I have obsessive or compulsive sexual thoughts and inclinations that bring harm to my family, friends, me or others?

## **You shall not desire your neighbor's goods.**

- Am I jealous of others' possessions, achievements or talents?
- Do I desire the downfall of others so that I may benefit?
- Am I greedy or selfish?
- Does too much of my time center on material possessions?
- Do I trust that God will care for all of my material and spiritual needs?

## **THE SEVEN CORPORAL WORKS OF MERCY**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

## **THE SEVEN SPIRITUAL WORKS OF MERCY**

1. To instruct the ignorant;
2. To counsel the doubtful;
3. To admonish sinners or correct those who err
4. To bear wrongs patiently;
5. To forgive offences willingly;
6. To comfort the afflicted;
7. To pray for the living and the dead.



## THE PRECEPTS OF THE CHURCH

### **You shall attend Mass on Sundays and Holy Days of Obligation.**

Sunday, the day of the Resurrection, should be treated differently from the other days of the week. We make Sunday holy by attending Mass and refraining from doing unnecessary work. Holy Days of Obligation, celebrating special feasts of Jesus, the Blessed Mother, and the saints, should be marked in the same way.

### **You shall confess your sins at least once a year.**

Regular reception of the Sacrament of Penance helps us (especially those conscious of serious sin) not only to prepare to receive the Eucharist but also to continue the process of conversion begun in Baptism.

### **You shall receive the Sacrament of the Eucharist at least during the Easter season.**

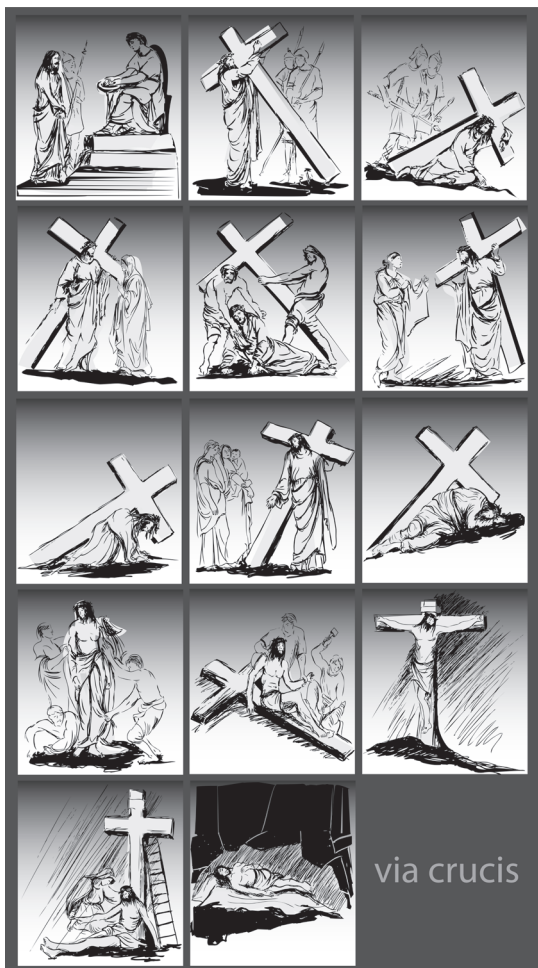
In the United States, this extends from the First Sunday of Lent to Trinity Sunday. Because the Holy Eucharist is both the source and summit of life for all in the Church, the Church teaches that every member for his or her own good must receive Communion minimally at least once a year.

### **You shall observe the prescribed days of fasting and abstinence.**

Fasting is refraining from food or drink to some degree. Abstinence is refraining from eating meat. The Church identifies specific days and times of fasting and abstinence to prepare the faithful for certain special feasts; such actions of sacrifice can also help us to grow in self-discipline and in holiness.

## You shall help to provide for the needs of the Church.

This means contributing to the support of the activities of the Church with time, talent and financial resources, each according to their ability.



## SATURDAY AFTERNOON

### THE WAY OF THE CROSS

*Saint Alphonsus De Liguori*

Kneeling before the altar, make an *Act of Contrition*, and form the intention of gaining the indulgences, whether for yourself or for the souls in Purgatory.

#### Preparatory Prayer

My Lord Jesus Christ, Thou hast made this journey to die for me with love unutterable, and I have so many times unworthily abandoned Thee; but now I love Thee with my whole heart, and because I love Thee, I repent sincerely for ever having offended Thee. Pardon me, my God, and permit me to accompany Thee on this journey. Thou goest to die for love of me; I wish also, my beloved Redeemer, to die for love of Thee. My Jesus, I will live and die always united to Thee.

#### Station 1: Jesus is Condemned to Death

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

My adorable Jesus, it was not Pilate, no, it was my sins that condemned Thee to die. I beseech Thee, by the merits of this sorrowful journey, to assist my soul in its journey towards eternity. I love Thee, my beloved Jesus; I repent with my whole heart for having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

## **Station 2: Jesus Bears His Cross**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, in making this journey with the Cross on His shoulders thought of us, and for us offered to His Father the death He was about to undergo.

My most beloved Jesus, I embrace all the tribulations Thou hast destined for me until death. I beseech Thee, by the merits of the pain Thou didst suffer in carrying Thy Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

## **Station 3: Jesus Falls the First Time**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider this first fall of Jesus under His Cross. His flesh was torn by the scourges, His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that he could scarcely walk, and yet he had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

My beloved Jesus, it is not the weight of the Cross, but my sins, which have made Thee suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love Thee, O my Jesus, with my whole heart; I repent of having offended

Thee. Never permit me to separate myself from Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

#### **Station 4: Jesus Meets His Mother**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider the meeting of the Son and the Mother, which took place on this journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

My most loving Jesus, by the sorrow Thou didst experience in this meeting, grant me the grace of a truly devoted love for Thy most holy Mother. And thou, my Queen, who wast overwhelmed with sorrow, obtain for me by thy intercession a continual and tender remembrance of the Passion of thy Son. I love Thee, Jesus my love; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

#### **Station 5: Jesus is Helped by Simon**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the Jews, seeing that at each step Jesus from weakness was on the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, constrained Simon the Cyrenian to carry the Cross behind our Lord.

My most sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it. I accept in particular the death Thou hast destined for me; with all the pains that may accompany it; I unite it to Thy death, I offer it to Thee. Thou hast died for love of me; I will die for love of Thee, and to please Thee. Help me by Thy grace. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 6: Veronica Wipes the Face of Jesus**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

My most beloved Jesus, Thy face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul also was once beautiful, when it received Thy grace in Baptism; but I have disfigured it since by my sins; Thou alone, my Redeemer, canst restore it to its former beauty. Do this by Thy Passion, O Jesus. I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

## **Station 7: Jesus Falls a Second Time**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider the second fall of Jesus under the Cross—a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

My most gentle Jesus, how many times Thou hast pardoned me, and how many times have I fallen again, and begun again to offend Thee! Oh, by the merits of this new fall, give me the necessary help to persevere in Thy grace until death. Grant that in all temptations which assail me I may always commend myself to Thee. I love Thee, Jesus my love; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

## **Station 8: Jesus Speaks to the Women**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: Weep not for Me, but for your children.

My Jesus, laden with sorrows, I weep for the offences I have committed against Thee, because of the pains they have deserved, and still more because of the displeasure they have caused Thee, who hast loved me so much. It is Thy love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love Thee more than

myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 9: Jesus Falls a Third Time**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was excessive, who tried to hasten His steps when He had scarcely strength to move.

Ah, my outraged Jesus, by the merits of the weakness Thou didst suffer in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Thy friendship. I love Thee, Jesus my love, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 10: Jesus is Stripped of His Garments**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Compassionate your Savior thus cruelly treated, and say to Him:

My innocent Jesus, by the merits of the torment Thou hast felt, help me to strip myself of all affection to things



of earth, in order that I may place all my love in Thee, who art so worthy of my love. I love Thee, O Jesus, with my whole heart; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 11: Jesus is Nailed to the Cross**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how Jesus, after being thrown on the Cross extended His hands, and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails, and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

My Jesus! loaded with contempt, nail my heart to Thy feet, that it may ever remain there, to love Thee, and never quit Thee again. I love Thee more than myself; I repent of having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 12: Jesus Dies on the Cross**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how thy Jesus, after three hours' Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

O my dying Jesus, I kiss devoutly the Cross on which Thou didst die for love of me. I have merited by my sins to die a miserable death; but Thy death is my hope. Ah, by the merits of Thy death, give me grace to die, embracing Thy feet, and burning with love for Thee. I yield my soul into Thy hands. I love Thee with my whole heart; I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 13: Jesus is Taken Down from the Cross**

**V.** We adore Thee, O Christ, and we bless Thee.

**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the Cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

O Mother of sorrow, for the love of this Son, accept me for thy servant, and pray to Him for me. And Thou, my Redeemer, since Thou hast died for me, permit me to love Thee; for I wish but Thee, and nothing more. I love Thee, my Jesus, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

### **Station 14: Jesus is Placed in the Tomb**

**V.** We adore Thee, O Christ, and we bless Thee.

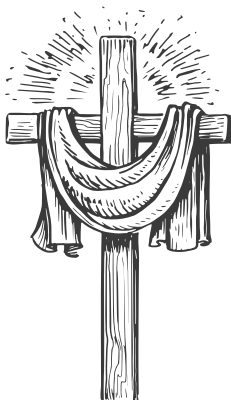
**R.** Because by Thy holy Cross, Thou hast redeemed the world.

Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb, and all withdrew.

Oh, my buried Jesus, I kiss the stone that encloses Thee. But Thou didst rise again the third day. I beseech Thee, by Thy resurrection, make me rise glorious with Thee at the last day, to be always united with Thee in heaven, to praise Thee and love Thee forever. I love Thee, and I repent of ever having offended Thee. Never permit me to offend Thee again. Grant that I may love Thee always; and then do with me what Thou wilt.

*Our Father, Hail Mary and Glory Be.*

*St Alphonsus Liguori, Pray for us! Amen.*

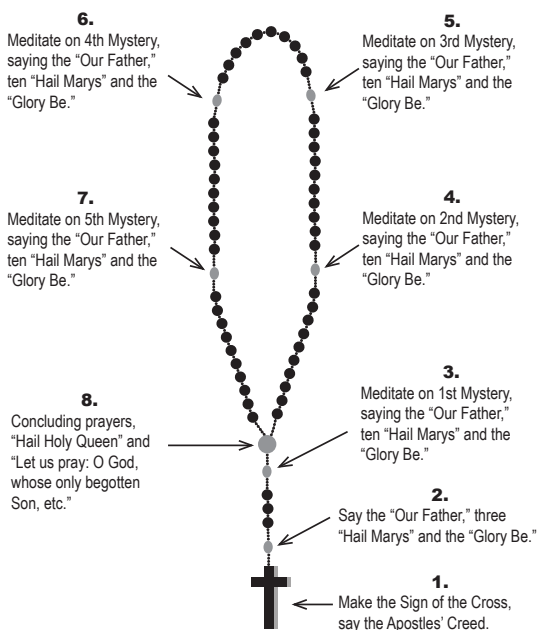


# SATURDAY EVENING

## HOW TO SAY THE ROSARY

The Rosary is a form of vocal, mental and contemplative prayer on the Mysteries of our Redemption, originally divided into fifteen decades, but now, since the addition of the Luminous Mysteries by Pope St. John Paul II, comprising twenty.

The recitation of each decade is accompanied by the twenty events from the life of Christ and the Virgin Mary. Called mysteries from the Greek word meaning “to reveal,” they reveal God’s presence and action on behalf of our salvation. The Mysteries consist of 4 groups: Joyful, Luminous, Sorrowful, and Glorious.



## THE MOST HOLY ROSARY OF THE BLESSED VIRGIN MARY

Begin with the Sign of the Cross.

### **The Apostles' Creed**

I believe in God, the Father almighty, creator of heaven and earth, I believe in Jesus Christ, his only Son, our Lord, He was conceived by the power of the Holy Spirit, and born of the Virgin Mary, He suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell. On the third day he arose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

*Translation taken from The Roman Missal*

Offer the Our Father, three Hail Mary's and the Doxology (Glory Be) for the needs of the Pope and the Bishops of the world.

### **Joyful Mysteries of the Rosary**

1. The Annunciation
2. The Visitation
3. The Nativity of Our Lord Jesus Christ
4. The Presentation in the Temple
5. The Finding of the Child Jesus in the Temple

### **Luminous Mysteries of the Rosary**

1. The Baptism of Christ in the Jordan
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## Sorrowful Mysteries of the Rosary

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

## Glorious Mysteries of the Rosary

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption
5. The Coronation of Our Lady Queen of Heaven

## Hail, Holy Queen

Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us. And after this, our exile, show unto us the blessed fruit of your womb, Jesus. O Clement, O loving, O sweet Virgin Mary!

*Leader:* Pray for us, O holy Mother of God.

*All:* **That we may be made worthy of the promises of Christ.**

*Leader:* Let us pray.

*All:* **O God, whose only begotten Son, by his life, death, and resurrection has purchased for us the rewards of eternal life, grant, we beseech you, that by meditating upon these mysteries in the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise. We ask this through Christ, our Lord. Amen.**

## **Prayers for the holy father:**

Our Father, Hail Mary and Glory Be

### **NEW RETREATANTS CEREMONY**

#### **CAPTAIN ADDRESSES NEW RETREATANTS**

By this time in your retreat, you have had the opportunity to reflect on your relationship with God and who He calls you to be.

As Christians, you are called to live as His Son, Jesus Christ lived. Although this vocation is challenging, God promises to be with you and strengthen your commitment.

You are now invited to join the thousands of Malvern retreatants who are committed to following Jesus Christ and living according to the Holy Spirit.

#### **DIRECTIONS FOR THE CAPTAIN/PRIEST**

Invite the new retreatants to say the following prayer and pray softly with them.

#### **The New Retreatant's Prayer**

Heavenly Father, as a new retreatant, I stand before you and thank you for the gift of making this retreat. I commit myself completely to accepting your holy will and living my life for your honor and glory.

Lord Jesus Christ, You died on the cross and rose on the third day to save me. I bless you and praise you that you have called me to be your disciple. I promise to grow more and more each day in my love for you.

Holy Spirit, you are the source of all holiness. Inspire me to pursue my own holiness in whatever situations I find myself. May I always pursue my sanctity, and help those around me to grow in their own holiness. Amen.

## DIRECTIONS FOR THE CAPTAIN/PRIEST

Invite the retreatants to extend their right hand over the new retreatants and say the following prayer together.

### **Prayer for the New Retreatants**

Father of love and mercy, we thank you for the new retreatants who have chosen to come forward and present themselves to you.

Search the heart of each retreatant and see the love your child has for you. Keep all your children in your fatherly care, and strengthen them as disciples of your Son.

Send your Holy Spirit upon them as disciples of the Lord Jesus Christ. May the Holy Spirit be their invisible partner and constant companion. Amen.

## DIRECTIONS FOR THE CAPTAIN/PRIEST

Invite the sponsors to pin the new retreatants. After they have received their pins, the new retreatants are welcomed with a round of applause. Invite the new retreatants and sponsors to return to their seats.

## NIGHT PRAYER

DIVIDE INTO TWO GROUPS AND DECIDE WHICH WILL BE GROUP 1 AND GROUP 2.

ASSIGN THREE ROLES: THE LEADER, THE READER AND THE LECTOR.

PLEASE PRAY SLOWLY AND PRAYERFULLY.

ALL STAND.

AS THE LEADER BEGINS TO SPEAK EVERYONE MAKES THE SIGN OF THE CROSS.

*Leader:* God, come to my assistance.

*All:* **Lord, make haste to help me.**



ALL BOW EACH TIME THE GLORY BE ... IS PRAYED.

*Leader:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*All:* **as it was in the beginning, is now and will be forever. Amen.**

### EXAMINATION OF CONSCIENCE

*Leader:* Let us take a few moments of silence to examine our day.

*All:* **I confess to almighty God and to you my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.**

*Leader:* May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

*All:* **Amen.**

*Leader:* Lord have mercy.

*All:* **Lord have mercy.**

*Leader:* Christ have mercy.

*All:* **Christ have mercy.**

*Leader:* Lord have mercy.

*All:* **Lord have mercy.**

## CREATOR OF THE STARS OF NIGHT

*(Another appropriate hymn may be chosen.)*

*All:*       **Creator of the stars of night,  
Your people's everlasting light,  
Jesus, Redeemer, save us all,  
And hear your servants when they call.  
Now, grieving that the ancient curse  
Should doom to death a universe,  
You heal all men who need your grace  
To save and heal a ruined race.  
At whose great name, majestic now,  
All knees must bend, all hearts must bow;  
All things in heaven and earth adore,  
And own thee King forever more.  
To God the Father, God the Son,  
And God the Spirit, Three in One,  
Praise, honor, might, and glory be  
From age to age eternally. Amen.**

Text: Latin, 9th cent.; tr. Fr. The Hymnal 1982, @ 1985, The Church Pension Fund. All rights reserved. Used with permission.

ALL SIT.

## PSALM 4

READER STANDS.

*Reader:*     Have mercy, Lord, and hear my prayer.

READER SITS.

*Group 1:*    When I call, answer me, O God of justice;  
from anguish you released me; have mercy  
and hear me!

*Group 2:*    O men, how long will your hearts be  
closed, will you love what is futile and seek  
what is false?

- Group 1:* It is the Lord who grants favors to those whom he loves; the Lord hears me whenever I call him.
- Group 2:* Fear him; do not sin; ponder on your bed and be still. Make justice your sacrifice and trust in the Lord.
- Group 1:* “What can bring us happiness?” many say, Let the light of your face shine on us, O Lord.
- Group 2:* You have put into my heart a greater joy than they have from abundance of corn and new wine.
- Group 1:* I will lie down in peace and sleep comes at once for you alone, Lord, make me dwell in safety.
- Group 2:* Glory be to the Father, and to the Son, and to the Holy Spirit:
- Group 1:* as it was in the beginning, is now and will be forever. Amen.
- All:* **Have mercy, Lord, and hear my prayer.**

PAUSE FOR A PERIOD OF SILENCE.

## PSALM 134

READER STANDS.

*Reader:* In the silent hours of night, bless the Lord.

READER SITS.

*Group 1:* O come, bless the Lord, all you who serve the Lord. who stand in the house of the Lord, in the courts of the house of our God.

- Group 2:* Lift up your hands to the holy place and bless the Lord through the night.
- Group 1:* May the Lord bless you from Zion, he who made both heaven and earth.
- Group 2:* Glory be to the Father, and to the Son, and to the Holy Spirit:
- Group 1:* as it was in the beginning, is now and will be forever. Amen.
- All:* **In the silent hours of night, bless the Lord.**

PAUSE FOR A PERIOD OF SILENCE.

### READING AND RESPONSORY

*Deuteronomy 6: 4–7*

LECTOR STANDS.

- Lector:* A reading from the Book of Deuteronomy.  
Hear, O Israel! The Lord is our God,  
the Lord alone! Therefore, you shall love  
the Lord, your God, with all your heart,  
and with all your soul, and with all your  
strength. Take to heart these words which  
I enjoin on you today. Drill them into your  
children. Speak of them at home and abroad,  
whether you are busy or at rest.

LECTOR SITS.

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

- Reader:* Into your hands, Lord, I commend my spirit.
- All:* **Into your hands, Lord, I commend my spirit.**

*Reader:* You have redeemed us, Lord God of truth.

*All:* **I commend my spirit.**

*Reader:* Glory be to the Father, and to the Son and to the Holy Spirit.

*All:* **Into your hands, Lord, I commend my spirit.**

READER SITS.

PAUSE FOR A PERIOD OF SILENCE.

ALL STAND.

### CANTICLE OF SIMEON

*Luke 2: 29–32*

*Reader:* Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

AS THE CANTICLE BEGINS EVERYONE MAKES THE SIGN OF THE CROSS.

*All:* **Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.**

**Glory be 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.**

**Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.**

PAUSE FOR A PERIOD OF SILENCE.

*Leader:* Lord, we beg you to visit this house and banish from it all the deadly power of the enemy.

May your holy angels dwell here to keep us in peace, and may your blessing be upon us always.

We ask this through Christ our Lord.

*All:* **Amen.**

AS THE LEADER BEGINS TO SPEAK EVERYONE MAKE THE SIGN OF THE CROSS.

*Leader:* May the Lord bless us, protect us from all evil and bring us to everlasting life.

*All:* **Amen.**

**ANTIPHON IN HONOR OF THE BLESSED MOTHER**  
(*Another appropriate Antiphon or Hymn may be chosen.*)

*All:* **Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.**

**Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.**

**LATIN TEXT OF THE SALVE REGINA**  
*(Antiphon in Honor of the Blessed Mother)*

Salve Regina, mater misericordiae: vita, dulcedo, et spes nostra, salve. Ad te clamamus exules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, O pia, O dulcis Virgo Maria.

**EXPOSITION**

ALL KNEEL.

**O SAVING VICTIM**  
*(Another appropriate hymn may be chosen.)*

*All:*     **O saving Victim, open wide**  
          **The gate of heav'n to us below,**  
          **Our foes press on from every side;**  
          **Your aid supply, your strength bestow.**  
  
          **To your great name be endless praise,**  
          **Immortal Godhead, One in Three;**  
          **O grant us endless length of days**  
          **In our true native land with thee.**  
  
          **O sa-lu-ta-ris Ho-sti-a,**  
          **Quae cae-li pan-dis os-ti-um:**  
          **Bel-la pre-munt ho-sti-li-a,**  
          **Da ro-bur, fer au-xi-li-um.**  
  
          **U-ni tri-no-que Do-mi-no**  
          **Sit sem-pi-ter-na glo-ri-a,**  
          **Qui vi-tam si-ne ter-mi-no**  
          **No-bis do-net in pa-tr-ia. A-men.**

Text: LM; Latin, St. Thomas Aquinas, 1227-1274; tr. By Edward Caswall, 1814-1878. Music; Anthony Werner, fl. 1863.

ALL STAND.

## BENEDICTION

ALL KNEEL.

### DOWN IN ADORATION FALLING

*(Another appropriate hymn may be chosen.)*

*All:*     **Down in adoration falling,  
This great Sacrament we hail;  
Over ancient forms of worship  
Newer rites of grace prevail;  
Faith will tell us Christ is present,  
When our human senses fail.**

**To the everlasting Father,  
And the Son Who reigns on high  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honor blessing,  
Might and endless majesty.**

**Tan-tum er-go Sa-cra-men-tum  
Ve-ne-re-mur cer-nu-i:  
Et an-ti-quum do-cu-men-tum,  
No-vo ce-dat ri-tu-i:  
Prae-stet fi-des sup-ple-men-tum  
Sen-su-um de-fec-tu-i.**

**Ge-ni-to-ri, Ge-ni-to-que  
Laus et ju-bi-la-ti-o,  
Sa-lus, ho-nor, vir-tus quo-que  
Sit et be-ne-di-cti-o:  
Pro-ce-den-ti ab u-tro-que  
Com-par sit lau-da-tio. A-men.**

Text: 87 87 87; Parge lingua gloriosi and Tantun ergo; St. Thomas Aquinas, 1227-1274; Liber Hymnarius, 1983. Music; Chant, Mode III; Liber Hymnarius, 1963.



*Priest:* You have given them Bread from heaven  
(Easter: Alleluia)

*All:* **Having within it all Sweetness**  
**(Easter: Alleluia)**

*Leader:* Lord Jesus Christ, you gave us the Eucharist as  
the memorial of your suffering and death.

May our worship of this sacrament of your  
body and blood help us to experience the  
salvation you won for us and the peace of the  
kingdom where you live with the Father and  
the Holy Spirit, God forever and ever.

*All:* **Amen.**

### **DIVINE PRAISES**

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

### **PRAYER AFTER BENEDICTION OF OUR LORD IN THE MOST BLESSED SACRAMENT**

May the Heart of Jesus, in the Most Blessed Sacrament,  
be praised, adored, and loved with grateful affection, at  
every moment in all the Tabernacles of the world, even  
until the end of time. Amen.

## HOLY GOD, WE PRAISE THY NAME HYMN

Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain,  
Everlasting is Thy reign.

Hark! the loud celestial hymn  
Angel choirs above are raising,  
Cherubim and seraphim,  
In unceasing chorus praising;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.

## LOVE DIVINE, ALL LOVES EXCELLING

Love divine, all loves excelling,  
joy of heaven, to earth come down,  
fix in us thy humble dwelling,  
all thy faithful mercies crown.  
Jesus, thou art all compassion,  
pure, unbounded love thou art;  
visit us with thy salvation,  
enter every trembling heart.

Come, almighty to deliver,  
let us all thy life receive;  
suddenly return, and never,  
nevermore thy temples leave.  
Thee we would be always blessing,  
serve thee as thy hosts above,  
pray, and praise thee without ceasing,  
glory in thy perfect love.



## SUNDAY MORNING

*(Morning Greeting, Angelus, Morning Prayer and Prayer at the Flag—see Saturday morning)*

### PRAYER FOR THE RETREAT DIRECTOR(S)

#### *Directions for the Captain/Priest*

*If done within Mass this prayer follows the Prayer after Communion prayed by the priest. Invite the Retreat Director(s) to stand in front of the altar and face the retreatants. Invite the retreatants to extend their right hand over the Retreat Director(s) and say the following prayer together.*

Lord Jesus, keep our Retreat Director(s), and all the Retreat Directors at Malvern, within the sanctuary of your Sacred Heart. May those who exercise this pastoral service grow in a greater love for you. Send anew the Holy Spirit to strengthen their hearts, and enlighten their minds.

May all the Retreat Directors at Malvern lighten the burdens of others, and assist them in their struggles. Direct your servants to be compassionate to those they serve and be good shepherds for each one of them.

Lord Jesus, may they imitate You, the Way, the Truth and the Life. Allow their ministry here at Malvern and elsewhere to be fruitful, and reward them one hundred-fold in the Kingdom, where you live and reign for ever and ever. Amen.

#### *Directions for the Captain/Priest*

*Invite the retreatants to give the Retreat Director(s) a round of applause. Invite the Retreat Director(s) to return to his/her seat.*

## PRAYER FOR THE CLOSING OF THE RETREAT

### *Directions for the Captain/Priest*

*After the Retreat Director(s) returns to his/her seat, invite all retreatants to say the following prayer.*

Heavenly Father, before I go home, I thank you for all the blessings in my life. I thank you especially for my faith and this retreat. As I leave this retreat, I ask for your strength and wisdom, so that I might know your holy will and live it in my life.

Jesus, my whole being is refreshed with grace and faith. Keep me close to you so that I may never wander from you, or forget the resolutions of this retreat. Inspire me to follow you more faithfully, and to love all the people you place in my life.

Holy Spirit, you are the Lord and the Giver of Life. I welcome you again into my heart and surrender my life to you. May this retreat help me to be the holy person you created me to be, and inspire me to listen to your subtle promptings in my life. Amen.

**Jesus, Mary, and Joseph be with me on my way.**

FINAL BLESSING.



## TRADITIONAL EVENING PRAYER

THE LEADER ASSIGNS THREE ROLES: THE LEADER, THE READER AND THE LECTOR.

THE LEADER EQUALLY DIVIDES EVERYONE INTO GROUP 1 OR GROUP 2.

THE LEADER ENCOURAGES EVERYONE TO PRAY EVENING PRAYER SLOWLY AND PRAYERFULLY.

ALL STAND.

AS THE LEADER BEGINS TO SPEAK, EVERYONE MAKES THE SIGN OF THE CROSS.

*Leader:* God, come to my assistance.

*All:* **Lord, make haste to help me.**

ALL BOW EACH TIME THE GLORY BE... IS PRAYED.

*Leader:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*All:* **as it was in the beginning, is now and will be forever. Amen.**

**TO JESUS CHRIST OUR SOVEREIGN KING**  
*(Another appropriate hymn may be chosen.)*

*All:* **To Jesus Christ, our Sov'reign King,  
Who is the world's salvation,  
All praise and homage do we bring  
And thanks and adoration.  
Christ Jesus Victor, Christ Jesus Ruler!  
Christ Jesus, Lord and Redeemer!  
Thy reign extend, O King benign,  
To ev'ry land and nation,  
For in Thy kingdom, Lord divine,  
Alone we find salvation.**

**Christ Jesus Victor, Christ Jesus Ruler!  
Christ Jesus, Lord and Redeemer!**

**To Thee and to Thy Church, great King,  
We pledge our hearts' oblation,  
Until before Thy throne we sing,  
In endless jubilation.**

**Christ Jesus Victor, Christ Jesus Ruler!  
Christ Jesus, Lord and Redeemer!**

Text: 87 87 55 8; based on *Christus Vincit*, 8th cent.; Martin B. Hellriegel, 1891-1981, © 1941. Assigned 1978 to Mrs. C. Mueller, All rights reserved, Used with permission. Music: Mainz Gesangbuch, 1870.

ALL SIT.

READER STANDS.

### PSALM 27 (I)

*Reader:* The Lord is my light and my help; whom  
shall I fear?

READER SITS.

*Group 1:* The Lord is my light and my help; whom  
shall I fear?

The Lord is the stronghold of my life;  
before whom shall shrink?

*Group 2:* When evil doers draw near to devour my  
flesh,

It is they, my enemies and foes, who  
stumble and fall.

*Group 1:* Though an army encamp against me my  
heart would not fear.

Though war break out against me even then  
would I trust.

*Group 2:* There is one thing I ask of the Lord, for this  
I long, to live in the house of the Lord, all

the days of my life, to savor the sweetness of the Lord, to behold his temple.

*Group 1:* For there he keeps me safe in his tent in the day of evil.

He hides me in the shelter of his tent, on a rock he sets me safe.

*Group 2:* And now my head shall be raised above my foes who surround me and I shall offer within his tent a sacrifice of joy.

*Group 1:* I will sing and make music for the Lord.

*Group 2:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 1:* as it was in the beginning, is now and will be forever. Amen.

*All:* **The Lord is my light and my help; whom shall I fear?**

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

## PSALM 27 (II)

*Reader:* I long to look on you, O Lord; do not turn your face from me.

READER SITS.

*Group 1:* O Lord, hear my voice when I call; have mercy and answer.

Of you my heart has spoken: "Seek his face."

*Group 2:* It is your face, O Lord, that I seek; hide not your face.

Dismiss not your servant in anger; you have been my help.

*Group 1:* Do not abandon or forsake me, O God my help!

Though father and mother forsake me, the Lord will receive me.

*Group 2:* Instruct me, Lord, in your way; on an even path lead me.

When they lie in ambush protect me from my enemy's greed.

False witnesses rise against me, breathing out fury.

*Group 1:* I am sure I shall see the Lord's goodness in the land of the living.

Hope in him, hold firm and take heart.

Hope in the Lord!

*Group 2:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 1:* as it was in the beginning, is now and will be forever. Amen.

LEADER STANDS.

*Leader:* Father, you protect and strengthen those who hope in you; you heard the cry of your Son and kept him safe in your tent in the day of evil. Grant that your servants who seek your face in times of trouble may see your goodness in the land of the living.

LEADER SITS.

*All:* I long to look on you, O Lord; do not turn your face from me.

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.



## CANTICLE

### *Colossians 1: 12–20*

*Reader:* He is the firstborn of all creation; in every way the primacy is his.

*Reader sits.*

*Group 1:* Let us give thanks to the Father for having made you worthy to share the lot of the saints in light.

*Group 2:* He rescued us from the power of darkness and brought us into the kingdom of his beloved Son.

Through him we have redemption, the forgiveness of our sins.

*Group 1:* He is the image of the invisible God, the first-born of all creatures.

In him everything in heaven and on earth was created, things visible and invisible.

*Group 2:* All were created through him;  
all were created for him.

He is before all else that is.

In him everything continues in being.

*Group 1:* It is he who is head of the body, the Church!

He who is the beginning, the first-born of the dead, so that primacy may be his in everything.

*Group 2:* It pleased God to make absolute fullness reside in him and, by means of him, to reconcile everything in his person, both on earth and in the heavens, making peace through the blood of his cross.

*Group 1:* Glory be to the Father, and to the Son, and to the Holy Spirit:

*Group 2:* as it was in the beginning, is now and will be forever. Amen.

*All:* **He is the firstborn of all creation; in every way the primacy is his.**

PAUSE FOR A PERIOD OF SILENCE.

LECTOR STANDS.

### READING AND RESPONSORY

*James 1: 22, 25*

*Lector:* A reading from the Letter of Saint James. Act on this word. If all you do is listen to it, you are deceiving yourselves. There is, on the other hand, the man who peers into freedom's ideal law and abides by it. He is no forgetful listener, but one who carries out the law in practice. Blest will this man be in whatever he does.

LECTOR SITS.

PAUSE FOR A PERIOD OF SILENCE.

READER STANDS.

*Reader:* Claim me once more as your own, Lord, and have mercy on me.

*All:* **Claim me once more as your own, Lord, and have mercy on me.**

*Reader:* Do not abandon me with the wicked;

*All:* **Have mercy on me.**

*Reader:* Glory be to the Father, to the Son and to the Holy Spirit.

*All:* **Claim me once more as your own, Lord, and have mercy on me.**

READER SITS.

PAUSE FOR A PERIOD OF SILENCE.

ALL STAND.

## CANTICLE OF MARY

*Luke 1: 46–55*

*Reader:* The Almighty has done great things for me,  
and holy is his Name.

AS THE CANTICLE BEGINS EVERYONE MAKES THE SIGN  
OF THE CROSS.

*All:* **My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior for he  
has looked with favor on his lowly servant.**

**From this day all generations will call me  
blessed: the Almighty has done great things  
for me, and holy is his Name.**

**He has mercy on those who fear him in  
every generation.**

**He has shown the strength of his arm, he  
has scattered the proud in their conceit.**

**He has cast down the mighty from their  
thrones, and has lifted up the lowly.**

**He has filled the hungry with good things,  
and the rich he has sent away empty.**

**He has come to the help of his servant  
Israel for he has remembered his promise of  
mercy, the promise he made to our fathers,  
to Abraham and his children forever.**

**Glory be 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.**

*All:*       **The Almighty has done great things for me,  
and holy is his Name.**

PAUSE FOR A PERIOD OF SILENCE.

### INTERCESSIONS

*Leader:* In all that we do, let the name of the Lord be praised, for he surrounds his chosen people with boundless love. Let prayer rise up to him.

*All:*       **Lord, show us your love.**

*Lector:* Remember your Church, Lord, keep her from every evil and let her grow to the fullness of your love.

*All:*       **Lord, show us your love.**

*Lector:* Let the nations recognize you as the one true God, and Jesus your Son, as the Messiah whom you sent.

*All:*       **Lord, show us your love.**

*Lector:* Grant prosperity to our neighbors, give them life and happiness forever.

*All:*       **Lord, show us your love.**

*Lector:* Console those who are burdened with oppressive work and daily hardships, preserve the dignity of workers.

*All:*       **Lord, show us your love.**

*Leader:* Other intentions may be spoken aloud. To each intention, all respond:

**Lord, show us your love.**

*Lector:* Open wide the doors of your compassion to those who have died today, and in your mercy receive them into your kingdom.

*All:*       **Lord, show us your love.**

*Leader:* Now let us pray as Christ the Lord has taught us:

*All:* **Our Father...**

*Leader:* Lord, watch over us by day and by night. In the midst of life's countless changes strengthen us with your never-changing love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, forever and ever.

*All:* **Amen.**

AS THE LEADER BEGINS TO SPEAK EVERYONE MAKE THE SIGN OF THE CROSS.

*Leader:* May the Lord bless us, protect us from all evil and bring us to everlasting life.

*All:* **Amen.**



## PILGRIMAGE TO THE SHRINES

BEGIN WITH THE SIGN OF THE CROSS.

*Leader:* O God, as we embark on this pilgrimage to the shrines we submit our request to you for love, compassion and remembrance for all living and deceased members of our Malvern Remembrance Association. Grant them peace, joy and eternal salvation. We ask this through Christ our Lord. Amen.

### SHRINE OF ST. JOSEPH

#### *Prayer at the Shrine*

Dear St. Joseph, during my visit to this little home built in your honor, where this statue reminds me of your high dignity yet holy simplicity; help me to know how I may keep my integrity as you kept yours in the difficult vocation of a person of work and responsibility. Make me see clearly the things that are important and those that are unimportant, the things that help and the things that hurt. Obtain for me the grace to be faithful to responsibilities and grateful for blessings. Dear St. Joseph, guide me as I meditate upon your life and plan to imitate your ways.

#### *St. Joseph and the Man of the World*

The Catholic man of the world, whether in the marriage state or looking forward to it as his proper vocation, finds in the life of St. Joseph inspiration, encouragement, and the hope of loving guardianship. St. Joseph, a man of the world of his day, knew trials and responsibilities of varying degrees but similar in character to those of the man of the world of today.

*Prayer to St. Joseph (I)*

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls – pray for me.

*Prayer to St. Joseph, the Worker*

O Glorious St. Joseph, model of all who are devoted to labor, obtain for me the grace to work in the spirit of penance in expiation of my many sins; to work conscientiously by placing love of duty above my inclinations; to gratefully and joyously deem it an honor to employ and to develop by labor the gifts I have received from God; to work methodically, peacefully, and in moderation and patience, without ever shrinking from it through weariness or difficulty to work; above all, with purity of intention and unselfishness, having unceasingly before my eyes death and the account I have to render of time lost, talents unused, good not done, and vain complacency in success, so baneful to the work of God. All for Jesus, all for Mary, all to imitate thee,

O Patriarch, St. Joseph! This shall be my motto for life and eternity. Amen.

### *Reflection for a Single Man*

Men abstaining, though living in the world, from undertaking the cares and responsibilities of married life, should search their hearts and find out whether their motive is not at least tainted with selfish consideration of their own welfare. Men abstaining from married life to care for aged or dependent parents or to share in their parents' burden of rearing a large family, may see in St. Joseph a patron whose blessing will sanctify their efforts directed in their father's house unselfishly when they might have taken pleasure in providing a home for themselves.

### *At the Hour of Death*

When St. Joseph's work was done he put down his burden with his Lord at his bedside, his grateful Lord, blessing and thanking his Creator. To St. Joseph, with this thought of his holy and happy death in our minds, we turn for his intercession, that having striven to imitate him in carrying the burdens and responsibilities of life patiently, we may merit not only to have our Lord by our bedside, but with the continuation of that far greater privilege, to have him in our hearts when our summons comes. While yet living, therefore, we will strive to imitate the first Christian man of the world, St. Joseph, praying and hoping that we may merit to imitate in closest union with God his holy and happy death. We ask this through Christ our Lord. Amen.

### *Prayer for Vocations*

Lord Jesus, as You once called the first disciples to make them fishers of men, let your sweet invitation continue to resound: Come, follow Me! Give young men and women the grace of responding quickly to Your voice.



Support your bishops, priests and consecrated people in their apostolic labor. Grant perseverance to our seminarians and to all those who are carrying out the ideal of a life totally consecrated to Your service. Awaken in our community a missionary eagerness. Lord, send workers to your harvest and do not allow humanity to be lost for the lack of pastors, missionaries and people dedicated to the cause of the Gospel. Mary, Mother of the Church, the model of every vocation, help us to say “yes” to the Lord Who calls us to cooperate in the divine plan of salvation. We ask this through Christ our Lord. Amen.

*Pope St. John Paul II*

## SHRINE OF THE CRUCIFIXION

### *Prayer before a Crucifix*

Behold, O good and loving Jesus,  
that I cast myself on my knees before you  
and, with the greatest fervor of spirit,  
I pray and beseech you to instill into my heart  
ardent sentiments of faith, hope and charity,  
with true repentance for my sins  
and a most firm purpose of amendment.  
With deep affection and sorrow  
I ponder intimately  
and contemplate in my mind your five wounds,  
having before my eyes what the prophet David  
had already put in your mouth about yourself,  
O good Jesus:  
“They have pierced my hands and my feet;  
they have numbered all my bones.”

*(Psalm 21:17-18)*

## SHRINE OF THE SACRED HEART

*An Act of Consecration of Mankind to the  
Sacred Heart of Jesus*

Most Sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before You. We are Yours and Yours we wish to be; but to be more surely united with You, behold each one of us freely consecrates himself today to Your most Sacred Heart. Many indeed have never known You; many too, despising Your precepts, have rejected You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart. Be King, O Lord, not only of the faithful who have never forsaken you, but also of the prodigal children who have abandoned You. Grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger. Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that there may be but one flock and one Shepherd. Grant, O Lord to Your Church, assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound from pole to pole with one cry: Praise to the Divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

*Most Sacred Heart of Jesus, have mercy on us. (Three times)*

## SHRINE OF OUR LADY OF THE MIRACULOUS MEDAL

*An Act of Consecration to  
Our Lady of the Miraculous Medal*

O Virgin Mother of God, Mary Immaculate, we dedicate and consecrate ourselves to you under the title of Our Lady of the Miraculous Medal. May this Medal be for each one of us a sure sign of your affection for us and a constant reminder of our duties toward you. Ever while wearing it, may we be blessed by your loving protection and preserved in the grace of your Son. O most powerful Virgin, Mother of our Savior, keep us close to you every moment of our lives. Obtain for us, your children, the grace of a happy death; so that, in union with you, we may enjoy the bliss of heaven forever. Amen.

*Leader:* O Mary, conceived without sin.

*All:* **Pray for us who have recourse to you.**

Repeat 3 times.

### *Memorare*

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy, hear and answer me. Amen.

## THE WOODLAND CHAPEL OF OUR LADY

### *Hymn: Mother of Christ*

1. Mother of Christ, Mother of Christ,  
What shall I ask of thee?  
I do not sigh for the wealth of earth,  
For the joys that fade and flee;  
But Mother of Christ, Mother of Christ,  
This do I long to see,  
The Bliss untold which thine arms enfold.  
The treasure upon thy knee.
2. Mother of Christ, Mother of Christ,  
I toss on a stormy sea.  
O lift thy Child as a beacon light  
To the port where I fain would be,  
Then, Mother of Christ, Mother of Christ,  
This do I ask of thee,  
When the voyage is o'er, I stand on the shore,  
And show Him at last to me.

### *Prayers to the Blessed Virgin Mary*

Mary, spotless Virgin and Queen, behold me, a wayfarer, seeking help from you. Kneeling here before your shrine, the memory of other years comes back to me—the memory of your name reverently spoken by my mother as she told me of the snags and snares of life, its dangers and its cares. She spoke to me of you, most lovely Queen. She told me of your life and spotlessness. She urged me to call on you in joy and pain, in loss or gain, in sin and in every ill. She promised me that your loving arms would lift me when I fell, that your great heart would plead for me when strong temptations raged.

Mary, Queen so holy, I make a pledge to you. For future years, however long, I will be your knight. I will protect the honor of your name and protect it in my

soul and in the souls of others. My thoughts, my words, my deeds shall bear the stamp of your pure soul. No word shall pass my lips that you would not have me use. No thought shall be harbored in my mind that could bring pain to you. No deed shall cause dishonor to my Queen so pure and fair.

Mary, my Mother, lay your hand in benediction on your son, your ready, eager knight. Give me strength to fight for you, to bleed for you; and when temptation presses hard upon me, and when I writhe and stagger in the fray, sustain me and restore my soul to peace. Amen.

*Hymn: Mother Dear, O pray for Me*

1. Mother, dear, O pray for me,  
    Whilst far from heav'n and thee,  
I wander in a fragile bark  
    O'er life's tempestuous sea.  
O Virgin Mother, from thy throne  
    So bright in bliss above,  
Protect thy child, and cheer my path  
    With thy sweet smile of love.

CHORUS

*Mother dear, remember me, and never cease thy care,  
Till in heaven eternally, Thy love and bliss I share.*

2. Mother dear, O pray for me,  
    When all looks bright and fair,  
That I may all my danger see,  
    For surely then 'tis near.  
A mother's prayer how much we need  
    If prosperous be the way,  
That paints with gold the flow'ry mead  
    Which blossoms in our way.

CHORUS

## SHRINE OF THE AGONY IN THE GARDEN

Jesus has entered the Garden of Gethsemane. He is kneeling for the last time under the familiar olive trees. "My soul is sorrowful even unto death," he said to his disciples, whom he asked to watch with him. Fear, sadness, and a loathing for the sins of which he is the innocent victim, and of the horrible tortures and death awaiting him, besides the sorrow of his Heart on account of the ingratitude of men, and their insensibility to his love, which he foresaw, have forced a sweat of blood from his sacred veins. Exhausted with the intensity of his anguish, he falls prostrate on his face to the ground. In his agony He prays: "My Father, if it be possible, let this chalice pass from me; nevertheless, your will be done."

When your heart bleeds, pray as Jesus prayed to his Father in Heaven. Fear not to say: "O my God, remove this chalice; it is too much, I can bear no more!" But also add, as He did: "Nevertheless, O my Father, as you will; your will be done, not mine!" And by virtue of this divine prayer your heart will be consoled, or, at least, it will always be strengthened, as was Jesus, to whom an angel descended; and this angel, instead of removing the chalice, presented it to his lips.

There is a blessing in the cup of bitter sorrow; there is salvation in the chalice of suffering. Some day this will be revealed to us. Jesus received no sympathy, no comfort with his friends, his disciples, who slept while he was in his agony. He says by his prophet: "I looked for one that would grieve together with me, but there was none; and for one that would comfort me, and I found none."

Place your confidence in the Heart of Jesus, which has experienced every kind of human woe, and which, loving you, is both able and willing to help and comfort you.

Jesus suffered so intensely in the garden on account of the vision he then had of the loss of so many souls, despite his passion, and of the ingratitude with which men would meet his love.

Oh! let us, then repent sincerely for the past, considering how poorly we have met the countless benefits of our Lord, and resolve henceforth to make good use of his graces and holy inspirations.

### STATUE OF THE GOOD SHEPHERD

Show us the light of your truth, O God, which guides the sinner back to the path of justice. Let those who profess to be Christians avoid whatever will endanger that profession, and follow only those things which will help it. We ask this through Christ our Lord. Amen.

*John 10:11-18*

[Jesus said:] “I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep. I have other sheep that do not belong to this fold. These also I must lead, and they will hear my voice, and there will be one flock, one shepherd. This is why the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down on my own. I have power to lay it down, and power to take it up again. This command I have received from my Father.”

## SHRINE OF OUR LADY OF FATIMA

*Act of Consecration*

*Offered by Pope St. John Paul II*

*at Fatima on 13 May 1982*

Before Thee, Mother of Christ, before Thy Immaculate Heart, I wish today, with the whole Church, to unite myself with our Redeemer in His consecration for the world and for men, for it is only in His Divine Heart that the Church has the power to obtain pardon and make reparation. The power of that consecration extends to all time, embraces all men, peoples and nations, it surpasses all the evil which the spirit of darkness is able to arouse in the heart of man and in his history, and which, in fact, he has aroused in our epoch.

Entrusting to Thee, O Mother, all men and all peoples, we entrust to Thee also the consecration itself for the world, and we place it in Thy Maternal Heart. O Immaculate Heart! Help us to conquer the threat of evil which drives its root so easily today in the heart of men and which, with its immeasurable effects, weighs on our epoch and seems to close the ways into the future!

From hunger and from war, deliver us!

From nuclear war, from incalculable self-destruction, from wars of all kinds, deliver us!

From sins against the life of man from his first moments, deliver us!

From hatred and degradation of the dignity of the sons of God, deliver us!

From all kinds of injustice in social life, national and international, deliver us!

From readiness to trample on the commandments of God, deliver us!



From the attempt to stifle in human hearts the very truth of God, deliver us!

From sins against the Holy Spirit, deliver us, deliver us!

Receive, O Mother of Christ, this cry laden with the sufferings of all men, charged with the sufferings of whole societies! Once more in the history of the world let the infinite power of merciful love be revealed! May it check evil! May it transform consciences! May Thy Immaculate Heart display for all the light of Hope!

### **SHRINE OF OUR LADY OF GRACE**

#### *Prayer to Our Lady of Grace*

O Holy Mother of God, you are blessed among all women! Blessed are you who have believed, for the Mighty One has worked marvels for you: the marvel of your divine motherhood, and, in view of it, the marvel of your immaculate conception; the marvel of your “let it be done unto me.” You were so continually associated with the whole work of our redemption, associated with the cross of our Savior, that your own heart was pierced at the side of his heart. And now, in the glory of your Son, you unceasingly intercede for us, poor sinners.

We pray to you, O holy Mother of God, watch over the Church whose mother you are. Watch over each of your children. Obtain from God for us all those graces, symbolized by the rays of light coming from your open hands. If only we dare to ask them from you and come to you with the confidence and simplicity of a child, you will guide us unceasingly toward Jesus your Son. Amen.

*Pope St. John Paul II*

## SHRINE OF OUR LADY OF GUADALUPE

### *Prayer to Our Lady of Guadalupe*

O Virgin of Guadalupe, Mother of the Americas, grant to our homes the grace of loving and respecting life in its beginnings, with the same love with which you conceived in your womb the life of the Son of God.

Blessed Virgin Mary, Mother of Fair Love, protect our families so that they may always be united and bless the upbringing of our children.

Our hope, look upon us with pity, teach us to go continually to Jesus, and if we fall help us to rise again and return to Him through the confession of our faults and our sins in the Sacrament of penance, which gives peace to the soul.

We beg you to grant us a great love of all the holy Sacraments, which are, as it were, the signs that your Son left us on earth.

Thus, Most Holy Mother, with the peace of God in our consciences, with our hearts free from evil and hatred, we will be able to bring to all others true joy and peace, which come to us from your Son, our Lord Jesus Christ, who with the Father and the Holy Spirit, lives and reigns for ever and ever. Amen.

*Pope St. John Paul II, Mexico, January 1979.  
Visiting Her Basilica during his first foreign trip as Pope.*

### **Words of Our Lady of Guadalupe:**

#### *Our Lady of Guadalupe pray for us*

Let not your heart be disturbed  
Do not fear sickness,  
nor any other anguish.  
Am I not here, who am your Mother?  
Are you not under my protection?

Am I not your health?  
Are you not happily within my fold?  
What else do you wish?  
Do not grieve nor be disturbed by anything.”

### STATUE OF THE PIETA

Sing, my soul, my Savior’s glory,  
Sing, my soul, our Lady’s name,  
Sing the great and gracious favors  
Mary’s servants all can claim.  
Onward Christians, on to Jesus,  
On through Mary, ever on!  
This the secret of salvation—  
Through the Mother to the Son.  
Oh! that I to all creation  
Could the joyful news attest—  
That the happiest of the happy  
Are the souls that serve her best.  
Mary is my pure, clear fountain,  
Where her Son’s reflection gleams,  
Where my spirit in its dryness  
Drinks the flesh, life-giving streams.  
’Tis through Jesus to the Father  
That, without repulse, I fly;  
’Tis to Jesus, through his Mother  
That, all fearless, I draw nigh.  
Working in her, working by her,  
I can tread as Jesus trod;  
’Tis the secret to be holy,  
And to do the Will of God.

*St. Louis-Marie de Montfort*

## GROTTO OF OUR LADY OF LOURDES

### *Prayer of the builders of the Shrine*

O Blessed Lady of Lourdes, we trust and pray that you, together with little St. Bernadette, will be pleased with the grotto established for you on this beautiful estate which has been dedicated by the Men of Malvern to your chaste spouse, St. Joseph.

Blessed Lady, we earnestly pray that you, in your own sweet way, may attract to this place in the hills an ever-increasing number of retreatants.

It is our holy purpose to make this grotto a most beautiful center of devotion. To this end, blessed Mary, please ask your Divine Son to inspire us to plan wisely, so that some day there may be a profusion of flowers about this grotto like a huge bouquet of fragrant blooms sending their perfume to accompany our prayers to you in your place of glory in Heaven.

We humbly beseech you to intercede with your Divine Son to bestow spiritual and temporal favors on all who aid in this project, whether by labor, by counsel, by encouragement, to help beautify this chosen spot of devotion to you.

We pray that you will obtain favors for the needy, the sick, the afflicted who come to St. Joseph's-in-the-Hills to seek your intercession as you have favored so many in the past in that other Lourdes in far off France. Amen.

## PRAYER TO OUR LADY OF LOURDES

*(as prayed at the shrine of Lourdes)*

Mary, you showed yourself to Bernadette in the crevice of the rock. In the cold and grey of winter, you brought the warmth, light and beauty of your presence; in the often obscure depths of our lives, in the depth of the world where evil is so powerful, bring hope, return our confidence! You are the Immaculate Conception, come to our aid, sinners that we are. Give us the humility to have a change of heart, the courage to do penance. Teach us to pray for all people. Guide us to the source of true life. Make us pilgrims going forward with your Church. Whet our appetite for the Eucharist, the bread for the journey, the bread of life.

The Spirit brought about wonders in you, O Mary: by his power, he has placed you near the Father, in the glory of your eternal Son. Look with kindness on our suffering bodies and hearts. Shine forth for us, like a gentle light, at the hour of our death. Together with Bernadette, we pray to you, O Mary, as your poor children. May we enter, like her, into the spirit of the Beatitudes. Then, we will begin to know, here on earth, the joy of the Kingdom of Heaven, and sing together with you: Magnificent, my soul proclaims the greatness of the Lord! Glory to you, Virgin Mary, blessed servant of the Lord, Mother of God, dwelling place of the Holy Spirit! Amen.



## TRADITIONAL PRAYERS

### SIGN OF THE CROSS

In the name of the Father and of the Son,  
and of the Holy Spirit. Amen.

### 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. Amen.

### DOXOLOGY

*(Glory Be)*

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.

*Traditional wording*

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.

*Wording in the Liturgy of the Hours*

### PRAYER TO THE HOLY SPIRIT

*Leader:* Come, Holy Spirit, fill the hearts of your faithful.

*All:* **And kindle in them the fire of your love.**

*Leader:* Send forth your Spirit and they shall be created.

*All:* **And you will renew the face of the earth.**

**Let us pray.**

**Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always to rejoice in your consolation. We ask this through Christ our Lord. Amen.**

### HAIL MARY

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

### ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit. I believe that your divine Son became flesh, died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths that the Holy Catholic Church teaches because you have revealed them, Who can neither deceive nor be deceived. Amen

### ACT OF HOPE

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer. Amen

## ACT OF LOVE

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all who I have injured. Amen.

## ACT OF CONTRITION

O my God, I am heartily sorry for having offended you, and I detest all my sins, because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace to sin no more and to avoid the near occasions of sin. Amen.

*Traditional wording*

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us; in his name, my God, have mercy. Amen

*Revised translation*

## PRAYER FOR THE NEW EVANGELIZATION

Heavenly Father,

Pour forth your Holy Spirit to inspire me with these words from Holy Scripture.

Stir in my soul the desire to renew my faith and deepen my relationship with your Son, our Lord Jesus Christ so that I might truly believe in and live the Good News.

Open my heart to hear the Gospel and grant me the confidence to proclaim the Good News to others.



Pour out your Spirit, so that I might be strengthened to go forth and witness to the Gospel in my everyday life through my words and actions.

In moments of hesitation, remind me:

If not me, then who will proclaim the Gospel?

If not now, then when will the Gospel be proclaimed?

If not the truth of the Gospel, then what shall I proclaim?

God, our Father, I pray that through the Holy Spirit I might hear the call of the New Evangelization to deepen my faith, grow in confidence to proclaim the Gospel and boldly witness to the saving grace of your Son, Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

### LITANY OF HUMILITY

O Jesus, meek and humble of heart,	<i>hear me.</i>
From the desire of being esteemed,	<i>deliver me, Jesus.</i>
From the desire of being loved,	<i>deliver me, Jesus.</i>
From the desire of being extolled,	<i>deliver me, Jesus.</i>
From the desire of being honored,	<i>deliver me, Jesus.</i>
From the desire of being praised,	<i>deliver me, Jesus.</i>
From the desire of being preferred to others,	<i>deliver me, Jesus.</i>
From the desire of being consulted,	<i>deliver me, Jesus.</i>
From the desire of being approved,	<i>deliver me, Jesus.</i>
From the fear of being humiliated,	<i>deliver me, Jesus.</i>
From the fear of being despised,	<i>deliver me, Jesus.</i>
From the fear of suffering rebukes,	<i>deliver me, Jesus.</i>
From the fear of being calumniated,	<i>deliver me, Jesus.</i>
From the fear of being forgotten,	<i>deliver me, Jesus.</i>
From the fear of being ridiculed,	<i>deliver me, Jesus.</i>
From the fear of being wronged,	<i>deliver me, Jesus.</i>
From the fear of being suspected,	<i>deliver me, Jesus.</i>

That others may be loved more than I,  
*Jesus, grant me the grace to desire it.*

That others may be esteemed more than I,  
*Jesus, grant me the grace to desire it.*

That in the opinion of the world, others may  
increase, and I may decrease,  
*Jesus, grant me the grace to desire it.*

That others may be chosen and I set aside,  
*Jesus, grant me the grace to desire it.*

That others may be praised and I unnoticed,  
*Jesus, grant me the grace to desire it.*

That others may be preferred to me in everything,  
*Jesus, grant me the grace to desire it.*

That others may become holier than I, provided  
that I may become as holy as I should.  
*Jesus, grant me the grace to desire it.*

Let us pray. God, in your infinite wisdom and love you chose Joseph to be the husband of Mary, the mother of your Son. May we have the help of his prayers in heaven and enjoy his protection on earth. We ask this through Christ our Lord. Amen.

*Rafael Cardinal Merry del Val*

### **MORNING OFFERING**

O Jesus, through the Immaculate Heart of Mary,  
I offer you my prayers, works, joys and sufferings of  
this day for all the intentions of your Sacred Heart, in  
union with the Holy Sacrifice of the Mass throughout  
the world, for the reparation for sins, the reunion of all  
Christians, and in particular for the intentions of the  
Holy Father this month. Amen.

## PRAYER TO ONE'S GUARDIAN ANGEL

Angel of God, my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide. Amen.

## PRAYER FOR PEACE

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to  
eternal life.

*St. Francis of Assisi*

## PRAYER FOR OUR HOLY FATHER, THE POPE

Let us pray.

Lord, source of eternal life and truth, give to your shepherd, Pope (Name), a spirit of courage and right judgment, a spirit of knowledge and love.

By governing with fidelity those entrusted to his care may he, as successor to the apostle Peter and Vicar of Christ, build your church into a sacrament of unity, love and peace for the entire world. We ask this through Christ our Lord. Amen.

## PRAYER TO ST. JOSEPH (II)

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the Virgin; loving the Child Jesus as your Son, you rescued him from danger of death. Defend the Church, the household of God, purchased by the blood of Christ. Guardian of the holy family, be with us in our trials. May your prayers obtain for us the strength to flee from error and wrestle with the powers of corruption so that in life we may grow in holiness and in death rejoice in the crown of victory. Amen.

## PRAYER OF SELF-SURRENDER

Take O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess you have given me: I surrender it all to you to be disposed of according to your will. Give me only your love and your grace; with these I will be rich enough, and will desire nothing more. Amen.

*St. Ignatius of Loyola*

## STEWARDSHIP PRAYER

Almighty and ever-faithful Lord, gratefully acknowledging Your mercy and humbly admitting our need, we pledge our trust in You and each other. Filled with desire, we respond to Your call for discipleship by shaping our lives in imitation of Christ.

We profess that the call requires us to be stewards of Your gifts. As stewards, we receive Your gifts gratefully, cherish and tend them in a responsible manner, share them in practice and love with others, and return them with increase to the Lord.

We pledge to our ongoing formation as stewards and our responsibility to call others to that same endeavor. Almighty and ever-faithful God, it is our fervent hope and prayer that You who have begun this good work in us will bring it to fulfillment in Jesus Christ, our Lord. Amen

### ST. MICHAEL THE ARCHANGEL

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

### CHAPLET OF DIVINE MERCY

BEGIN WITH THE SIGN OF THE CROSS.

1. Our Father, Hail Mary and the Apostles Creed.
2. On the Our Father beads say the following:

*Eternal Father I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.*

3. On the 10 Hail Mary beads say the following:

*For the sake of His sorrowful Passion have mercy on us and on the whole world.*

4. Repeat steps 2 and 3 for all five decades.

5. Conclude with the following (three times):

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

*Jesus, I trust in You.*

## ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus, to Thee I consecrate and offer up my person and my life, my actions, trials, and sufferings, that my entire being may henceforth only be employed in loving, honoring and glorifying Thee. This is my irrevocable will, to belong entirely to Thee, and to do all for Thy love, renouncing with my whole heart all that can displease Thee.

I take Thee, O Sacred Heart, for the sole object of my love, the protection of my life, the pledge of my salvation, the remedy of my frailty and inconstancy, the reparation for all the defects of my life, and my secure refuge at the hour of my death. Be Thou, O Most Merciful Heart, my justification before God Thy Father, and screen me from His anger which I have so justly merited. I fear all from my own weakness and malice, but placing my entire confidence in Thee, O Heart of Love, I hope all from Thine infinite Goodness. Annihilate in me all that can displease or resist Thee. Imprint Thy pure love so deeply in my heart that I may never forget Thee or be separated from Thee. I beseech Thee, through Thine infinite Goodness, grant that my name be engraved upon Thy Heart, for in this I place all my happiness and all my glory, to live and to die as one of Thy devoted servants. Amen.

*St. Margaret Mary Alacoque*

## LITANY OF THE SACRED HEART

Lord, have mercy.	<b>Lord, have mercy.</b>
Christ, have mercy.	<b>Christ, have mercy.</b>
Lord, have mercy.	<b>Lord, have mercy.</b>
God our Father in heaven,	<b>have mercy on us.</b>
God the Son, Redeemer of the world,	<b>have mercy on us.</b>
God the Holy Spirit,	<b>have mercy on us.</b>
Holy Trinity, one God,	<b>have mercy on us.</b>
Heart of Jesus, Son of the eternal Father,	<b>have mercy on us.</b>
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,	<b>have mercy on us.</b>
Heart of Jesus, one with the eternal Word,	<b>have mercy on us.</b>
Heart of Jesus, infinite in majesty,	<b>have mercy on us.</b>
Heart of Jesus, holy temple of God,	<b>have mercy on us.</b>
Heart of Jesus, tabernacle of the Most High,	<b>have mercy on us.</b>
Heart of Jesus, house of God and gate of heaven,	<b>have mercy on us.</b>
Heart of Jesus, aflame with love for us,	<b>have mercy on us.</b>
Heart of Jesus, source of justice and love,	<b>have mercy on us.</b>
Heart of Jesus, full of goodness and love,	<b>have mercy on us.</b>
Heart of Jesus, well-spring of all virtue,	<b>have mercy on us.</b>
Heart of Jesus, worthy of all praise,	<b>have mercy on us.</b>

Heart of Jesus, king and center  
of all hearts,  
Heart of Jesus, treasure-house  
of wisdom and knowledge,  
Heart of Jesus, in whom there  
dwells the fullness of the God,  
Heart of Jesus, in whom the  
Father is well pleased,  
Heart of Jesus, from whose  
fullness we have all received,  
Heart of Jesus, desire of the  
eternal hills,  
Heart of Jesus, patient and full  
of mercy,  
Heart of Jesus, generous to all  
who turn to you,  
Heart of Jesus, fountain of life  
and holiness,  
Heart of Jesus, atonement for  
our sins,  
Heart of Jesus, overwhelmed  
with insults,  
Heart of Jesus, broken for  
our sins,  
Heart of Jesus, obedient even  
to death,  
Heart of Jesus, pierced  
by a lance,  
Heart of Jesus, source of  
all consolation  
Heart of Jesus, our life and  
resurrection,  
Heart of Jesus, our peace and  
reconciliation,

**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**  
**have mercy on us.**



Heart of Jesus, victim for our sins,	<b>have mercy on us.</b>
Heart of Jesus, salvation of all who trust in you,	<b>have mercy on us.</b>
Heart of Jesus, hope of all who die in you,	<b>have mercy on us.</b>
Heart of Jesus, delight of all the saints,	<b>have mercy on us.</b>
Lamb of God, you take away the sins of the world,	<b>have mercy on us.</b>
Lamb of God, you take away the sins of the world,	<b>have mercy on us.</b>
Lamb of God, you take away the sins of the world,	<b>have mercy on us.</b>

*Leader:* Jesus, gentle and humble of heart.

*All:* **Touch our hearts and make them like  
your own.**

Let us pray

Father, we rejoice in the gifts of love we have received from the heart of Jesus your Son. Open our hearts to share his life and continue to bless us with his love.

We ask this in the name of Jesus the Lord. Amen.

## LITANY OF THE BLESSED VIRGIN MARY

*(Litany of Loreto)*

Lord, have mercy.	<b>Lord, have mercy.</b>
Christ, have mercy.	<b>Christ, have mercy.</b>
Lord, have mercy.	<b>Lord, have mercy.</b>
God our Father in heaven,	<b>have mercy on us.</b>
God the Son, Redeemer of the world,	<b>have mercy on us.</b>

God the Holy Spirit,  
Holy Trinity, on God,

**have mercy on us.**  
**have mercy on us.**

Holy Mary,  
Holy Mother of God,  
Most honored of virgins,

**pray for us.**  
**pray for us.**  
**pray for us.**

Mother of Christ,  
Mother of the Church,  
Mother of divine grace,  
Mother most pure,  
Mother most chaste,  
Mother inviolate,  
Mother undefiled,  
Mother most amiable,  
Mother most admirable,  
Mother of good counsel,  
Mother of our Creator,  
Mother of our Savior,  
Virgin most wise,  
Virgin rightly praised,  
Virgin rightly renowned,  
Virgin most powerful,  
Virgin gentle in mercy,  
Faithful Virgin,  
Mirror of justice,  
Throne of wisdom,  
Cause of our joy,  
Shrine of the Spirit,  
Glory of Israel,  
Vessel of selfless devotion,  
Mystical rose,  
Tower of David,

**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
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**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**  
**pray for us.**

Tower of ivory,	<b>pray for us.</b>
House of gold,	<b>pray for us.</b>
Ark of the covenant,	<b>pray for us.</b>
Gate of heaven,	<b>pray for us.</b>
Morning Star, pray for us.	
Health of the sick,	<b>pray for us.</b>
Refuge of sinners,	<b>pray for us.</b>
Comfort of the troubled,	<b>pray for us.</b>
Help of Christians,	<b>pray for us.</b>
Queen of angels,	<b>pray for us.</b>
Queen of patriarchs and prophets,	<b>pray for us.</b>
Queen of apostles and martyrs,	<b>pray for us.</b>
Queen of confessors and virgins,	<b>pray for us.</b>
Queen of all saints,	<b>pray for us.</b>
Queen conceived without sin,	<b>pray for us.</b>
Queen assumed into heaven,	<b>pray for us.</b>
Queen of the rosary.	<b>pray for us.</b>
Queen of Peace,	<b>pray for us.</b>

*Leader:* Pray for us, holy Mother of God.

*All:* **That we may become worthy of the promises of Christ.**

Let us pray.

Eternal God, let your people enjoy constant health in mind and body. Through the intercession of the Virgin Mary, free us from the sorrows of this life and lead us to happiness in the life to come.

Grant this through Christ our Lord. Amen.

## PSALM 23

The LORD is my shepherd;  
there is nothing I lack.  
In green pastures he makes me lie down;  
to still waters he leads me;  
he restores my soul.  
He guides me along right paths  
for the sake of his name.  
Even though I walk through the valley  
of the shadow of death,  
I will fear no evil, for you are with me;  
your rod and your staff comfort me.  
You set a table before me  
in front of my enemies;  
You anoint my head with oil;  
my cup overflows.  
Indeed, goodness and mercy will pursue me  
all the days of my life;  
I will dwell in the house of the LORD  
for endless days.

## PSALM 51

Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy blot out  
my transgressions.  
Wash me thoroughly from my iniquity,  
and cleanse me from my sin.  
For I know my transgressions,  
and my sin is ever before me.  
Against you, you alone, have I sinned,  
and done what is evil in your sight,  
so that you are justified in your sentence  
and blameless when you pass judgment.

Indeed, I was born guilty,  
a sinner when my mother conceived me.  
You desire truth in the inward being;  
therefore teach me wisdom in my secret heart.  
Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.  
Let me hear joy and gladness;  
let the bones that you have crushed rejoice.  
Hide your face from my sins,  
and blot out all my iniquities.  
Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.  
Then I will teach transgressors your ways,  
and sinners will return to you.  
Deliver me from bloodshed, O God,  
O God of my salvation,  
and my tongue will sing aloud of your deliverance.  
O Lord, open my lips,  
and my mouth will declare your praise.  
For you have no delight in sacrifice;  
if I were to give a burnt offering, you would not  
be pleased.  
The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God, you will  
not despise.  
Do good to Zion in your good pleasure;  
rebuild the walls of Jerusalem,  
then you will delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

## PSALM 86

### *A Prayer of David*

Incline your ear, LORD, and answer me,  
for I am poor and oppressed.  
Preserve my life, for I am devoted;  
save your servant who trusts in you.  
You are my God;  
be gracious to me, Lord;  
to you I call all the day.  
Gladden the soul of your servant;  
to you, Lord, I lift up my soul.  
Lord, you are good and forgiving,  
most merciful to all who call on you.  
LORD, hear my prayer;  
listen to my cry for help.  
On the day of my distress I call to you,  
for you will answer me.  
None among the gods can equal you, O Lord;  
nor can their deeds compare to yours.  
All the nations you have made shall come  
to bow before you, Lord,  
and give honor to your name.  
For you are great and do wondrous deeds;  
and you alone are God.  
Teach me, LORD, your way  
that I may walk in your truth,  
single-hearted and revering your name.  
I will praise you with all my heart,  
glorify your name forever, Lord my God.  
Your mercy to me is great;  
you have rescued me from the depths of Sheol.  
O God, the arrogant have risen against me;  
a ruthless band has sought my life;  
to you they pay no heed.

But you, Lord, are a compassionate and gracious God,  
slow to anger, abounding in mercy and truth.  
Turn to me, be gracious to me;  
give your strength to your servant;  
save the son of your handmaid.  
Give me a sign of your favor:  
make my enemies see, to their confusion  
that you, LORD, help and comfort me.

## PSALM 91

You who dwell in the shelter of the Most High,  
who abide in the shade of the Almighty,  
Say to the Lord, "My refuge and fortress,  
my God in whom I trust."  
He will rescue you from the fowler's snare,  
from the destroying plague,  
He will shelter you with his pinions,  
and under his wings you may take refuge;  
his faithfulness is a protecting shield.  
You shall not fear the terror of the night  
nor the arrow that flies by day,  
Nor the pestilence that roams in darkness,  
nor the plague that ravages at noon.  
Though a thousand fall at your side,  
ten thousand at your right hand,  
near you it shall not come.  
You need simply watch;  
the punishment of the wicked you will see.  
Because you have the Lord for your refuge  
and have made the Most High your stronghold,  
No evil shall befall you,  
no affliction come near your tent.  
For he commands his angels with regard to you,  
to guard you wherever you go.

With their hands they shall support you,  
lest you strike your foot against a stone.  
You can tread upon the asp and the viper,  
trample the lion and the dragon.  
Because he clings to me I will deliver him;  
because he knows my name I will set him on high.  
He will call upon me and I will answer;  
I will be with him in distress;  
I will deliver him and give him honor.  
With length of days I will satisfy him,  
and fill him with my saving power.

### PSALM 139

LORD, you have probed me, you know me:  
you know when I sit and stand;  
you understand my thoughts from afar.  
You sift through my travels and my rest;  
with all my ways you are familiar.  
Even before a word is on my tongue,  
LORD, you know it all.  
Behind and before you encircle me  
and rest your hand upon me.  
Such knowledge is too wonderful for me,  
far too lofty for me to reach.  
Where can I go from your spirit?  
From your presence, where can I flee?  
If I ascend to the heavens, you are there;  
if I lie down in Sheol, there you are.  
If I take the wings of dawn  
and dwell beyond the sea,  
Even there your hand guides me,  
your right hand holds me fast.  
If I say, "Surely darkness shall hide me,  
and night shall be my light"—



Darkness is not dark for you,  
and night shines as the day.  
Darkness and light are but one.  
You formed my inmost being;  
you knit me in my mother's womb.  
I praise you, because I am wonderfully made;  
wonderful are your works!  
My very self you know.  
my bones are not hidden from you,  
when I was being made in secret,  
fashioned in the depths of the earth.  
Your eyes saw me unformed;  
in your book all are written down;  
my days were shaped, before one came to be.  
How precious to me are your designs, O God;  
how vast the sum of them!  
Were I to count them, they would outnumber  
the sands;  
when I complete them, still you are with me.  
When you would destroy the wicked, O God,  
the bloodthirsty depart from me!  
Your foes who conspire a plot against you  
are exalted in vain.  
Do I not hate, LORD, those who hate you?  
Those who rise against you, do I not loathe?  
With fierce hatred I hate them,  
enemies I count as my own.  
Probe me, God, know my heart;  
try me, know my thoughts.  
See if there is a wicked path in me;  
lead me along an ancient path.



## PRAYERS FOR ADORATION

### CHRIST'S DISCOURSE ON THE EUCHARIST:

*John 6:35-58*

[After the Lord Jesus multiplied the loaves and the fishes and walked on the waters, he gave this discourse, promising the gift of the Eucharist, at the synagogue in Caperaum:]

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst. But I told you that although you have seen [me], you do not believe. Everything that the Father gives me will come to me, and I will not reject anyone who comes to me, because I came down from heaven not to do my own will but the will of the one who sent me. And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it [on] the last day. For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day."

[They] murmured about him because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven?'" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets: 'They shall all be taught by God.' Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father.

Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

[They] quarreled among themselves, saying, “How can this man give us [his] flesh to eat?” Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”

### ALONE WITH GOD

I am all alone in this Chapel; yet not alone...

Jesus my Lord is here with me.

He and I together!

I am looking upon him as the Beloved disciple John  
so often looked upon him.

Another day will come...

yes sooner, perhaps, than I think...

when I will again be alone with Christ...

that dread day when I will leave father, mother,  
wife, children, friends,

my hard-earned money, the pleasures that are mine—

that day when I shall feel my strength departing,  
my senses closing out the world about me...  
separating me from all that I have learned to love in life!  
Then I will be alone with Christ Jesus, alone with him...  
with Christ, my Savior, coming to reward me  
for a life of service; or with Christ, my judge,  
coming to condemn me for a life of sin.  
Then, at long last, the importance of  
the great business of my soul's salvation  
will force itself upon me...  
and I will realize more fully than I do now  
that it profits a man nothing  
to gain the whole world and lose his own soul.  
I dare not wait until that last visit of Christ  
to be alone with him.  
Here I am, alone with Jesus Christ in this chapel.  
I am going to speak now  
while I have an opportune moment.  
Now is the acceptable time.  
I must open my soul to him while I have the chance.  
Perhaps, this is the chance of a lifetime.  
I must beg pardon of hum now while I may.  
If I put it off, it may be too late.  
O Jesus, in your living presence,  
what can I say to You about myself?

### ACT OF THANKSGIVING

O my God, I thank you for all the favors,  
you have given to me.  
I give thanks from the bottom of my heart  
for the gift of life in good times and in bad.  
I thank you for my home and  
for all the love that surrounds me and  
for all the friends I have made  
throughout this journey called life.

My God, I thank you for guarding me always  
and keeping me safe;  
for forgiving me so often and so easily  
in the Sacrament of Penance;  
for offering yourself in the Holy Eucharist,  
with all your infinite merits, to the Father for me.  
I thank you for coming to me in Holy Communion,  
and for your patient waiting for me  
in the Blessed Sacrament of the altar.  
Lord, I thank you for having lived  
and worked and died for me;  
for your great love, and  
for preparing a place in heaven for me,  
where I hope to be happy always with you  
and to thank you always.  
With your help, my Lord,  
my future life here on earth  
will be one long thanksgiving.  
Just before your agony in the Garden, Lord,  
you said to your disciples:  
“If you love me, keep my commandments.”  
With the help of your grace,  
I shall keep your commandments,  
and shall use my observance of them  
as a test of my love for you.  
Strengthen me in my resolutions.

### **THANKSGIVING AFTER MASS**

*by St. Thomas Aquinas*

I give you thanks, Lord, holy Father, almighty and eternal God, who have been pleased to nourish me, a sinner and your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ: this through no merits of mine, but due solely to the graciousness of your mercy.

And I pray that this Holy Communion may not be for me an offense to be punished, but a saving plea for forgiveness. May it be to me an armor of faith, and the shield of good will. May it cancel my faults, destroy concupiscence and carnal passion, increase charity and patience, humility and obedience and all the virtues, may it be a firm defense against the snares of all my enemies, both visible and invisible, the complete calming of my impulses, both of the flesh and of the spirit, a firm adherence to you, the one true God, and the joyful completion of my life's course.

And I beseech you to lead me, a sinner, to that banquet beyond all telling, where with your Son and Holy Spirit you are the true light of your Saints, fullness of satisfied desire, eternal gladness, consummate delight and perfect happiness.

Through Christ our Lord. Amen.

### **PRAYER OF PETITION FOR RETREATANTS**

Jesus, in the Blessed Sacrament,  
bless the men and women of Malvern  
assembled here at Saint Joseph's-in-the Hills.

They have come to ask you  
to bestow upon them the blessings  
that will keep and preserve them  
all throughout their lives.

Bless and sanctify  
those who are absent from our group.  
May a blessing descend upon them  
through the grace of your Holy Eucharist  
that will be felt by all of them.

Bless the homes of each of us  
and conform them to the Holy Family at Nazareth...  
and make them sanctuaries of peace and harmony.

Unite all hearts that are in conflict.  
Heal wounded feelings and in your sacred love  
unite all the souls that should be friends.  
In the days of your earthly life, Lord,  
you showed your love and preference for the poor,  
the lowly, the suffering, and the sick.  
Visit today the homes  
of the men and women of Malvern.  
To those whose families are mourning loved ones,  
bring peace and healing.  
Give comfort to those in economic difficulties,  
to the sick, and to those who are weighed down by  
sorrow or care.  
Give to all of us that measure of health and success  
that is needed for each one of us to live up to our  
obligations and to fulfill our mission in life.  
To our departed loved ones and friends,  
Send forth the light of your eternal comfort.  
Finally, Lord, give to our retreat directors  
who are here with us throughout the year  
a share in your precious blessings.  
They have given their lives and energy  
for the Church and each one of us.  
May they be received one day by you  
and enjoy your presence forever. Amen.

## **MEDITATIONS AND REFLECTIONS**

### **ST. TERESA OF CALCUTTA ON SILENCE**

If we really want to pray, we must first learn to listen, for in the silence of the heart God speaks. To be able to see God present in that silence and to be able to hear God, we need a clean heart, for a clean heart can see God and can listen to God. When it is difficult to pray, we must help ourselves to do so. The first means to use is silence, for souls of prayer are souls of great silence. We cannot

put ourselves directly in the presence of God if we do not practice internal and external silence. God is the friend of silence. We need to find God and He cannot be found in noise and restlessness. Silence gives us a new outlook on everything. The essential thing is not what we say but what God says to us and through us.

**ST. JOHN HENRY NEWMAN:**  
*on the Mission of My Life*

God has created me to do Him some definite service; He has committed some work to me which He has not committed to another.

I have my mission.

I may never know it in this life,  
But I shall be told it in the next.

I am a link in a chain,  
a bond of connection between persons.

He has not created me for naught.  
I shall do good; I shall do His work.

I shall be an angel of peace,  
a preacher of truth in my own place,  
while not intending it  
if I do but keep His commandments.

Therefore I will trust Him.

Whatever I am, I can never be thrown away.  
If I am in sickness, my sickness may serve Him;  
In perplexity, my perplexity may serve Him;  
If I am in sorrow, my sorrow may serve Him.

He does nothing in vain.

He knows what He is about.

He may take away my friends.

He may throw me among strangers.

He may make me feel desolate,

Make my spirits sink,

Hide my future from me.

Still, he knows what he is about.



**ST. FRANCIS DE SALES:**

*On Peace and Your Cross*

Do not anticipate the mishaps of this life by worrying about them beforehand; instead, prepare for them by a perfect hope that as they occur, God to whom you belong, will deliver you from them. He has kept you till now; you have only to hold fast to the hand of his providence and he will help you on every occasion, and where you cannot walk, he will carry you. Do not think about what will happen tomorrow, for the same eternal Father who takes care of you today, will take care of you tomorrow, and always. Either he will not send you misfortune, or if he does, he will give you unconquerable courage to bear it. Live in peace, and put out of your imagination whatever can trouble you.

The everlasting God has in his wisdom foreseen from eternity the cross that he now presents to you as a gift from his inmost heart. This cross he now sends you he has considered with his all-knowing eyes, understood with his divine mind, tested with his wise justice, warmed with loving arms and weighed with his own hands, to see that it is not one inch too large nor one ounce too heavy for you. He has blessed it with his holy Name, anointed it with his grace, perfumed it with His consolation, taken one last glance at you and your courage, and then sent it to you from heaven, a special greeting from God to you, an alms of the all-merciful love of God.

**REV. DR. JAMES W. GIBBONS:**

*on Benediction of The Most Blessed Sacrament*

Benediction means a blessing. We have this distinct service, known as “Benediction of the Most Blessed Sacrament,” which, for brevity’s sake, we often simply term “Benediction.” At the end of the Communion Rite of the Mass, you see the priest or deacon taking what

remains of the Blessed Sacrament to the tabernacle. This is for the sake of the sick who were unable to attend or the dying who have need of Viaticum (a person's last Eucharist, the "food for the journey"). It is out of this Eucharistic presence of Christ in the tabernacle that devotion to the Holy Eucharist outside of Mass grew. This same True Presence makes it possible for us to receive a blessing from our Lord Jesus, as direct and as personal as that which the children, whom He was accustomed to bless, received; as direct and as personal as that which the apostles themselves received, when "lifting up His Hands He blessed them." The covering of the priest's hands signifies that it is not the priest who blesses now, but Jesus himself.

The Church seeks, as far as possible, to have the worship of Christ Jesus on earth, the same as it is in Heaven. In Heaven, the humanity of Jesus is worshipped united to His divinity; on earth His divinity is worshipped united to His humanity. In both cases, it is the God-man Emmanuel.

### **A METHOD FOR USING THE SCRIPTURE FOR PRAYER**

Guided by the teaching of St. Jerome, the translator of the Bible into Latin (the Vulgate), Christians have long recognized that if they wish to know Christ, they need to know the Scripture. Therefore, many have a desire to know of a way to use the Bible for their daily prayer. The Church comes to our aid by offering an ancient method, known to all the saints, for prayer with Scripture. You might call it a "Circle of Prayer" – one moment in the prayer leads to the next in what can be for the person who uses it, an unending and

ever deepening cycle of prayer. First, begin by choosing a passage from the Bible. You might like to use the Gospel for the coming Sunday's Mass. Then:

*1. Read the Passage (called in Latin, Lectio)*

The Wisdom of God prepares a banquet for us which is his Word. To simply read the Scripture is to pray. When you read the Bible passage slowly, with devotion, you are already praying. Savor with delight the very Word of God to you. Repeat words and phrases. Read the passage a second or even third time.

*2. Think about the Passage (Meditatio)*

God has given to each of us interior faculties of tremendous power and ability. He wants us to trust in his ability to use these interior faculties to communicate with us. Think about what this story from the life of Christ or what these words of his might mean – for him, in the first place, and for his disciples, and for yourself. What meaning do you find in it? How does it apply to your life? Then, use the gift of your imagination to picture the scene, and to hear and see everything that Jesus and the others who participate in this event are saying and doing. This might take a little practice. It also requires of us the freedom that comes from trust in God. St. Ignatius Loyola, who teaches this method in his Spiritual Exercises, encourages the person praying in this way to freely imagine themselves as a part of the scene and participating in it. For example, in meditating on the birth of Christ, he would invite you to imagine yourself as a servant who is there in the stable and helping Joseph and Mary. Perhaps Mary might even place the newborn Child in your arms. Or meditating on Jesus walking on the water, you might see yourself as Peter, getting out of the boat and walking towards Christ.

### *3. Dialogue with Christ (Oratio)*

As the prayer continues, it tends to become more simple. Speak to Jesus – or Mary, or one of the persons involved in the story – and listen to what he has to say to you. Some people wonder, “Will I hear God?” It’s unlikely that the heavens will open and you will hear the actual voice of God speaking to you; unlikely, but it’s been known to happen. More likely, you will have a sense of peacefulness or well-being or inspiration. We all have that other “voice” in our head – the one we tend to argue with. God can use that voice to “speak” to us. St. John says, “All spirits must be discerned.” After praying in this way, you might want to write down what it seemed God was saying, and then speak with a friend or a spiritual person about it.

### *4. Simply being with God (Contemplatio)*

In the end, God might, by his grace, bring you to an experience of simply being alone in the silence of his love. You might find yourself without any desire to think or do anything. It is enough for you simply to be alone, in the silence, with God. A person who comes to this graced moment should try to stay with it – that is to say, to stay with God – without feeling the need to rush on. Eventually, the moment will pass and you will find yourself wanting to “do” something in your prayer. Simply take up another Bible passage and begin again with the Lectio.

People ask, “How long should I spend with each of these moments or movements in prayer?” It depends on the individual. If you have an hour for prayer, you might choose a story from the life of Christ and spend fifteen minutes on each of the four phases. Someone who is using the Sunday Gospel for their prayer, might spend one day a week on each of the phases; with a repetition of

the part that seemed strongest or most important at the end of the week. Sometimes the phases are like seasons in a person's soul. You might spend a week or more simply reading the passage before moving to the *Meditatio*. St. John of the Cross says, "God adapts himself to the nature of each person." Let God lead you according to your desires and needs.

### THE DAILY EXAMEN

The saints and spiritual writers all encourage us to a daily reflection upon ourselves and our lives. This very simple form of prayer, taking as little as ten or fifteen minutes a day, can have a powerful effect in bringing about change in a person's life. One thing of importance to note: the Daily Examen is not an "Examination of Conscience." We examine our consciences when we are preparing to go to confession. We are looking for the power and effect of sin in our lives. The Daily Examen is, in a certain sense, more or greater than this. It is the daily "seeking God in all things" that is the hallmark of the lives of the saints.

Begin by recognizing that you are in the presence of God; that God is present with you and for you, and loving you. Ask for the grace of his Holy Spirit to bring light to your mind and heart.

Think about the day which has gone by and ask yourself this question: how has God been in my life this day and what has he been doing? As Mary did, turn over in your heart the events of the day gone by. God has been present and acting on your behalf. Seek him in the small moments and great, in the conversations and experiences of your day. Reflecting in this way, people frequently find themselves moved by sentiments of gratitude, wonder and love.

Then ask: and how have I been responding? What you are looking for is the quality of your response to God in your life. You will notice moments in your day when you were generous, kind, compassionate, forgiving. Thank God for them. You might notice moments when you were hesitant, resistant, confused or afraid. Talk to God about them. Then there might be moments when you were angry or hurtful of others, harsh in your opinions or foolish in your decisions and actions. Ask God's forgiveness.

End simply by thinking about the grace, the help you will need from God in the coming day. Ask for it by offering the Our Father.

*Rev. Herbert J. Sperger  
Ninth Rector*

## **PRAYERS FOR SPECIAL NEEDS**

### **PRAYER IN TIME OF OLD AGE AND GOD'S RESPONSE**

#### **The prayer of an elderly person (from Psalm 71):**

You are my hope, Lord,  
my trust, God from you youth.  
On you I depend since my birth;  
from my mother's womb you are my strength.  
Do not cast me aside in my old age;  
as my strength fails, do not forsake me.

#### **God's response (from Isaiah 46):**

My burden since your birth,  
whom I have carried from your infancy.  
Even to your old age, I am the same;  
even when you hair is gray, I will bear you.  
It is I who have done this;  
I who will continue;  
and I who will carry you to safety.

## CANCER

Cancer is so limited...  
It cannot cripple love.  
It cannot shatter hope.  
It cannot corrode faith.  
It cannot eat away peace.  
It cannot destroy confidence.  
It cannot kill friendship.  
It cannot shut out memories.  
It cannot silence courage.  
It cannot invade the soul.  
It cannot reduce eternal life.  
It cannot quench the spirit.  
It cannot lessen the power of the resurrection.

*Author Unknown*

## AT THE DEATH OF A LOVED ONE

I am standing upon the seashore.  
A ship at my side spreads her white sails to the  
morning breeze and starts for the ocean.  
She is an object of beauty and strength.  
And I stand and watch her,  
until at length she is only a ribbon  
of white cloud just where  
the sea and sky come to mingle with each other.  
Then someone at my side says,  
“There! She’s gone!”  
Gone where? Gone from my sight - that is all.  
She is just as large in mast and hull and spar  
as she was when she left my side,  
and just as able to bear her load of living freight  
to the place of her destination.  
Her diminished size is in me, not in her.  
And just at the moment  
when someone at my side says,

“There! She’s gone!”  
There are other voices ready  
to take up the glad shout,  
“There! She comes!”  
And that is death, and that is Life.

*Author Unknown*

### **GOD’S WORD FOR A SPECIAL CHILD**

I know what you are thinking - you need a sign. What better one could I give than to make this little one whole and new? I could do it, but I will not! I am the Lord and not a conjurer. I gave this mite a gift I denied to all of you - eternal innocence. To you, she looks imperfect but to me she is flawless, like the bud that dies unopened or the fledgling that falls from the nest to be devoured by the ants. She will never offend me, as all of you have done. She will never pervert or destroy the work of my Father’s hands. She is necessary to you. She will evoke the kindness that will keep you human. Her infirmity will prompt you to gratitude for your own good fortune. More! She will remind you every day that I am who I am, that my ways are not yours, and that the smallest dust mite, whiled in darkest space, does not fall out of my hand. I have chosen you. You have not chosen me. This little one is my sign to you. Treasure her!

*Excerpt from “The Clowns of God” by Morris West*

### **PRAYER OF SPOUSES FOR EACH OTHER**

Lord Jesus, grant that my spouse and I  
may have a true and understanding  
love for each other.  
Grant that we may both be filled  
with faith and trust.  
Give us the grace to live with each other  
in peace and harmony.



May we always bear with  
one another's weaknesses  
and grow from each other's strengths.  
Help us to forgive one another's failings  
and grant us patience, kindness, cheerfulness  
and the spirit of placing the well-being  
of one another ahead of self.  
May the love that brought us together  
grow and mature with each passing year.  
Bring us both ever closer to You  
through our love for each other.  
Let our love grow to perfection. Amen.

*Author Unknown*

### **PRAYER OF PARENTS**

God our Father, I thank you for the gift of my children  
and for the privilege and responsibility of being a parent,  
for this is my way of holiness.

May I regard each of my children as a sacred pledge  
of your love and a beautiful sign of your confidence  
in me. Help me to pass on to my children our greatest  
treasures—faith in your truth, hope in your goodness,  
love in your name for all.

I entrust my children to your loving care. Banish from  
our home any bitterness or lack of forgiveness. Let us  
have time, deep concern, and a sense of sacrifice for one  
another. Teach us never to be ashamed that we are, in  
name and in fact, a Catholic family striving to live in the  
way of Jesus, who is head of our home.

Give us your Holy Spirit to unite us throughout this  
life and let the circle of our family be unbroken in the  
Kingdom of your Son Jesus Christ, our Lord. Amen.

*Author Unknown*

## PRAYER OF A SINGLE PERSON

Lord, help me as a single adult.  
Help me to acknowledge Your presence  
in my times of loneliness.  
Help me to understand the difference  
between being alone and being lonely.  
Help me to claim Your promise  
to be closer than a brother or sister.  
Help me to be positive  
in my present circumstances.  
Help me to not allow past hurts  
to affect my present attitudes.  
Help me to realize that You allow all things  
to happen for my good.  
Help me to experience contentment  
even as I acknowledge my need for  
companionship.  
Help me to find security not only in my  
possessions but also in relationships.  
Help me not to be threatened  
by possible failure of relationships with others.  
Help me never to be so self-sufficient  
that I have no need for others.  
Help me to subject myself  
to the counsel of others.  
Help me to share my burdens and hurts  
with others.  
Help me always to hear the counsel of others  
in the light of Your word.  
Help me to cultivate friendships  
for the sake of others as well as myself.  
Help me not to withdraw  
from those who are of different status.  
Help me to be supportive of the family unit  
as You ordained it.

Help me in my freedom  
to be a channel of Your love to others.  
Help me to accept and be thankful for  
my own sexual identity.  
Help me to control my natural desires.  
Help me to never become careless  
about my personal appearance.  
Help me to use my time wisely.  
Help me never to allow others  
to take Your place in my life.  
Help me to be honest  
about my desires for the future.  
Help me to seek Your guidance  
and direction in my life. Amen.

*Author Unknown*

### **LIGHT OF CHRIST PRAYER**

*(Recruiters' Prayer)*

Please God,  
through the Light of Christ,  
inspire, direct and help us  
in our recruiting efforts  
to bring souls closer to You  
on our retreats at  
St. Joseph's-in-the-Hills.  
Your way must be our way,  
and we humbly ask  
that the Holy Spirit guide our plans  
and bless our work  
in the Retreat Apostolate. Amen.

*William M. Lennox  
Past President, Laymen's Retreat League*

**A PRAYER BY  
FR. MYCHAL JUDGE, OFM**

Lord, take me where You want me to go,  
Let me meet who You want me to meet,  
Tell me what You want me to say and  
Keep me out of your way.

*Fr. Mychal Judge, the chaplain of the New York City Fire Dept.,  
who perished ministering to victims of the tragedy at the World Trade  
Center on September 11, 2001. This prayer was found in his pocket.*



## RELIGIOUS POETRY

### MY LITTLE PATCH OF GREEN

In my little patch of green,  
Surrounded by a wall,  
I sit in a swing made for two,  
In a world of so much awe.

Outside, tires are screeching,  
Lights flashing, sirens blaring,  
And people screaming,  
All around my little patch of green.

But inside, butterflies are fluttering  
Among his sunlit flowers,  
Squirrels scampering  
Across His brilliant lawn,  
And birds chirping  
Above His glittering fountains,  
All within my little patch of green.

Now as I sit in my prayer for peace,  
My Good Shepherd grins,  
And He swings me with Him,  
In my little patch of green.

*Father Douglas McKay*

### I AM A CHRISTIAN

When I say... "I am a Christian."  
I'm not shouting, "I'm clean living."  
I'm whispering, "I was lost,  
Now I'm found and forgiven."

When I say... "I am a Christian."  
I don't speak of this with pride.  
I'm confessing that I stumble  
And need Christ to be my guide.

When I say... "I am a Christian."  
I'm not trying to be strong.  
I'm professing that I'm weak  
And need his strength to carry on.

When I say... "I am a Christian."  
I'm not bragging of success.  
I'm admitting I have failed  
And need God to clean my mess.

When I say... "I am a Christian."  
I'm not claiming to be perfect.  
My flaws are far too visible  
But, God believes I am worth it.

When I say... "I am a Christian."  
I still feel the sting of pain.  
I have my share of heartaches  
So I call upon His name.

When I say... "I am a Christian."  
I'm not holier than thou.  
I'm just a simple sinner  
Who received God's grace somehow.

*Maya Angelou*

## THANKSGIVING

For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
For love and friends,  
For everything Thy goodness sends.

*Ralph Waldo Emerson*



## OUR TRUE HOME

Our true home is in the present moment.  
To live in the present moment is a miracle.  
The miracle is not to walk on water.  
The miracle is to walk on the green Earth in the  
present moment,  
to appreciate the peace and beauty  
that are available now.

Peace is all around us —  
in the world and in nature —  
and within us —  
in our bodies and our spirits.

Once we learn to touch this peace,  
we will be healed and transformed.  
It is not a matter of faith;  
it is a matter of practice.”

*John Milton*

## THE GUY IN THE GLASS

When you get what you want  
in your struggle for pelf [gain],  
And the world makes you King for a day,  
Then go to the mirror and look at yourself  
And see what that guy has to say.  
For it isn't your father or mother or wife  
Whose judgment upon you must pass,  
The feller whose verdict counts most in your life  
Is the guy staring back from the glass.  
He's the feller to please, never mind all the rest,  
For he's with you clear up to the end;  
And you've passed your most dangerous, difficult test  
If the guy in the glass is your friend!  
You may be like Jack Horner and “chisel” a plum,  
And think you're a wonderful guy;

But the man in the glass says you're only a bum;  
If you can't look him straight in the eye.  
You may fool the whole world  
down the pathway of years,  
And get pats on the back as you pass;  
But your final reward will be heartaches and tears  
If you've cheated the guy in the glass.

*Dale Wimbrow*

### THE TOUCH OF THE MASTER'S HAND

'Twas battered and scarred, and the auctioneer  
Thought it scarcely worth his while  
To waste much time on the old violin,  
But held it up with a smile.

"What am I bidden, good folks," he cried,  
"Who'll start the bidding for me?"

"A dollar, a dollar. Then two! Only two?  
Two dollars, and who'll make it three?"

"Three dollars, once; three dollars, twice;  
Going for three..." But no,  
From the room, far back, a grey-haired man  
Came forward and picked up the bow;  
Then wiping the dust from the old violin,  
And tightening the loosened strings,  
He played a melody pure and sweet,  
As a caroling angel sings.

The music ceased, and the auctioneer,  
With a voice that was quiet and low,  
Said: "What am I bid for the old violin?"  
And he held it up with the bow.

"A thousand dollars, and who'll make it two?  
Two thousand! And who'll make it three?  
Three thousand, once; three thousand, twice,  
And going and gone," said he.



The people cheered, but some of them cried,  
    "We do not quite understand.  
What changed its worth?" Swift came the reply:  
    "The touch of the Master's hand."  
And many a man with life out of tune,  
    And battered and scarred with sin,  
Is auctioned cheap to the thoughtless crowd  
    Much like the old violin.  
A "mess of pottage," a glass of wine,  
    A game — and he travels on.  
He is "going" once, and "going" twice,  
    He's "going" and almost "gone."  
But the Master comes, and the foolish crowd  
    Never can quite understand  
The worth of a soul and the change that is wrought  
    By the touch of the Master's hand.

*Myra Brooks Welsh*

### **SURPRISE IN HEAVEN**

I dreamt death came the other night  
And Heaven's gate swung wide.  
An angel with a halo bright  
Ushered me inside.

And there! To my astonishment  
Stood folks I'd judged and labeled  
As "quite unfit", "of little worth",  
And "spiritually disabled".

Indignant words rose to my lips  
But never were set free,  
For every face showed stunned surprise —  
Not one expected me!

*Anonymous*

## THE STORY OF VENERABLE MATT TALBOT

Matt Talbot was born May 1856 in Dublin Ireland. One of twelve children, his father was a heavy drinker and, as a result, the family grew up in poverty. Typical of his era, Matt spent just two years at school. He entered the workforce at age twelve, employed by E & J Burke, a firm that bottled beer. His drinking began with taking the dregs from the bottom of returned bottles. Within two years, he graduated to whiskey and by the time he was sixteen, he came home drunk regularly.

By the time he was in his twenties, he spent all his wages and spare time in O'Meara's Tavern. Drink had become Matt's only interest in life. When his wages were spent, he borrowed and scrounged for money. He pawned his clothes and boots. He supplemented his wages by doing extra work after hours

He became a thief, once stealing a fiddle from a blind man. On Saturday, he would come home with just a shilling from his wages for his mother. His life had become unmanageable. His drinking companions had several hobbies: swimming, playing cards, and girlfriends. Matt had only one —alcoholic drink.

By the time he was twenty-eight, he was well on the road to self-destruction, when a traumatic incident changed his life. On a Saturday morning in 1884, he waited outside O'Meara's without a penny in his pocket. He had been unemployed that week. His problem, he told himself, would be quickly solved. When he had money, he shared it generously with his drinking friends. Therefore, he reasoned, they would not reject him in his misfortune.

But they did. One by one, they passed him. Some greeted him; others ignored him. Matt Talbot was stunned and shocked. Years later, he said that he was “cut to the heart.” But, it was a moment of grace. After some time thinking about his problem, he realized that he was totally enslaved to drink.

In nineteenth century Ireland, it was common for someone who wished to stop drinking to take a solemn pledge before a priest to abstain for a period of time. Mrs. Talbot could not believe her eyes when Matt came home sober on that fateful Saturday morning. “Ma, I’m going to take the pledge for life,” he said. He headed off to a nearby school where the priest persuaded him that he should take the pledge for ninety days only.

Those three months were sheer hell. We understand today the withdrawal symptoms of addiction, but in 1884 Matt Talbot had no one to share his suffering — the hallucination, the depression and nausea. But he had an iron will, a rock-like stubbornness that stood him well down through the years. “I know that I will drink again when the three months are up,” he would remark to his mother.

To fill in the time he used to spend in O’Meara’s, Matt went for a walk every evening after work. During one of those walks his resolution almost broke. He passed Bushe’s Public House about a mile from his home just as it opened. He caught the strong smell of beer and saw the crowded bar. The barman was busy serving the local men, and he paid little attention to this stranger waiting at the counter. Matt felt humiliated for the second time within a few weeks. Deeply hurt, he stormed out of the bar down the street and into a Jesuit Church. That evening he made another resolution, never to carry money with him. He kept that resolution for the rest of his life.

Dropping into a Church to rest during his walks became a habit. Matt was neither fit nor religious-minded. He grew tired quickly and since he could not rest in a Tavern or sit down on a public street, a church provided the haven he sought. Gradually he began to pray, to ask God to help him.

To find the strength to remain sober he decided to attend Mass every morning before work and to receive Holy Communion. This was very unusual in the 1880's when the average good layman went to Mass just on Sunday and received Holy Communion only at Easter and Christmas. At the end of three months, Matt took the pledge to abstain from alcohol for six months and finally took it for life.

Matt Talbot now turned all his effort to increasing his union with God and developing his life of prayer. The strict ascetical life of the early Irish monks attracted him. Their love of prayer with the emphasis on penance and humility, and manual labor dedicated to God, appealed to him. He turned to a Jesuit Father, Father James Welshe to help him.

His austere daily program may shock us today in an affluent society that demands comfort. He allowed himself just four or five hours sleep at night and arose about 5 a.m. to prepare for early Mass. Then he would return home for breakfast. Afterwards he would set off for work in the lumberyard of T&C Martin. He was a conscientious worker. Many years later, one of his former foremen described him as "the best worker in Dublin" who was often chosen to set the pace for others. But at a time when Dublin laborers were often exploited, he was not a "bosses" man. He had learned to read and write and was quite ready to discuss the rights of workers.

Since he was a member of many religious associations, he attended a meeting almost every evening. When he came home about 9 p.m. or 10 p.m., it was time for his spiritual reading. His spiritual reading ended about 1 a.m., and he retired for four hours rest before beginning his daily routine again. He did not go to work on Sunday but went to one of the City Churches and would kneel in an obscure corner from the first mass at 6 a.m. until mid-day.

Despite his austerities, Matt was a small tough man — “as strong as a little horse”, according to a fellow worker. He had an iron will and a constitution to match. Neither the other workers in T&C Martin’s, nor the fellow dockers on Dublin’s waterfront had an idea that he was leading a life modeled on the early Irish monks. He was a happy little man, although more silent than others. “Matt smiled at everything except a dirty joke,” a friend remarked. But many workers knew about his generosity. Matt lent them money to buy clothes or shoes for their children or to pay overdue rent.

Matt Talbot died suddenly from a heart attack in Granby Lane on the way to Mass on Sunday, June 7th, 1925. He was buried in what was virtually a pauper’s grave in Glasnevin Cemetery a few days later.

The story of his life came to light because when his body was undressed, three chains were discovered wrapped around it. Inquiries disclosed that he practiced a devotion known as the slavery to Mary. The underlying idea was that a person who considered himself a spiritual slave to the Mother of God would remain close to her and to Jesus, her son. The devotion included wearing one fine, loose chain. It was typical of Matt Talbot to wear three.

In 1975, the Holy See conferred the title “Venerable” on him, which means that from a purely human point of view, Matt Talbot has the qualifications of a Saint. If this Opinion is confirmed by the Miracles required by Canon Law, he will be canonized.

*Excerpted from www.MattTalbotRetreats.org*

### **PRAYER FOR THE CANONIZATION OF MATT TALBOT**

Lord, in your servant Matt Talbot you have given us a wonderful example of triumph over addiction, of devotion to duty, and of lifelong reverence for the Most Holy Sacrament. May his life of prayer and penance give us courage to take up our crosses and follow in the footsteps of Our Lord and Savior, Jesus Christ.

Father, if it be your will that your beloved servant should be glorified by your Church, make known by your heavenly favors the power he enjoys in your sight. We ask this through the same Jesus Christ Our Lord. Amen

### **SERENITY PRAYER**

God, grant me the Serenity  
to accept the things I cannot change;  
Courage to change the things I can and  
Wisdom to know the difference.

*Author Unknown*



## PRAYER OF SURRENDER

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

*Thomas Merton*

## THE STORY OF SAINT MAXIMILIAN KOLBE

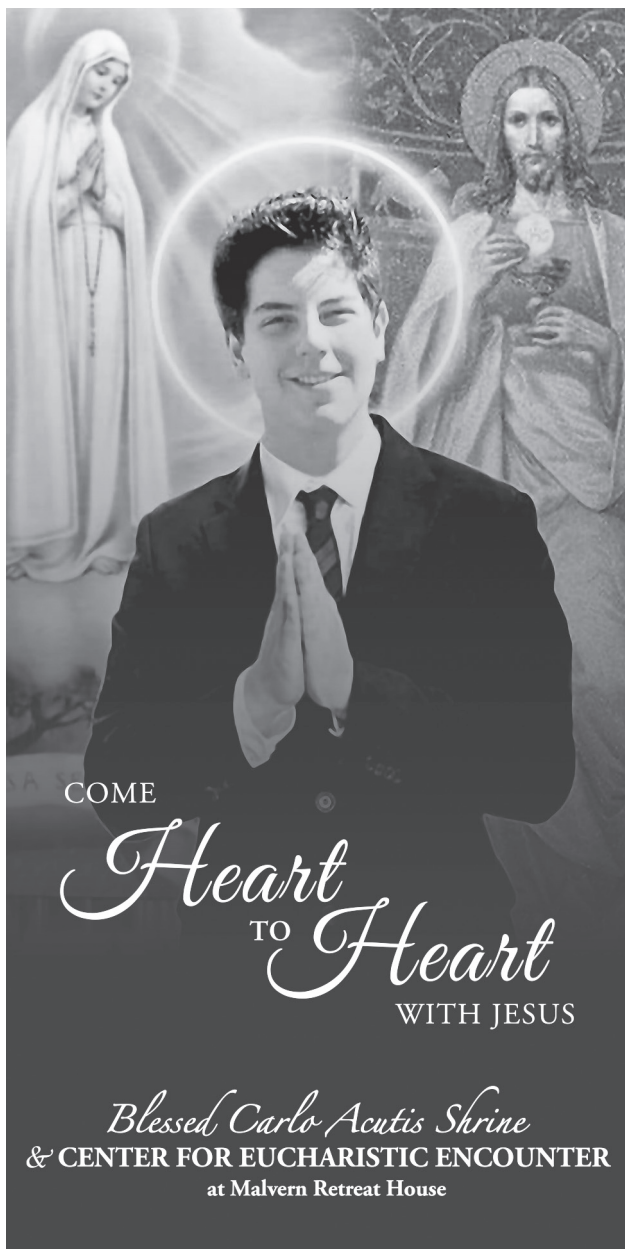
Saint Maximilian was born January 7, 1894 in Poland. Ordained in 1918, he became a Conventual Franciscan priest. He founded a pious society of clerics and laity called the “Knights of the Immaculata”. His love for the Blessed Mother propelled his life.

During World War II, imprisoned in Auschwitz, he took the place of a condemned man. After being confined to a bunker and harshly treated for several weeks, he was murdered by lethal injection on

April 14, 1941. Because he died as a martyr with a syringe in his arm, he became the patron saint of drug addicts.

Even though Maximilian never had a drug problem, he intercedes for those suffering souls who do.

For the love of Christ, this saint also would have given his life for any one of us, even drug addicts.



COME

*Heart*  
TO *Heart*

WITH JESUS

*Blessed Carlo Acutis Shrine*  
& CENTER FOR EUCHARISTIC ENCOUNTER  
at Malvern Retreat House



## BLESSED CARLO ACUTIS' STORY

Born in London and raised in Milan, Carlo's wealthy parents were not particularly religious. Upon receiving his first communion at age seven, Carlo became a frequent communicant, making a point of praying before the tabernacle before or after every Mass. In addition to Francis of Assisi, Carlo took several of the younger saints as his models, including Bernadette Soubirous, Jacinta and Francisco Marto, and Dominic Savio.

At school Carlo tried to comfort friends whose parents were undergoing divorce, as well as stepping in to defend disabled students from bullies. After school hours he volunteered his time with the city's homeless and destitute. Considered a computer geek by some, Carlo spent four years creating a website dedicated to cataloguing every reported Eucharistic miracle around the world. He also enjoyed films, comics, soccer, and playing popular video games.

Diagnosed with leukemia, Carlo offered his sufferings to God for the intentions of the sitting pope—Benedict XVI—and the entire Church. His longtime desire to visit as many sites of Eucharistic miracles as possible was cut short by his illness. Carlo died in 2006 and was beatified in 2020.

As he had wished, Carlo was buried in Assisi at St. Mary Major's "Chapel of the Stripping", where Francis had returned his clothes to his father and began a more radical following of the Gospel.

Among the thousands present for Carlo's beatification at Assisi's Basilica of St. Francis were many of his childhood friends. Presiding at the beatification service, Cardinal Agostino Vallini praised Carlo as an example of how young people can use technology to spread the Gospel

“to reach as many people as possible and help them know the beauty of friendship with the Lord.” His liturgical feast is celebrated on October 12.

### **Reflection**

Carlo Acutis did not strive to become famous but rather to cooperate as generously as possible with God’s grace. That journey brought him many experiences, but they were all united by a burning desire to serve God and others as generously as possible.



## MY RETREAT EXPERIENCE

As you enter the Malvern Retreat House from the road which leads to Saint Joseph's Hall and Chapel, there is a small sign about halfway up the road which states, "Come as you are." With a blink of an eye or due to the distraction of the natural beauty here, you could miss the sign. Early on, I often did. However, at some point over the last twenty-five years, I have made it a point to stop the car for a few moments at that sign or stand before it when I took a walk.

Come as you are. My welcome sign at this retreat house, yours too and the welcome sign for the countless number of men, women and children who have entered upon this sacred and holy ground for over a hundred years. It is the same beckoning that our Lord made to Simon on the shoreline so he could become Saint Peter. Come Simon as you are, fisherman, husband, brother and by your own admission, a sinner.

With those four, simple words on that sign, this retreat house not only welcomes me, but challenges me as it challenges you. We may not recognize the challenge until we encounter the silence which permeates these grounds, or as we sit near the stream at the Grotto or light a candle at the Shrine to Saint Joseph. It may come to us when we are kneeling before the Lord in an Oratory or as we are absolved of our sins within the liberating space of a confessional at Our Lady's Chapel or at that uniquely private place on the property, known only to us, where we hear the whisper of God.

But we are challenged to fully reveal to ourselves, what the Lord already knows about us. We must answer the question, did we come as we are? It is not always an easy task. Along the way of that discernment, we are called

upon to place ourselves in the embracing arms of our Lord. We offer our aspirations as well as our gratitude to Him for the many blessings which have been bestowed upon us. We also place our disappointments and the worries we have for our loved ones into His Hands. Of course, we must reveal the blemishes on our souls, the unforced errors, the missed opportunities to assist someone in need as well as the fault lines in our own faith journey.

And if we accept the challenge, fully answer the question, and engage in the discernment, we can become what the Lord wants us to be. With His help, we can willingly take sandpaper to our rough edges. We can seamlessly mend what is torn. We can build upon what we have started in our spiritual life. We can express our gratitude with more than words. We can fill the fault lines with a renewed and invigorated Catholic Faith. We can stand before the Pieta on this property and unite ourselves more closely with the sufferings of Christ, with the sorrow of Our Blessed Mother and with the irrepressible joy of the Lord's Resurrection.

For over a hundred years in these magnificent hills of Malvern, the Lord has been calling men and women, young and old, sinners and saints, you and me, like He did long ago along the shoreline of Galilee. And because He does so, the Malvern Retreat House is a sacred and holy place. It is also why it is my spiritual home and the spiritual home to so many, including each one of you.

We never walk alone here. We follow in the footsteps of men and woman who have walked the paths on this property before us. I am fortunate to have had the example of my father and grandfather, both of whom attended over thirty-six annual retreats.

Each one of us remain indebted to the priests, deacons, religious sisters and brothers as well as lay leaders that have served us here so faithfully over the years and to those that continue to do so.

At the conclusion of my retreat here on a Sunday, I have often thought that there should be a sign as we leave this property which asks the question, are you leaving as you came? The answer would be a resounding, no. Each one of us are touched by this sacred and holy place in a special way. The impact may be different each year, but our souls are never the same after we have been here.

I did not leave as I came. Not even close. None of us ever do. And when we leave here, we have an obligation to help those encounter Christ in the most profound way. Each one of us should follow the example of Mr. John J. Ferreck. When Mr. Ferreck returned to Philadelphia after attending his first retreat on Staten Island in 1912, the experience compelled him to work with his friends and form what we now call the Malvern Retreat House.

Although our mission is far less formidable than the one which Mr. Ferreck and his friends undertook, we are nevertheless asked to do our part. We need to redouble our efforts to invite men and women to attend a retreat here for the first time. We need to encourage those, who have not attended a retreat here in sometime, to do so again. This place remains their spiritual home. We must also express our gratitude to the Lord, with more than words, and financially assist this sacred and holy place by whatever means we can.

The Malvern Retreat House needs each one of us to fulfill the mission entrusted to us so that many more

retreatants can become the person that the Lord wants them to be. They as well should be able to come as they are, so they may not leave as they were.

It is my fervent prayer that my favorite sign located on the road to Saint Joseph's Hall and Chapel welcomes and challenges many more during the century that lies ahead of us. Please join me in that prayer and let us work together to make that happen. May God bless you and all those who call this Retreat House their spiritual home. *Prosit.*

*Timothy M. Yessman*

### COME AS YOU ARE

Come as you are, that's how I want you.  
Come as you are, feel quite at home.  
Close to my heart, loved and forgiven;  
come as you are, why stand alone?

No need to fear, love sets no limits.  
No need to fear, love never ends.  
Don't run away, shamed as disheartened.  
Rest in my love, trust me again.

I came to call sinners, not just the virtuous.  
I came to bring peace, not to condemn.  
Each time you fail to live by my promise,  
why do you think I'd love you the less?

Come as you are, that's how I love you.  
Come as you are, trust me again.  
Nothing can change the love that I bear you.  
All will be well, just come as you are.

*By Paul Gurr and Deidre Brown*



## PARTING WORDS

### *Prosit!*

The expression of the word *Prosit* has become a time honored tradition here at Malvern. The translation of the word “*Prosit*” is, “May it be for your benefit.” This expression represents the sincere wishes of the retreat directors, Board members, retreatants and associates as you leave this holy place. With this short phrase, we offer our support as you re-enter the hectic world beyond St. Joseph’s-in-the-Hills having renewed yourself in your faith and discovered those gifts within you that God has given you.

Malvern is a place but it also represents a commitment by each retreatant to work to transform their lives to better serve God and their neighbor in a special way. Having listened to God’s word during your retreat, it is the hope of the Founders and your fellow retreatants that “you will leave Malvern a different person” to become an active witness to your faith.

Consider telling the Malvern story of faith, tradition and service to your family, co-workers and neighbors. Enliven our retreat apostolate by actively inviting others to share in our tradition, our spiritual program and to help them live the Word of God in their daily lives.

*Prosit!*

*Omnibus et singulis!*







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Malvern Retreat House acknowledges and thanks all those who contributed their time and talents in renewing this handbook for our retreatants.

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