

*Virtual*

# *Holy Week Retreat*

April 5-11, 2020

**Wednesday, April 8:  
Morning Prayer**

**Carmelite Hermits  
of the Blessed Virgin Mary,  
Demontreville**



ARCHDIOCESE  
OF  
SAINT PAUL &  
MINNEAPOLIS

Wednesday, April 8:  
Morning Prayer

Carmelite Hermits of the Blessed Virgin Mary  
Demontreville

MORNING PRAYER

O God, come to my assistance.

O Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

As it was in the beginning, is now, and will be for ever. Amen.

HYMN

1. Crux fidélis, inter omnes  
arbor una nóbilis!  
Nulla talem silva profert  
flore, fronde, gérmine.  
Dulce lignum, dulci clavo  
dulce pondus sústinens!

2. Flecte ramos, arbor alta,  
tensa laxa víscera,  
et rigor lentéscat ille  
quem dedit natívitas,  
ut supérni membra regis  
miti tendas stípite.

3. Sola digna tu fuísti  
ferre sæcli prétium,  
atque portum præparáre  
nauta mundo náufrago,  
quem sacer cruor perúnxit  
fusus Agní córpore.

1. Faithful Cross, above all other,  
one and only noble tree!  
None in foliage, none in blossom,  
none in fruit thy peers may be.  
Sweet the wood, and sweet the nails, and  
sweet the weight that hung on thee.

2. Bend thy boughs, O tree of glory;  
thy relaxing sinews bend.  
For awhile the ancient rigor  
that thy birth bestowed suspend,  
and the King of heav'nly glory  
in thy gentle bosom tend.

3. Thou alone were counted worthy  
this world's ransom to uphold;  
for a shipwrecked world preparing  
harbor, like a sailor bold;  
with the sacred blood anointed  
which from smitten Lamb has rolled.

4. En acétum, fel, arúndo,  
spuata, clavi, láncea;  
mite corpus perforátur,  
sanguis, unda prófluit;  
terra, pontus, astra, mundus  
quo lavántur flúmine!

5. Æqua Patri Filióque,  
ínclito Paráclito,  
sempitérna sit beátæ  
Trinitáti glória,  
cuius alma nos redémit  
atque servat grátia. Amen.

4. See the nails, the gall, the spitting,  
vinegar, and spear, and reed.  
From that holy body broken  
blood and water forth proceed.  
Earth, and stars, and sky, and ocean  
by that flood from stain are freed.

5. Equal glory be forever  
to the Father and the Son,  
to the Holy Spirit also,  
Blessed Trinity in One,  
whose grace saves and keeps us surely  
while eternal ages run. Amen.

## PSALMODY

### *Antiphon 1*

In the day of my distress, I reached out with my hands to seek the Lord's help.

### *Psalm 77*

### *Recalling God's works*

*We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8).*

I cry aloud to Gód, \*  
cry aloud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †  
My hánds were raised at níght without céasing; \*  
my sóul refúsed to be consóled.

I remémbered my Gód and I gróaned. \*

I póndered and my spírit fáinted.

You withhéld sléep from my éyes. \*

I was tróubled, I cóuld not spéak.

I thought of the dáys of long agó \*  
and remébered the yéars long pást.  
At níght I músed within my héart. \*  
I póndered and my spírit quéstioned.

“Will the Lórd rejéct us for éver? \*  
Will he shów us his fávor no móre?  
Has his lóve vánished for éver? \*  
Has his prómise cóme to an énd?  
Does Gód forgét his mércy \*  
or in ánger withhóld his compásson?”

I said: “Thís is what cáuses my gríef; \*  
that the wáy of the Most Hích has chánged.”  
I reméber the déeds of the Lórd, \*  
I reméber your wónders of óld,  
I múse on áll your wórks \*  
and pónder your míghty déeds.

Your wáys, O Gód, are hóly. \*  
What gód is gréat as our Gód?  
Yóu are the Gód who works wónders. \*  
Yóu showed your pówer among the péoples.  
Your stróng arm redéemed your péople, \*  
the sóns of Jácob and Jóseph.

The wáters sáw you, O Gód, \*  
the wáters sáw you and trémbed;  
the dépths were móved with térror. \*  
The clóuds póured down ráin,  
the skíes sent fóρθ their vóice; \*  
your árrows fláshed to and fró.

Your thúnder rólled round the ský, \*  
your fláshes líghted up the wórlđ.  
The éarth was móved and trémbed \*  
when your wáy léđ through the séa,  
your páθ through the míghty wáters, \*  
and nó one sáw your fóótpřints.

You guíded your péople like a flóck \*

by the hánd of Mósés and Áaron.

Glory to the Father, and to the Son,\*  
and to the Holy Spirit:  
as it was in the beginning, is now,\*  
and will be for ever. Amen.

*Antiphon*

In the day of my distress, I reached out with my hands to seek the Lord's help.

*Antiphon 2*

If we have died with Christ, we believe that we shall also live with Christ.

*Canticle – 1 Samuel 2:1-10*

*The humble find joy in God*

*He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53).*

My heart exults in the Lord,\*  
my horn is exalted in my God.

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.

Speak boastfully no longer,\*  
nor let arrogance issue from your mouths.  
For an all-knowing God is the Lord,\*  
a God who judges deeds.

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.

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.

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.

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.

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!

Glory to the Father, and to the Son,\*  
and to the Holy Spirit:  
as it was in the beginning, is now,\*  
and will be for ever. Amen.

*Antiphon*

If we have died with Christ, we believe that we shall also live with Christ.

*Antiphon 3*

God has made Christ Jesus our wisdom and our holiness. By him we have been sanctified and redeemed.

*Psalm 97*

*The glory of the Lord in his decrees for the world*

*This psalm foretells a world-wide salvation and that peoples of all nations will believe in Christ (St. Athanasius).*

The Lord is king, let éarth rejoice,\*  
let áll the cóastlands be glád.  
Clóud and dárkness are his ráiment;\*

his thróne, jústice and ríght.

A fire preparés his páth; \*  
it búrns up his fóes on every síde.  
His líghtnings líght up the wórld, \*  
the éarth trémbles at the síght.

The móuntains mélt like wáx \*  
before the Lórd of áll the éarth.  
The skíes procláim his jústice; \*  
all péoples sée his glóry.

Let thóse who serve ídols be ashámed, †  
those who bóast of their wórtless góds. \*  
All you spírits, wórship hím.

Zíon héars and is glád; †  
the péople of Júdah rejóice \*  
becáuse of your júdgments, O Lórd.

For yóu indéed are the Lórd, †  
most hígh above áll the éarth, \*  
exálted far abóve all spírits.

The Lórd loves thóse who hate évil: †  
he gúards the sóuls of his sáints; \*  
he séts them frée from the wícked.

Líght shínes fórt for the júst \*  
and jóy for the úpríght of héart.  
Rejóice, you júst, in the Lórd; \*  
gíve glóry to his hólý náme.

Glory to the Father, and to the Son, \*  
and to the Holy Spírít:  
as it was in the béginning, is now, \*  
and will be for éver. Amen.

*Antiphon*

God has made Christ Jesus our wisdom and our holiness. By him we have been sanctified and redeemed.

*Sit*

READING

*Isaiah 50:4b-7*

The Lord God opens my ear that I may hear;  
And I have not rebelled,  
have not turned back.  
I gave my back to those who beat me,  
my cheeks to those who plucked my beard:  
My face I did not shield  
from buffets and spitting.  
The Lord God is my help,  
therefore I am not disgraced;  
I have set my face like flint,  
knowing that I shall not be put to shame.

RESPONSORY

By your own blood, Lord, you brought us back to God.

— By your own blood, Lord, you brought us back to God.

From every tribe, and tongue, and people and nation,

— you brought us back to God.

Glory to the Father, and to the Son, and to the Holy Spirit,

— By your own blood, Lord, you brought us back to God.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Through the eternal Spirit, Christ offered himself to God as the perfect sacrifice. His blood purifies us from sin and makes us fit servants of the living God.



*The Messiah and his forerunner*

*Make sign of cross*

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 to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Through the eternal Spirit, Christ offered himself to God as the perfect sacrifice. His blood purifies us from sin and makes us fit servants of the living God.

## INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

— Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory, bring your Church to the Passover feast of heaven.

— Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance, heal our wounds.

— Lord, have mercy on us.

You made the cross the tree of life, give its fruit to those reborn in baptism.

— Lord, have mercy on us.

On the cross you forgave the repentant thief, forgive us our sins.

— Lord, have mercy on us.

### *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.

### *Concluding Prayer*

Father,  
in your plan of salvation  
your Son Jesus Christ accepted the cross  
and freed us from the power of the enemy.  
May we come to share the glory of his resurrection,

for he lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

— Amen.

*Dismissal*

V. The Lord be with you.

R. And with your spirit.

May Almighty God bless you, the Father, and the Son, and  
the Holy Spirit.

R. Amen.

V. Let us bless the Lord.

R. Thanks be to God.

*Ave Regina Coelorum*

Ave, Regina, caelorum.

Ave, Domina angelorum.

Salve, radix; salve, porta  
ex qua mundo lux est orta.

Gaude, Virgo gloriosa,  
super omnes speciosa.

Vale, O valde decora,  
et pro nobis Christum exora.

V. Dignare me laudare te, Virgo sacrata.

R. Da mihi virtutem contra hostes tuos.

Oremus:

Concede, misericors Deus, fragilitati nostrae  
praesidium, ut qui sanctae Dei Genetricis  
memoriam agimus, intercessionis eius  
auxilio, a nostris iniquitatibus resurgamus,  
per eundem Christum Dominum nostrum.

Amen.

Hail, Queen of heaven.

Hail, Lady of the angels.

Hail, root; hail, gate through which  
light has appeared upon earth.

Rejoice, glorious Virgin,  
beautiful above all others.

Farewell, most fair one,  
and pray to Christ for us.

V. Let me praise you, holy Virgin.

R. Give me strength against your enemies.

Let us pray:

Grant us help in our weakness, O merciful  
God, so that we who keep the memory of  
the holy Mother of God may rise up from  
our iniquities by the help of her intercession,  
through the same Christ our Lord.

## *The Word of God for Lectio Divina*

### *Matthew 26:14-25*

One of the Twelve, who was called Judas Iscariot,  
went to the chief priests and said,  
“What are you willing to give me  
if I hand him over to you?”  
They paid him thirty pieces of silver,  
and from that time on he looked for an opportunity to hand him over.  
On the first day of the Feast of Unleavened Bread,  
the disciples approached Jesus and said,  
“Where do you want us to prepare  
for you to eat the Passover?”  
He said,  
“Go into the city to a certain man and tell him,  
‘The teacher says, AMy appointed time draws near;  
in your house I shall celebrate the Passover with my disciples.’”  
The disciples then did as Jesus had ordered,  
and prepared the Passover.  
When it was evening,  
he reclined at table with the Twelve.  
And while they were eating, he said,  
“Amen, I say to you, one of you will betray me.”  
Deeply distressed at this,  
they began to say to him one after another,  
“Surely it is not I, Lord?”  
He said in reply,  
“He who has dipped his hand into the dish with me  
is the one who will betray me.  
The Son of Man indeed goes, as it is written of him,  
but woe to that man by whom the Son of Man is betrayed.  
It would be better for that man if he had never been born.”  
Then Judas, his betrayer, said in reply,  
“Surely it is not I, Rabbi?”  
He answered, “You have said so.”

**REFLECTION**

There will now be time for silent reflection. The prayer leader will ask questions. Feel free to journal your about the thoughts, feelings or desires which arise in your heart below.

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What is Jesus asking me to do today as a result of this prayer?

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In the silence of your own heart pray a prayer of commitment to respond to this prayer today.

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