

# RETREATS



*(Handouts for personal prayer)*

Fr. Lorenzo Carraro, MCCJ

# RETREATS

(Handouts for personal prayer)

by

Fr. Lorenzo Carraro, MCCJ

2020

# Table of Contents

Classic Ignatian Retreat (8 Days)	.....	3
Five Days Retreat with John's Gospel	.....	21
Six Days Retreat on the "Mystery of Love"	.....	35
Six Days Retreat with Mary and the Rosary	.....	48
Transforming Eucharist (6 Days)	.....	61
Celebrating the Eucharist with Mary	.....	69
Transforming Eucharist (8 Days)	.....	75
Our Baptismal Priesthood (6 Days)	.....	84

[illegible]

## **CLASSIC IGNATIAN RETREAT (8 days)**

The classic length is 30 Days. Saint Ignatius divides the month into four weeks. The 8 Day Retreat is modeled on the scheme of the 30 Days. The first 3 days reflect the first week: it focuses on God's love and on its opposite, the reality of evil. Ideally, this first stage will bring the retreatant to a good General Confession and to an attitude of inner freedom and availability for the journey of following Christ, in contemplating the mysteries of his life, death and resurrection.

The fourth and fifth days cover the second week about the birth and infancy of Jesus, Bethlehem and Nazareth as well as his public life and mission. The sixth and seventh days correspond to the third week which is about the passion, death and burial of Jesus. The eighth day focuses on the Resurrection experience which is the last week of the 30 days.

Every day contains an intention of prayer for the graces to be asked for, according to Saint Ignatius' suggestions as well as abundant Bible passages for the contemplation of the mysteries. The titles of the different days give a hint of the content of the daily meditations:

1. ALONE WITH GOD
2. THE GOD OF JESUS
3. THE DARKNESS WHICH IS IN ME
4. JESUS WAY TO THE FATHER

5. JESUS MISSIONARY OF THE FATHER
6. JESUS BROKEN LOVE
7. AT THE FOOT OF THE CROSS WITH MARY
8. A WORLD ABLAZE IN THE RISEN CHRIST

Sources:

DAVID L. FLEMING, SJ: *The Spiritual Exercises of Saint Ignatius (A literal translation and a contemporary reading)*, St. Louis, USA, 1978.

MARIAN COWAN, CSI & JOHN CARROL FUTRELL, SJ: *The Spiritual Exercises of Saint Ignatius of Loyola (A Handbook for Directors)*, USA 1981.

# **(1) ALONE WITH GOD**

**GRACE:** Desire for silence, thirst for God, taste for prayer.

**PRAYER:** Lord, teach me how to pray!

1. Speak, Lord, your servant is listening!
2. Come, Lord Jesus!
3. Christ, Word of my God, may I spend my life in listening to you!

## **HINTS FOR PRAYER**

### 1. SILENCE IN WHICH GOD INHABITS:

Enter the solitude and silence, searching for God, waiting on God, with a contemplative attitude.

- PS 63
- 1 Kings 19,9-13
- 1Samuel 3,1-10

### 2. CREATION SPEAKS OF GOD

Contemplate God in nature and be grateful

- Ps 104
- Wisdom 11,21-27;12,1-2
- Ps 23

### 3. GOD KNOWS ME

Feel yourself as naked and open in front of Him. Pray that He may reveal yourself to yourself, in truth, during this Retreat.

- Ps 139
- Ps 8

### 4. GOD LOVES ME:

Re-trace the happenings of your past as salvation history.

Re-live the peak moment of your encounter with Him in your life and adore Him in yourself.

- Ps 131

### 5. GOD PROVIDES:

Contemplate God's Providence in the world, trusting in Him; rest in the certainty of His care.

- Mt. 6,25-33
- Ps 103

\*\*\*\*\*

**YOUR ARE MADE**

**WHOLE**

**AGAIN**

**IN SILENCE**

**WONDER**

**IS THE HEART**

**OF**

**CONTEMPLATION**

**NO ONE**

**CAN BE GRATEFUL**

**AND**

**UNHAPPY**



## ***(2) THE GOD OF JESUS***

**GRACE:** A deep experience of God's love for me; of His covenant with me; of his everlasting faithfulness to me.

**PRAYER:** Father, I abandon myself into your hands: do with me what You will. And for whatever You may do, I thank You. I am ready for all. I accept all. Let only Your will be done in me and in all Your creatures. I wish no more than this, O Lord, into Your hands I commend my life. I offer it to You with all the love of my heart. For I love You, God, and so I need to give myself to surrender myself into Your hands without reserve and with boundless confidence, for You are my Father. Amen.

### **HINTS FOR PRAYER:**

#### **1. GOD WITH US:**

Thank God for the gift of Jesus. Adore God's humility in Jesus to us. See, consider how you are blessed in Jesus, living in a blessed world.

-Phil. 2,1-8                      -John 6,16-21                      -Eph 1,3-23                      -1John 4,9-10

#### **2. A FAITHFUL GOD:**

Rest in the safety, security of God's love which will never fail you.

-Is 43,1-7                      -Romans 8,28-39                      -Hosea 2,16-25

#### **3. CALLED TO SONSHIP IN THE SON**

Adore God's plan: He has called you to be His son /daughter in Jesus to enter the intimacy of His divine life.

-Romans 8:15-17                      -Eph. 2,1-10; 19-22                      - 1 John 3,1-2

#### **4. CALLED TO BE A NEW CREATURE:**

Adore God's plan: He has called you to a new life, to holiness, to the perfection of love.

-John, 1-14

-Luke 8,19-21

-Romans 10,9-13

-1John 4,7-12



\*\*\*\*\*

## LIFE

IS NOT A PROBLEM  
TO BE SOLVED,  
A QUESTION  
TO BE ANSWERED.  
LIFE IS A MYSTERY  
TO BE CONTEMPLATED  
WONDERED AT  
AND SAVOURED.



### ***(3) THE DARKNESS WHICH IS IN ME***

**GRACE:** A deep sense of sorrow and shame for my sins, up to the shedding of tears.

**PRAYER:** Jesus, son of God, have mercy on me, a sinner!

#### **HINTS FOR PRAYER**

**1. SIN UNLEASHED IN THE WORLD:**

Ask the grace of becoming aware of the reality of evil, the devastating power of sin, the smell of death and corruption in our society.

-Gen. 3,1-19                      -Romans 1, 18-25; 28-32;2,1-10

**2. MY PERSONAL SINS:**

Let the circumstances of a personal sin, of which you have experienced the ugliness and debasement come back to you. Let your heart be soaked in shame and sorrow.

-Ps 51

**3. THE SIN OF INDIFFERENCE TO CHRIST:**

Consider the times you have turned the Gospel of love into trivial platitudes, a meaningless life...

-Rev. 3,14-22

**4. SIN: A MYSTERY CONTEMPLATED AT THE LIGHT OF JESUS IN THE CROSS:**

consider the devastating power of sin in Christ's body, face; in the body of the poor, suffering.

-Mt. 26, 36-46                      -Mt. 27:32-56

**5. THE HEALING LOVE OF GOD: MERCY:**

Offer your wounds to be healed by the mercy of God, resplendent in Jesus: He heals you from your fears, complexes, from your past.

-Luke 7,36-50

-Luke 15,11-32

-John 3,28-36: Experience Penance as joy: He must increase, I must decrease.

\*\*\*\*\*

LOVE  
KEEPS NO RECORD  
OF WRONGS (1 Cor. 13)  
AND GOD  
IS LOVE



## ***(4) JESUS, WAY TO THE FATHER***

**GRACE:** That you may know Jesus more intimately, love Him more intensely, follow Him more closely.

**PRAYER:** Abba, Father, you are the potter, we are the clay. Mold us and fashion us into the image of Jesus, your son.

### **HINTS FOR PRAYER:**

#### **1. THE NATIVITY**

Jesus is born in Bethlehem in simplicity and poverty. Ask the spirit of the Beatitudes, ask the gift of spiritual childhood.

-Luke 2,1-20

-Mt. 5,1-16

-Mt. 18,1-4

#### **2. THE NATIVITY (REPETITION)**

Consider your Vow and spirit of poverty. Extend your shoulders to accept the yoke of Jesus, a burden of love.

-Mk. 10,17-21

-Mt. 11,25-30

#### **3. NAZARETH:**

Contemplate the hidden life of Jesus. Adore His silence, His sacred hands made hard by manual work.

-Luke 2, 39-52

#### **4. NAZARETH (REPETITION):**

Contemplate Mary in the family of Nazareth as a model of your life in the community.

Accept your sisters as given to you by God's love.

-Phil. 2,1-4

-Rom. 12,3-21

-Acts 2,42-47; 4,32-35

#### **5. THE DESIRE FOR JESUS**

Pray for the grace of a great desire for Jesus, His person in your life; to live in Him, to make your home in Him.

-John 15, 1-11

\*\*\*\*\*

**WORSHIP IN THE TEMPLE  
OF THE PRESENT MOMENT,  
SEEK TO HOLD  
AND NOT TO CLING,  
ENJOY  
AND NOT POSSESS**



## ***(5) JESUS, THE MISSIONARY OF THE FATHER***

**GRACE:** Re-commit yourself anew as a religious and an apostle through your Vows.

**PRAYER:** Make me a channel of your peace:  
Where there is hatred, let me bring your love;  
Where there is injury, your pardon, Lord;  
And where there is doubt faith in you.

Make a channel of your peace:  
Where there is despair in life let me bring hope  
Where there is darkness, only light:  
And where there is sadness, ever joy.

O Master, grant that I may never seek  
so much as to be consoled as to console,  
to be understood as to understand,  
to be loved as to love with all my soul.

Make me a channel of your peace:  
It is in pardoning that we are pardoned,  
in giving to all men that we receive,  
and in dying that we are born to eternal life.



### **HINTS FOR PRAYER:**

1. JESUS' PROGRAM: The Beatitudes: you are called to share the "blessed attitudes of Jesus and to work in order to make of humanity the people of the

Beatitudes.

-Luke 4,14-22

-Matthew 4, 2-5,1-16

-Luke 1,46-55

2. SEQUELA CHRISTI:

Re-trace the circumstances of your religious and apostolic vocation: when you said YES to the Lord: Renew your Yes to Him.

-Jer. 1,4-10

-John 1,29-51

-2Cor. 1,18-22

3. THE TRANSFIGURATION:

Jesus' body. Your Vow of Chastity as a gift for the Kingdom.

-Mt. 17,1-8

-Phil. 3,7-16

4. ANSWER LOVE WITH LOVE

Let Jesus seal you: you are His exclusive possession.

a. Song of Songs 8, 5-7

b. John 12, 1-8

5. THE MOST IMPORTANT QUESTION:

Who is Jesus for you? Live in prayer the experience of Peter, his answer and its consequences.

- Mt. 16, 13-27

6. THE RESURRECTION OF LAZARUS

Jesus is the resurrection and the life.

-John 11

## ***(6) JESUS, BROKEN LOVE***

**GRACE:** to follow Him more intimately, to love Him more passionately,  
to follow Him more closely.

**PRAYER:** Jesus, may all that is you flow into me.  
May your body and blood be my food and drink.  
May your passion and death be my strength and life.  
Jesus, with you at my side enough has been given.  
May the shelter I seek be the shadow of your Cross.  
Let me not run from the love you offer, but hold me safe from the forces of evil.  
On each of my dyings, Lord, shed your light and your love.  
Keep calling to me, Jesus, until that day comes when,  
With your Saints, I shall see your Face forever. AMEN.

### **HINTS FOR PRAYER:**

1. THE WASHING OF THE FEET:  
He loved them to the full.  
- John 13, 1-15
2. THE LAST SUPPER:  
A broken body, a blood poured out for us: the Eucharist. Do you do this and become this in His memory? Our daily Communion.  
- Luke 22, 14-20  
- John 6  
- John 12, 24-26
3. JESUS' LAST WORDS:  
Stay with the Apostles at the last Supper, listen while Jesus discloses His Heart to you, calling you FRIEND and pray with Him His last prayer, the priestly prayer.  
- John 14-17
4. THE AGONY IN THE GARDEN:  
Can you drink the cup that I am going to drink?  
Your Vow of Obedience.



- Luke 22, 39-46
- Mt. 20, 17-23

\*\*\*\*\*

**THE CHRIST  
CAN SAY  
OF ME:  
“THIS  
IS  
MY  
BODY”.**



## ***(7) AT THE FOOT OF THE CROSS WITH MARY***

**GRACE:** the gift of compassion: deep sorrow and distress to the shedding of tears, together with Mary, at the foot of the Cross.

**PRAYER:** JUXTA CRUCEM TECUM STARE ET ME TIBI SOCIARE IN PLANCTU DESIDERO:  
Near the Cross to be with You, Mary, mother, and to share your grief and tears:  
this is what I wish and long for.

### **HINTS FOR PRAYER:**

1. ECCE HOMO:

The sacred Body of Jesus devastated by physical sufferings: the head, the mouth, the Holy Face: Jesus, King of Love.

Contemplate and see if you want to be His follower... Adore.

- John 19, 1-6

- Isaiah 53, 1-7

2. JESUS ON THE CROSS:

THE SACRED HEART:

Jesus is the source of the Sacramental life of the Church: water and blood, Baptism and Eucharist...Ask Him the gift of the Spirit.

- John 19, 31-37

- 1 John 5, 5-12

- John 7, 37-39

3. AT JESUS' TOMB WITH MARY:

Jesus is deposed from the Cross. Sit with Mary, holding the dead body of Jesus in her lap. Mourn and adore... Wait for the resurrection.

- John 19, 38-42

\*\*\*\*\*

WHEN YOU CAN FREELY GIVE  
YOUR HANDS AND FEET  
FOR NAILING  
AND YOUR HEART  
TO BE PIERCED AND BLED,  
YOU WILL KNOW  
THE TASTE, AT LAST, OF LIFE  
AND LIBERATION.



## ***(8) A WORLD ABLAZE IN THE RISEN CHRIST***

**GRACE:** the gift of love and contemplation: finding God in all things and Jesus in all people.

**PRAYER:** Take, O Lord, and receive all my memory, my understanding, my will. Everything I have is yours, O Lord. Take it as it belongs to you. But receive it as my personal gift back to you. Give me only your love and your grace: they are enough for me and I shall not ask for anything more. AMEN.

### **HINTS FOR PRAYER:**

1. THE RISEN JESUS APPEARS TO HIS MOTHER  
Joy, love, gratitude... Silent contemplation.
2. THE DISCIPLES OF EMMAUS:  
The full kerygma: the acceptance of the Cross as Resurrection and Victory. They recognized Him at the breaking of the Bread.  
Jesus teaches us the fullness of His mystery: to recognize the Risen Lord in our deaths, in being broken because of His love. To be Eucharist.  
- Luke 24, 13-35
3. CONTEMPLATION TO GAIN DIVINE LOVE:  
Jesus and Peter at the lake. Jesus appears to Mary Magdala.  
Tell Jesus that you desire to love Him.  
- John 20, 11-18  
- John 21, 15-19
4. THE KNOWLEDGE IN THE SPIRIT:  
Faith as our victory: Jesus and Thomas: CREDO, DOMINE, SED ADIUVA  
INCREDULITATEM MEAM. I believe, O Lord, but, please, help my little faith!  
- John 20, 19-29
5. A WORLD ABLAZE IN THE RISEN CHRIST:  
The presence of the Risen Christ in the world. Christ drawing all things to Himself, offering the world to the Father. The universal reconciliation.  
- Col. 1, 15-20                      - 2 Cor. 5, 14-20

6. CONTEMPLATION TO GAIN THE LOVE OF GOD:

Finding God in all things: everything is God's gift to us (praise and thanksgiving); God present in His gifts (reverence); God working in everything ( service).

\*\*\*\*\*



**CONCLUSION:** Christian Humanism: Phil. 4, 4-9

\*\*\*\*\*

## ETERNAL LIFE IS HERE

## ETERNAL LIFE IS NOW

## HAPPINESS IS NOT TOMORROW

## HAPPINESS IS NOW

[illegible]

## **FIVE DAYS RETREAT WITH THE GOSPEL OF JOHN**

This prospect of Spiritual Exercises is inspired by a book in which a week retreat on **the Gospel of John by Carlo M. Martini** was contained: it searches for the classic themes of the retreat in the message of John's Gospel:

1. **GOD IS LOVE:** *it invites the retreatant to enter into prayer by John 15 and then to contemplate the Logos in John's Prologue (1:1-18). It develops as point of arrival the theme of friendship (Jesus heals with his friendship): the disciples, John the Baptist, etc.*
2. **WATER, BLOOD AND THE SPIRIT:** *a contemplation of Jesus with Nicodemus(chapter 3), with the Samaritan woman (Chapter 4) and Jesus, bread of life (chapter 6): the sacraments of Baptism and Eucharist.*
3. **JESUS HEALS WITH HIS FRIENDSHIP (SIN AND CONVERSION):** *the starting point is Jesus purifying the temple (John 2), then Jesus heal our paralysis (John 5), our blindness (John 9), our death (John 11).*
4. **JESUS, KING OF LOVE** (The Passion: "To be where he is"): *the contemplation follows Jesus during the washing of the feet, the confidences, the priestly prayer, Jesus and Pontius Pilate (Jesus, king of love), Jesus and Mary, the Sacred Heart (John 13-19).*
5. **SEARCHING FOR THE SIGNS OF THE RISEN LORD:** *John, chapter 20 and 21: The transforming encounter with the Risen Lord: Mary Magdalene, the Eleven, Thomas, Peter, etc...*

Indications are given also for a daily Instruction.

# THE GOD OF LOVE

## **1. “GOD IS LOVE AND THOSE WHO ABIDE IN LOVE ABIDE IN GOD AND GOD IN THEM”**

**GRACE:** A deep experience of the Love of God

**PRAYER:** Come, Lord Jesus.

### ***Hints of Prayer:***

**I. ALONE WITH THE LORD:** taste the sweetness of Jesus’ intimacy in prayer (John 15)

**II. POINT OF DEPARTURE:** The Reality of God as revealed by the *Logos* (John 1, 1-18)

1. *LOGOS*: MODEL or ultimate reason of things. WONDER and ADORATION.
  - Ps 63                      -Ps 104- 1 King 19, 1-14
2. *LOGOS*: CREATIVE WORD; vital dependence, sense CREATURELINESS: PRAISE AND REVERENCE.
  - Ps 139                      -Ps 90
3. *LOGOS*: CO-ORDINATING WISDOM; PROVIDENCE
  - Mk 6, 25-33              -Ps 103
4. INCARNATE *LOGOS*: The MAN JESUS CHRIST, full of GRACE and TRUTH.
  - Is 43, 1-7
  - Hosea 2, 16-25
  - Eph 1,3-14
  - Phil 2, 1-11

This is the first movement in St. Ignatius: PRINCIPLE AND FOUNDATION: To recognize the Reality of God and my vital dependence on Him; “Thinking of me, he creates me; loving me, He makes me lovable” (St. Augustine).

INSTRUCTION: The 5 Levels of PRAYER:

- ✓ Receive the Love of God.
- ✓ Respond with ADORATION.
- ✓ May your will be done: to be like Jesus, the true Son .
- ✓ PETITION: ardent desire to be like Jesus.
- ✓ MEDITATION: to contemplate the mysteries of the Life and Person of Jesus.



<b>III. POINT OF ARRIVAL: The Intimacy of Friendship (John 15, 15)</b>
--

***Hints for Prayer:***

**DIMENSION OF FRIENDSHIP:**

**1. JOHN THE BAPTIST: Friendship as joy, rejoicing in Jesus.**

- The Witness of John the Baptist (John the Baptist is alive and saved by his selfless friendship):

✓ John 1, 19-37: “Behold the Lamb of God”

- Ex 12, 1-28

- Is 53

✓ John 3,22-33: “The Bride belongs to the Bridegroom”

-Ez 16

- Rev 21

**1. THE DISCIPLES: Friendship as staying with Jesus (The mystery of Jesus is object of progressive discovery by staying with Him, abiding in Him)**

- John 1, 35-51: “COME AND SEE”; to ABIDE with JESUS
- John 12, 26; 14, 3; 15,4;17,24

**2. OTHER LEVELS OF FRIENDSHIP:**

- Martha, Mary, Lazarus: Friendship: where to rest and be renewed (Trusting in Him in time of need, receiving the gift of His friendship, doing something gratuitous out of love):

- John 12, 1-8

- PETER: **Transforming Friendship** (From self-consciousness to self-forgetfulness):

- John 6, 67-68: Peter’s profession of Faith



- John 21, 15-19: Peter's profession of Love

➤ **JOHN: Friendship as tenderness and intimacy:**

- John 13, 24-25

- John 19, 27

➤ **MARY: Friendship as silent sympathy (Active Love):**

- John 2, 1-12: "Do whatever he tells you."

- John 19,25-27 : STABAT MATER



**PROGRESSION IN PRAYER: The Blessed Humanity of Jesus:**

"A person can bear all things provided he possesses Christ Jesus dwelling within him/her as his/her friend and affectionate guide: Christ gives us help and strength; never deserts us and is true and sincere in his friendship. It is clear to me that if we wish to please God and to receive graces in abundance from him, it is God's will that these graces should come to us through the hands of Christ in his most blessed humanity, that humanity in which his majesty (God) has proclaimed that he is well pleased. A part from the fact that God himself has told me this, time and again I have noticed it in my own experience; I say it again: I have seen it with my own eyes that it is by this **door** that we must enter if we wish his Supreme Majesty to reveal to us great and hidden mysteries...

No other way should be attempted, even by those who have reached the heights of contemplation... This Lord of ours is the one from whom and through whom all good things come to us. He will teach us. If we consider his life, we shall never find any better or more perfect example for our imitation. What more do we want than to have on our side a friend so loyal that he will never desert us, when we are in trouble or in difficulties, as worldly friends do? How blessed is the man (person) who genuinely and sincerely loves him and holds on to him. Consider the case of the glorious apostle Saint Paul: it seemed that he could do other than speak about Jesus continually, because he had Jesus engraved and printed upon his heart" (St. Teresa of Avila).

## ***(2) WATER, BLOOD AND THE SPIRIT***

**GRACE:** To know Jesus more intimately, to love Him more intensely, to follow Him more closely.

**PRAYER:** ABBA, FATHER, You are the potter, we are the clay; mould us and fashion us into the image of Jesus Your Son.

### ***Hints for prayer:***

#### **3. JESUS IN THE SACRAMENTS: BAPTISM AND EUCHARIST**

- a. JESUS AND NICODEMUS: John 2,23-25;3,1-21
  - 1. a new birth (5-8)
  - 2. which Messiah? (11-15); Cf. Num 21,6-9
  - 3. which God? (16-17)
  - 4. which project for man (18-21); 1 John 4,7-16
- b. JESUS AND THE SAMARITAN WOMAN: John 4, 1-42
  - 1. Jesus at the well (1-10)
  - 2. The water; the LIVING WATER (11-19): progressive revelation of the salvific mission of Jesus.
  - 3. The Worship in Spirit and Truth ( 20-24)
  - 4. The Disciple and Mission (25-41)
    - “My food is to do the will of the One who sent me, and to complete His work.”
    - Mission as Joy

### **FURTHER HINTS FOR PRAYER**

- 1. Called to sonship and daughtership: Rom 8; 6,1-11
- 2. My new family: Luke 8,19-21; Mt 5, 1-16
- 3. Call to apostolate: Mt 11, 25-30 Taking the yoke of Christ

LIFE  
 IS NOT  
 A PROBLEM  
 TO BE SOLVED,  
 A QUESTION  
 TO BE ANSWERD.  
 LIFE IS A MYSTERY  
 TO BE CONTEMPLATED  
 WONDERED AT  
 AND SAVORED



#### 4. **JESUS, THE BREAD OF LIFE (John 6)**

- a. JESUS IS GOD (1-21): Passover: Jesus renews the Signs of the transit of the Chosen People through the Desert: the Manna and the Red Sea by 2 Miracles: the multiplication of the loaves and the walking on the waters
  - Jesus performs a kind of Eucharistic rite over the loaves
  - Jesus defines Himself with the name of God: "It is I", "I am He" = YAHWEH and "Do not be afraid"
- b. JESUS, THE BREAD OF LIFE: THE WORD (32-40)
  1. to eat this bread is to believe in the Person of Jesus
  2. the Salvific Will of the Father
  3. to be raised up to eternal life.
- c. MY FLESH IS REAL FOOD, MY BLOOD IS REAL DRINK:  
THE SACRAMENT (44-58)
  1. from the Word to the Sacrament
  2. to eat the body and drink the blood is condition for life; the life of God in me
  3. Jesus reveals His way of saving which is through the gift of a selfless love: His sacrificial death

4. this is also God's project for MAN: to be shown how to make of our life a sacrificial gift of love
- d. INCOMPREHENSION AND REJECTION (59-71)
  1. incomprehension of the sign: a material, earthly messiah
  2. incomprehension of the Person
  3. rejection of the way of Love and the Cross
  4. ONLY FAITH: Peter believes without understanding: Understanding through living, acting.

St. Augustine: **"The one who loved me into existence cannot but love me into goodness"**

INSTRUCTION: Prayer as a journey of CONVERSION (To pursue our fundamental vocation- to be holy.)

- a. St. Bernard on the Song of Songs 1,1: The kiss of the feet, of the hands, of the mouth:
  - (1) Purification    (2) Illumination        (3) Union
- b. PURIFICATION
  1. The fruitful reception of the Sacrament of Reconciliation: faith, humility, sincerity
  2. Meditation and examination of Conscience.
- a. . ILLUMINATION: Prayer as an attitude of the mind and heart:
 

Discernment as a way of life: a discerning mind, heart.

*SENTIRE CUM JESU*
- b. UNION

***(3) JESUS HEALS US WITH HIS FRIENDSHIP  
(SIN AND CONVERSION)***

**GRACE:** A deep sense of sorrow and shame for my sins.

A deep experience of Jesus' healing friendship

**PRAYER:** Jesus, Son of God, have mercy on me, a sinner.

***Hints for prayer:***

1. JESUS AND THE TEMPLE: John 2, 13-25
  1. Every sin is a profanation: 1 Cor 3,16-17  
The sorrow of sin (and God's anger)
    - Rom 1, 18-32; 2,1-10
  2. The sin of the committed (Priests and Religious): INDEFERRENCE TO CHRIST.
    - Rev 3, 14-22
  3. Colloquy with Christ: Sin as profanation of His body
    - Mt 26,36-46
    - Mt 27,32-56
4. Sin and the Community (mystical Body of Christ)
  - 2 Cor 6,14-17,1
  - Eph 2,19-22
  - 1 Pt 2,1-10
  - Heb 12, 18-24
5. The ultimate consequence of sin as rejection of the Love of God: HELL
  - Heb 10, 26-31: rejection of Christ
  - Mt 25, 31-46: rejection of brethren

**LOVE**

**KEEPS NO RECORD**

**OF WRONGS (1 Cor. 13)**

**AND GOD**

**IS LOVE**



**1. JESUS HEALS ME WITH HIS FRIENDSHIP**

(The mercy of God as revealed in Jesus)

- a. PARALYSIS: John 5, 1-47
- b. Jesus reveals the salvific will of the Father
- c. 5,17: "My Father goes on working and so do I."
- d. *Who is Jesus for the Father*: From the Father comes down Love, from the son goes up obedience. Through the Son, the Father reaches us.
- e. Gratuitous love
- f. Free Obedience
- *Who is Jesus for us*: Jesus, the Son, is salvation for us. To accept Him is to pass from death to Life. To accept Him is to believe in Him.
- g. This faith in the Son is:
  - Knowledge
  - Acceptance
  - Sequela*
  - Living faith: Jesus frees us from existential paralysis: despair, immobility, isolation, powerlessness

- h. BLINDNESS: 9,1-41
- i. DEATH: 11,1-54

\* Other passages about mercy

-Lk 15,11-32

-Lk 7, 36-50 (Jn 8,1-11)

#### INSTRUCTION

The fruit of the principle and foundation: **Inner Freedom, Passionate Indifference** (Deut 30,15-20; Luke 9,23-26)

#### **Christ's therapy (Christotherapy):**

From THE GATES OF HELL/ to THE GATES OF HEAVEN

From SENSUALISM/to PERCEPTION

From POSSESSIVENESS/ to DETACHMENT

From EGOISM/to HUMILITY

**(4) JESUS, KING OF LOVE**  
***The Passion: 'to be where He is'***

**GRACE:**       *"Sentire cum Jesu"*: to put on the mind of Christ, to identify with the feeling of His Sacred Heart like Mary at the foot of the Cross.

**PRAYER:**       Lord, teach me how to pray; teach me how to love.

***Hints for prayer:***

**1. The washing of the feet:** John 13,1-17

- The first beatitude: to do active love

**2. Jesus' Farewell Discourses:** John 14-17

- to strengthen the Apostles for the time when Jesus is absent. How Jesus is present in the community as Risen Lord.

**3. Jesus and Pilate:** John 18,28-19,16

- "Of what kind is the true Regality of Christ? – ECCE HOMO:  
 Isaiah 53,1-7

**4. Jesus and Mary:** John 19, 25-27:38-42

- *Stabat Mater Dolorosa*: sharing the feelings and the attitudes of Mary under the Cross when Jesus speaks to her, when He dies, when she receives His dead body in the deposition.

- Ask the gift of compassion

**5. The Sacred Heart:** John 19, 31-36; John 4,13-14;7,37-39: 1 John 5,5-12

- The pierced Heart of the Good Shepherd: water and blood; Baptism and Eucharist; The Church born from the pierced Heart of Jesus.



## CARRYING THE CROSS WITH JESUS IN PRAYER

(My vow of Obedience) St. Ignatius: The third degree of humility and election

### I. TOWARDS THE CROSS

1. Do not deny, but accept reality with Jesus.
2. Dealing with anger, bitterness and resentment.
3. Resisting the temptation of bargaining, compromising.
4. Dealing with sadness and depression.
5. Accepting

### II. ON THE CROSS

2. Forgiving
3. Crying to the Lord in pain
4. Surrendering your Life to the Lord.



<p style="text-align: center;"><b><i>(5) SEARCHING FOR THE SIGNS OF THE PRESENCE OF THE RISEN LORD</i></b></p>
--

**GRACE:** The gift of love and contemplation.

**PRAYER:** Jesus, may all that is you flow into me.

May your body and blood be my food and drink.

May your passion and death be my strength and life.

Jesus, with you at my side enough has been given.

May the shelter I seek be the shadow of your Cross.

Let me not run from the love you offer, but hold me safe from the forces of evil.

On each of my dyings, Lord shed your light and your love.

Keep calling to me, Jesus, until that day comes when,

With your Saints, I shall see your Face for ever. AMEN.

***Hints for prayer:***

1. John and Peter at the Tomb: searching for the signs of the Risen Lord  
-John 20,1-11
2. Mary Magdalene: beyond simple human love  
-John 20, 11-18
3. Jesus among his own: beyond fear  
-John 20,19-23
4. Jesus and Thomas: beyond doubt, skepticism  
-John 20,24-29
5. The Church of the Presbyters: Peter and the mission of love  
-John 21

CONTEMPLATION TO GAIN THE LOVE OF GOD:	
--	--

Finding God in all things: everything is God's gift to us (praise and thanksgiving); God present in His gifts (reverence); God working in everything (service)

\*\*\*\*\*

**CONCLUSION:** Christian Humanism: Phil. 4,4-9

[illegible]

## SIX DAYS RETREAT ON THE MYSTERY OF LOVE:

***“MYSTERIUM AMORIS”***

The content is the same, only the Retreat is put under the sign of the contemplation of **God's Mystery of Love**, consequently the different days have the following titles:

1. MYSTERIUM TREMENDUM
2. MYSTERIUM BENIGNITATIS
3. MYSTERIUM INIQUITATIS
4. MYSTERIUM COMMUNIONIS
5. MYSTERIUM PIETATIS
6. MYSTERIUM GLORIAE

# 1. MYSTERIUM TREMENDUM

## *(ALONE WITH GOD)*

**GRACE:** desire for silence, thirst for God, taste for prayer.

**PRAYER:**

- Lord, teach me how to pray!
- Speak, Lord, your servant is listening!
- Come, Lord Jesus!
- Christ, Word of my God, may I spend my life in listening to you!

### HINTS FOR PRAYER

#### 1. SILENCE IN WHICH GOD INHABITS:

Enter the solitude and silence, searching for God, waiting on God, with a contemplative attitude.

2. PS 63

3. 1 Kings 19,9-13

4. 1 Samuel 3,1-10

#### 2. CREATION SPEAKS OF GOD

Contemplate God in nature and be grateful

5. Ps 104

6. Wisdom 11,21-27;12,1-2

7. Ps 23

#### 3. GOD KNOWS ME

Feel yourself as naked and open in front of Him. Pray that He may reveal yourself to yourself, in truth, during this Retreat.

8. Ps 139

9. Ps 8

#### 4. GOD LOVES ME:

Re-trace the happenings of your past as salvation history.

Re-live the peak moment of your encounter with Him in your life and adore Him in yourself.

- Ps 131

5. GOD PROVIDES:

Contemplate God's Providence in the world, trusting in Him; rest in the certainty of His care.

-Mt. 6,25-33

-Ps 103

\*\*\*\*\*

**YOUR ARE MADE**

**WHOLE**

**AGAIN**

**IN SILENCE**

**WONDER**

**IS THE HEART**

**OF**

**CONTEMPLATION**

**NO ONE**

**CAN BE GRATEFUL**

**AND**

**UNHAPPY**



## 2. MYSTERIUM BENIGNITATIS (THE GOD OF JESUS)

**GRACE:** A deep experience of God's love for me; of His covenant with me; of his everlasting faithfulness to me.

**PRAYER:** Father, I abandon myself into your hands: do with me what You will. And for whatever You may do, I thank You. I am ready for all. I accept all. Let only Your will be done in me and in all Your creatures. I wish no more than this, O Lord, into Your hands I commend my life. I offer it to You with all the love of my heart. For I love You, God, and so I need to give myself to surrender myself into Your hands without reserve and with boundless confidence, for You are my Father. Amen.

### HINTS FOR PRAYER:

#### GOD WITH US:

Thank God for the gift of Jesus. Consider how you are blessed in Jesus, living in a blessed world.

-Phil. 2,1-8

-John 6,16-21

-Eph 1,3-23

-1John 4,9-10

#### THE NATIVITY:

Jesus is born in Bethlehem in simplicity and poverty. Ask the spirit of the Beatitudes, ask the gift of spiritual childhood.

-Luke 2, 1-20

-Mt. 5, 1-16

-Mt. 18,1-4

#### NAZARETH:

Contemplate the hidden life of Jesus. Adore His silence, His sacred hands made hard by manual work. Contemplate Mary in the family of Nazareth as a model of your life in the community. Accept your sisters as given to you by God's love.

-Luke 2, 39-52

-Phil. 2, 1-4

-Rom. 12,3-21

-Acts 2, 42-47;4,32-3

#### A FAITHFUL GOD:

Rest in the safety, security of God's love that will never fail you.

-Is. 43,1-7

-Romans 8,28-39

-Hosea 2,16-25

\*\*\*\*\*

**LIFE  
IS NOT A PROBLEM  
TO BE SOLVED,  
A QUESTION  
TO BE ANSWERED.  
LIFE IS A MYSTERY  
TO BE CONTEMPLATED  
WONDERED AT  
AND SAVOURED.**





### **3. MYSTERIUM INIQUITATIS** *(THE DARKNESS WHICH IN ME)*

**GRACE:** A deep sense of sorrow and shame for my sins, up to the shedding of tears.

**PRAYER:** Jesus, son of God, have mercy on me, a sinner!

#### **HINTS FOR PRAYER**

**1. SIN UNLEASHED IN THE WORLD:**

Ask the grace of becoming aware of the reality of evil, the devastating power of sin, the smell of death and corruption in our society.

-Gen. 3,1-19                      -Romans 1, 18-25; 28-32;2,1-10

**2. MY PERSONAL SINS:**

Let the circumstances of a personal sin, of which you have experienced the ugliness and debasement, come back to you. Consider also the sin of indifference to Christ and his Gospel. Let your heart be soaked in shame and sorrow.

-Ps 51                              -Rev. 3,14-22

**3. SIN: A MYSTERY CONTEMPLATED AT THE LIGHT OF JESUS IN THE CROSS:**

Consider the devastating power of sin in Christ's body, face; in the body of the poor, suffering.

-Mt. 26, 36-46                      -Mt. 27:32-56

**4. THE HEALING LOVE OF GOD: MERCY:**

Offer your wounds to be healed by the mercy of God, resplendent in Jesus: He heals you from your fears, complexes, from your past.

-Luke 7,36-50

-Luke 15,11-32

-John 3,28-36: Experience Penance as joy: He must increase, I must decrease.

\*\*\*\*\*

**LOVE  
KEEPS NO RECORD  
OF WRONGS (1 Cor. 13)  
AND GOD  
IS LOVE**



## 4. MYSTERIUM COMUNIONIS

### *(JESUS, THE MISSIONARY OF THE FATHER)*

**GRACE:** Re-commit yourself anew as a religious and an apostle through your Vows.

**PRAYER:** Make me a channel of your peace:  
Where there is hatred, let me bring your love;  
Where there is injury, your pardon, Lord;  
And where there is doubt faith in you.

Make a channel of your peace:  
Where there is despair in life let me bring hope:  
Where there is darkness, only light:  
And where there is sadness, ever joy.

O Master, grant that I may never seek  
so much as to be consoled as to console,  
to be understood as to understand,  
to be loved as to love with all my soul.

Make me a channel of your peace:  
It is in pardoning that we are pardoned,  
in giving to all men that we receive,  
and in dying that we are born to eternal life.



#### **HINTS FOR PRAYER:**

1. JESUS' PROGRAM: The Beatitudes: you are called to share the "blessed attitudes of Jesus and to work in order to make of humanity the people of the Beatitudes.

-Luke 4,14-22

-Matthew 4, 2-5,1-16

-Luke 1,46-55

2. SEQUELA CHRISTI:

Re-trace the circumstances of your religious and apostolic vocation: when you said YES to the Lord: Renew your Yes to Him.

-Jer. 1,4-10

-John 1,29-51

-2Cor. 1,18-22

3. THE TRANSFIGURATION:

Jesus' body. Your Vow of Chastity as a gift for the Kingdom.

-Mt. 17,1-8

-Phil. 3,7-16

4. ANSWER LOVE WITH LOVE

Let Jesus seal you: you are His exclusive possession.

- Song of Songs 8, 5-7

- John 12, 1-8

5. THE MOST IMPORTANT QUESTION:

Who is Jesus for you? Live in prayer the experience of Peter, his answer and its consequences.

- Mt. 16, 13-27

6. THE RESURRECTION OF LAZARUS

Jesus is the resurrection and the life.

-John 11

## 5. MYSTERIUM PIETATIS

### *(JESUS, BROKEN LOVE)*

**GRACE:** Ask for the gift of compassion: deep sorrow and distress to the shedding of tears, together with Mary, at the foot of the Cross.

**PRAYER:** JUXTA CRUCEM TECUM STARE ET ME TIBI SOCIARE IN PLANCTU DESIDERO:  
Near the Cross to be with You, Mary, mother, and to share your grief and tears:  
this is what I wish and long for.

#### 1. THE LAST SUPPER:

The washing of the feet: He loved them to the full (John 13-1-15) and gave himself as food to them: a broken body, blood shed for us: the Eucharist. Do you do this and become this in His memory? Our daily Communion.

-Luke 22, 14-20

-John 6

-John 12, 24-26

#### 2. JESUS' LAST WORDS:

Stay with the Apostles at the last Supper, listen while Jesus discloses His Heart to you, calling you FRIEND and pray with Him His last prayer, the priestly prayer.

- John 14-17

#### 3. JESUS ON THE CROSS:

THE SACRED HEART:

Jesus is the source of the Sacramental life of the Church: water and blood, Baptism and Eucharist...Ask Him the gift of the Spirit.

-John 19, 31-37

-1 John 5, 5-12

-John 7, 37-39

#### 4. AT JESUS' TOMB WITH MARY:

Jesus is deposed from the Cross. Sit with Mary, holding the dead body of Jesus in her lap. Mourn and adore... Wait for the resurrection.

-John 19, 38-42

\*\*\*\*\*

THE CHRIST  
CAN SAY  
OF ME:  
THIS  
IS  
MY  
BODY”



## **6. MYSTERIUM GLORIAE**

### **(A WORLD ABLAZE IN THE RISEN CHRIST)**

**GRACE:** the gift of love and contemplation: finding God in all things and Jesus in all people.

**PRAYER:** Jesus, may all that is you flow into me.  
May your body and blood be my food and drink.  
May your passion and death be my strength and life.  
Jesus, with you at my side enough has been given.  
May the shelter I seek be the shadow of your Cross.  
Let me not run from the love you offer, but hold me safe from the forces of evil.  
On each of my dyings, Lord, shed your light and your love.  
Keep calling to me, Jesus, until that day comes when,  
With your Saints, I shall see your Face forever. AMEN.

#### **HINTS FOR PRAYER:**

1. CONTEMPLATION TO GAIN DIVINE LOVE:  
Jesus and Peter at the lake. Jesus appears to Mary Magdala.  
Tell Jesus that you desire to love Him.  
- John 20,11-18  
- John 21, 15-19
2. THE DISCIPLES OF EMMAUS:  
The full kerygma: the acceptance of the Cross as Resurrection and Victory. Jesus teaches us the fullness of His mystery: to recognize the Risen Lord in our deaths, in being broken because of love. Our Vow of Obedience.  
- Luke 24, 13-35
3. THE KNOWLEDGE IN THE SPIRIT:  
Faith as our victory: Jesus and Thomas: CREDO, DOMINE, SED ADIUVA  
INCREDULITATEM MEAM. I believe, O Lord, but, please, help my little faith!  
- John 20, 19-29

## 4

The presence of the Risen Christ in the world. Christ drawing all things to Himself, offering the world to the Father. The universal reconciliation.

- Col. 1, 15-20                      - 2 Cor. 5, 14-20

## 5

Finding God in all things: everything is God's gift to us (praise and thanksgiving); God present in His gifts (reverence); God working in everything (service).

\*\*\*\*\*

## ETERNAL LIFE IS HERE

## ETERNAL LIFE IS NOW

# HAPPINESS IS NOT TOMORROW

## HAPPINESS IS NOW

[illegible]



## **SIX DAYS RETREAT WITH MARY AND THE ROSARY**

This scheme is titled: From the Mysteries to the Mystery. The mysteries are those of the Rosary and the inspiration came from Saint John Paul II's encyclical letter: *Rosarium Virginis Mariae* (2002), in which it is said that the Rosary is a Christological and contemplative prayer. The aim is to contemplate Jesus' life accompanied by Mama Mary.

In the same letter, the Mysteries of Light or Luminous Mysteries are introduced for the first time ever by the pope to cover the public life of Jesus.

The following are the titles of the days of prayer:

1. FROM THE MYSTERIES TO THE MYSTERY
2. MARY INTRODUCES US TO THE MYSTERIES OF JOY
3. MARY INTRODUCES US TO THE MYSTERIES OF LIGHT
4. MARY INTRODUCES US TO THE MYSTERIES OF SORROW (1)
5. MARY INTRODUCES US TO THE MYSTERIES OF SORROW (2)
6. MARY INTRODUCES US TO THE MYSTERIES OF GLORY

## **MYSTERIUM AMORIS (THE MYSTERY OF LOVE)**

*(Our Aim is to contemplate the face of Jesus together with Mama Mary)*

**GRACE:** desire for silence, thirst for God, taste for prayer.

**PRAYER:**

- Lord, teach me how to pray!
- Speak, Lord, your servant is listening!
- Come, Lord Jesus!
- Christ, Word of my God, may I spend my life in listening to you!

### **HINTS FOR PRAYER:**

#### **1. SILENCE IN WHICH GOD INHABITS:**

Enter the solitude and silence, searching for God, waiting on God, with a contemplative attitude.

- PS 63
- 1 Kings 19,9-13
- 1 Samuel 3,1-10

#### **2. CREATION SPEAKS OF GOD**

Contemplate God in nature and be grateful

- Ps 104
- Wisdom 11,21-27;12,1-2
- Ps 23

#### **3. GOD KNOWS ME**

Feel yourself as naked and open in front of Him. Pray that He may reveal yourself to yourself, in truth, during this Retreat.

- Ps 139
- Ps 8

**FROM THE MYSTERIES TO THE MYSTERY**

**YOUR ARE MADE**

**WHOLE**

**AGAIN**

**IN SILENCE**

**NO ONE**

**CAN BE GRATEFUL**

**AND UNHAPPY**



**SILENCE IS THE HEART**

**OF**

**CONTEMPLATION**

\*\*\*\*\*

## **GOD IS MYSTERY OF SELF-COMMUNICATION**

*(Mary introduces you to the Mysteries of Joy)*

**GRACE:** A deep experience of God's love for me; of His covenant with me; of his everlasting faithfulness to me.

**PRAYER:** Father, I abandon myself into your hands: do with me what You will. And for whatever You may do, I thank You. I am ready for all. I accept all. Let only Your will be done in me and in all Your creatures. I wish no more than this, O Lord, into Your hands I commend my life. I offer it to You with all the love of my heart. For I love You, God, and so I need to give myself to surrender myself into Your hands without reserve and with boundless confidence, for You are my Father. Amen.

### **HINTS FOR PRAYER:**

**GOD WITH US:** (*1<sup>st</sup> Mystery of Joy: The Annunciation of the Archangel Gabriel to Blessed Virgin Mary*). Contemplate the event of God's Incarnation through Mary. Thank God for the gift of Jesus. Consider how you are blessed in Jesus, living in a blessed world.

-Phil. 2,1-8

-John 6,16-21

-Eph 1,3-23

-1John 4,9-10

**THE NATIVITY:** (*3<sup>RD</sup> mystery of Joy: The Birth of Jesus at Bethlehem*).

Jesus is born in Bethlehem in simplicity and poverty. Ask the spirit of the Beatitudes, ask the gift of spiritual childhood.

-Luke 2, 1-20

-Mt. 5, 1-16

-Mt. 18,1-4

**CALLED TO BE A NEW CREATURE:** (*4<sup>th</sup> Mystery of Joy: The presentation of Jesus in the temple*). Remember your Baptism. Adore God's plan: He has called you to be His son/daughter in Jesus, to enter the intimacy of His Trinitarian Life, to the perfection of love.

-Luke 2,22-38

-Romans 8,15-17

-1John 4,7-16

### **A FAITHFUL GOD:**

Rest in the safety, security of God's love that will never fail you.

-Is. 43,1-7

-Romans 8,28-39

-Hosea 2,16-25

\*\*\*\*\*

LIFE  
IS NOT A PROBLEM  
TO BE SOLVED,  
LIFE  
IS NOT A QUESTION  
TO BE ANSWERED.  
LIFE IS A MYSTERY  
TO BE CONTEMPLATED  
WONDERED AT  
AND SAVOURED.



\*\*\*\*\*

**FOLLOWER OF JESUS,  
THE MISSIONARY OF THE FATHER**  
*(Mary introduces you to the Mysteries of Light)*

**GRACE:** To deepen in prayer your call to be a witness of the Gospel, a missionary.

**PRAYER:** Make me a channel of your peace:  
Where there is hatred, let me bring your  
Where there is injury, your pardon, Lord;  
And where there is doubt faith in you.

Make a channel of your peace:  
Where there is despair in life let me bring  
Where there is darkness, only light:  
And where there is sadness, ever joy.

O Master, grant that I may never seek  
so much as to be consoled as to console,  
to be understood as to understand,  
to be loved as to love with all my soul.

Make me a channel of your peace:  
It is in pardoning that we are pardoned,  
in giving to all men that we receive,  
and in dying that we are born to eternal life.



**HINTS FOR PRAYER:**

SEQUELA CHRISTI: (*1<sup>st</sup> Mystery of Light: Jesus' Baptism in the Jordan*)

Re-trace the circumstances of your Christian vocation to be a follower of Jesus, a disciple and an apostle, a missionary: be a 'YES' to the Lord Jesus as He was to the Father.

-Matthew 3,1-17

-John 1,29-51

-2Cor. 1,18-22

JESUS' PROGRAM: (*3<sup>rd</sup> Mystery of Light: Jesus proclaims the Kingdom of God with his call to conversion*). The Beatitudes: you are called to share the "blessed attitudes of Jesus and to work in order to make of humanity the people of the Beatitudes.

-Luke 4,14-22

-Matthew 4, 2-5,1-16

-Luke 1,46-55

THE TRANSFIGURATION: (*4<sup>th</sup> Mystery of Light*)

Jesus reveals the glory of his Divinity to prepare the disciples for the coming Passion: reflect on how strong and deep is your devotion to Jesus, your love for his Blessed Humanity.

-Mt. 17,1-8

-Phil. 3,7-16

THE MOST IMPORTANT QUESTION:

Who is Jesus for you? Live in prayer the experience of Peter, his answer and its consequences.

- Mt. 16, 13-27

\*\*\*\*\*

## MYSTERIUM INIQUITATIS (*THE MYSTERY OF EVIL*)

(*Mary introduces you to the Mysteries of Sorrow*) # 1

**GRACE:** Ask for the experience of God's love that is stronger than evil. Pray for a deep sense of sorrow and shame for your sins and a sincere repentance.

**PRAYER:** Jesus, son of God, have mercy on me, a sinner!

### HINTS FOR PRAYER:

SIN UNLEASHED IN THE WORLD: (*1<sup>st</sup> Mystery of Sorrow: The Agony in the Garden of Gethsemane*).

Jesus is in agony because of our sins. Ask the grace of becoming aware of the reality of evil, the devastating power of sin, the smell of death and corruption in our society.

-Gen. 3,1-19

-Romans 1, 18-25; 28-32;2,1-10

MY PERSONAL SINS: (*3<sup>rd</sup> Mystery of Sorrow: The Crowning of Jesus with Thorns*)

You also have crowned Jesus with thorns. Let the circumstances of a personal sin, of which you have experienced the ugliness and debasement, come back to you

-Mark 15, 16-20

-Ps 51

- Ps 130

THE SIN OF INDIFFERENCE TO CHRIST: (*4<sup>TH</sup> mystery of Sorrow: The Carrying of the Cross by Jesus to Mount Calvary*). Jesus carries his cross alone, all his disciples have abandoned him. Consider the sin of indifference to Christ and his Gospel. Let your heart be soaked in shame and sorrow.

-Luke 23,26-32

-Rev. 3,14-22

### THE HEALING LOVE OF GOD: MERCY:

Offer your wounds to be healed by the mercy of God, resplendent in Jesus: He heals you from your fears, complexes, from your past.

-Luke 7,36-50

-Luke 15,11-32

-John 3,28-36: Experience Penance as joy: He must increase, I must decrease.



\*\*\*\*\*

LOVE  
KEEPS NO RECORD  
OF WRONGS (1 Cor. 13)  
AND GOD  
IS LOVE



\*\*\*\*\*

## **MYSTERIUM PIETATIS (*THE MYSTERY OF COMPASSION*)**

*(Mary introduces you to the Mysteries of Sorrow) # 2*

**GRACE:** Ask for the gift of compassion: deep sorrow and distress to the shedding of tears, together with Mary, at the foot of the Cross.

**PRAYER:** JUXTA CRUCEM TECUM STARE ET ME TIBI SOCIARE IN PLANCTU DESIDERO:  
Near the Cross to be with You, Mary, mother, and to share your grief and tears:  
this is what I wish and long for.

### **HINTS FOR PRAYER:**

ECCE HOMO:

The sacred Body of Jesus devastated by physical sufferings: the head, the mouth, the Holy Face: Jesus, King of Love. Consider the body of the poor in which Jesus continues his passion. Contemplate and see if you want to be His follower... Adore.

- John 19, 1-6

-Isaiah 53, 1-7

JESUS ON THE CROSS: (*5<sup>th</sup> mystery of Sorrow: #1: The Crucifixion of Jesus on Mount Calvary*).  
The seven last words of Jesus on the Cross: Jesus forgives his enemies; Jesus gives us his mother; Jesus surrenders his spirit into the Father's hands...

-Matthew 27, 45-50

-Luke 23,13-46

-John 19,25-30

THE SACRED HEART: (*5<sup>th</sup> Mystery of Sorrow: #2: The Death of Jesus on the Cross*).

The heart of Jesus is pierced by the spear of the soldier and there issue blood and water: Jesus is the source of the Sacramental life of the Church: water and blood, Baptism and Eucharist...Ask Him the gift of the Spirit.

-John 19, 31-37

-1 John 5, 5-12

-John 7, 37-39

AT JESUS' TOMB WITH MARY:

Jesus is deposed from the Cross. Sit with Mary, holding the dead body of Jesus in her lap. Mourn and adore... Wait for the resurrection.

-John 19, 38-42

\*\*\*\*\*

WHEN YOU CAN FREELY GIVE  
YOUR HANDS AND FEET  
FOR NAILING  
AND YOUR HEART  
TO BE PIERCED AND BLED,  
YOU WILL KNOW  
THE TASTE, AT LAST, OF LIFE  
AND LIBERATION.



\*\*\*\*\*

## OUR TRUE LIFE IN THE SPIRIT

*(Mary introduces us to the Mysteries of Glory)*

**GRACE:** the gift of love and contemplation: finding God in all things and Jesus in all people.

**PRAYER:** Jesus, may all that is you flow into me.

May your body and blood be my food and drink.

May your passion and death be my strength and life.

Jesus, with you at my side enough has been given.

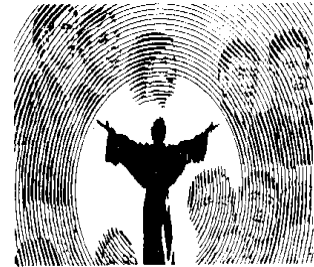
May the shelter I seek be the shadow of your Cross.

Let me not run from the love you offer, but hold me safe from the forces of evil.

On each of my dyings, Lord, shed your light and your love.

Keep calling to me, Jesus, until that day comes when,

With your Saints, I shall see your Face forever. AMEN.



### HINTS FOR PRAYER:

FAITH IS OUR VICTORY: (*1<sup>ST</sup> Mystery of Glory: The Resurrection, 1*)

Jesus and Thomas: I believe, O Lord, but, please, help my little faith! The knowledge in the Spirit.

-John 20,19-29

PLANTED IN LOVE: (*1<sup>ST</sup> Mystery of Glory: The Resurrection, 2*)

Jesus appears to Mary of Magdala. Jesus and Peter at the lake. A strong love for Jesus makes us overcome our imperfections. Tell Jesus that you desire to love him.

-John 20, 11-18

-John 21,15-19

MARY IS THE ICON OF THE CHURCH: (*4<sup>TH</sup> Mystery of Glory: The Assumption of the Blessed Virgin Mary to heaven in body and soul*). In her destiny is our destiny: Heaven is our point of arrival and the ultimate reason of all our choices.

-Luke 1, 26-38

- Revelation 12, 1-6

Finding God in all things, everything is God's gift to us (praise and thanksgiving); God present in His gifts (reverence); God working in everything (service)



# TRANSFORMING EUCHARIST

Here follow 3 schemes of Retreat (Spiritual Exercises) inspired by the Eucharistic Mystery. The sources are the encyclical letter of John Paul II: *Ecclesia de Eucharistia* (2003) and a conference by Card. Joseph Ratzinger: *Transforming Eucharist* (2002).

*The first scheme develops **the six transformations** described by Ratzinger:*

1. *At the last supper, Jesus changes his body into a gift.*
2. *On the cross, Jesus changes violence into love.*
3. *At Easter, Jesus changes death into life.*
4. *In the Eucharist, Jesus changes bread and wine into his body and blood.*
5. *At the communion, Jesus changes us into himself.*
6. *In the world, Christians change people into the Kingdom of God.*

*The second scheme, presents the same material, but introduced by Mama Mary and following the words of consecration in the Mass:*

1. *TIBI GRATIAS AGENS, BENEDIXIT*
2. *ACCEPIT PANEM, FREGIT DEDITQUE DISCIPULIS*
3. *HOC EST CORPUS MEUM*
4. *HIC EST ENIM CALIX SANGUINIS MEI*
5. *HOC FACITE IN MEAM COMMEMORATIONEM*
6. *MYSTERIUM FIDEI: MORTEM TUAM ANNUNTIAMUS, DOMINE...*

*The third scheme enlarges the same topic to cover 8 days:*

1. *Life as Gratefulness*
2. *Count your Blessings*
3. *The Maturity of Love*
4. *The Priesthood of Christ*
5. *The Easter Experience*
6. *The Real Presence*
7. *Witnesses of the Kingdom*
8. *Mission into the Future*

*The last page brings 2 passages from “Ecclesia de Eucharistia”:*

Number 3: **The Eucharist in Time**: the link between the Eucharist and the Cross: Sacramental Representation and Memorial of the Cross and Resurrection.

Number 8: **The Eucharist in Space**, the cosmic aspect of the Eucharist as transforming Energy according to the booklet by Teilhard de Chardin: “The Mass on the World”.

## TRANSFORMING EUCHARIST (1)

*At the Last Supper, Jesus changes his body into a gift*

*Life as gift  
(The maturity of love)*

### SUGGESTIONS FOR MEDITATION

- ♥ **ANSWER LOVE WITH LOVE** *(The maturity of love)*  
John 13:1-18                      *The beatitude of active love*  
John 6: 35-58                      *I am the bread of life*  
John 12: 1-8                      *Love is gratuitous*
- ♥ **JESUS' PROGRAM:** *(The Beatitudes: to share the "blessed attitudes" of Jesus)*  
Luke 4:14-22                      *The Spirit of the Lord is on me*  
Matthew 4:12-5:1-16                      *You are the light of the world*  
Luke 1:46-55                      *The Almighty has done great things for me*
- ♥ **SEQUELA CHRISTI** *(Retrace the circumstances of your first YES to God...)*  
Jeremiah 1:4-10                      *Do not say: I am a child*  
John 1:29-51                      *Master, where do you live?*  
2 Cor. 1:18-22                      *Jesus was always YES*
- ♥ **THE TRANSFIGURATION** *(Jesus' body: the virtue of chastity)*  
Matthew 17:1-8                      *It is good to be here*  
Phil. 3:7-16                      *I forget the past and strain ahead*





## TRANSFORMING EUCHARIST (2)

*On the cross, Jesus changes violence into love*

### A LIFE SAVED BY LOVE (THE PRIESTHOOD OF CHRIST)

#### SUGGESTIONS FOR MEDITATION

- ♥ **A CHOSEN PEOPLE** (*Chosen for the sake of all*)  
Exodus 19: 3-8                      *A kingdom of priests*  
1 Peter 2:4-10                      *You too may be living stone*
- ♥ **THE PRIESTHOOD OF CHRIST (1)** (*Mediation of life*)  
Philippians 2: 6-11              *He emptied himself*  
Luke 2: 1-20                      *In simplicity and poverty*
- ♥ **THE PRIESTHOOD OF CHRIST (2)** (*Mediation of sacrifice*)  
John 17                              *Father, glorify your Son...*  
Matthew 27: 32-56              *To the point of death, death on the cross*  
Hebrews 10: 4-21              *God, here I am! I'm coming to do your will!*  
1 Timothy 2: 1-8                  *Mediation of intercession*
- ♥ **OUR BAPTISMAL PRIESTHOOD** (*Transforming violence into love*)  
Romans 12: 1-2                  *Offer your body as a spiritual sacrifice*  
1 Peter 2: 21-25                  *He left for us an example to follow*  
Hebrews 12: 1-4                  *With so many witnesses on every side of us*



## TRANSFORMING EUCHARIST (3)

### *At Easter, Jesus changes death into life*

*From death to life  
(The Easter Experience)*

#### **SUGGESTIONS FOR MEDITATION**

**THE EMPTY TOMB:** *Not an end but a beginning*  
Luke 24: 1-12      *Why to look among the dead?*  
John 20: 1-10      *He saw and he believed.*

♥ **THE APPARITIONS:** *Look at my hands and my feet: yes, it is I indeed!*  
Luke 24: 13-35      *Did not our hearts burn within us?*  
Luke 24: 36-43      *Touch me and see for yourselves...*  
Acts 4: 8-12      *The only name by which we can be saved.*

♥ **THE QUALITY LEAP:** *The full message of the Prophets*  
John 20: 11-18      *Do not cling to me!*  
John 20: 19-29      *Doubt no longer but believe!*  
John 21: 15-19      *Do you love me more than these others do?*

♥ **THE MISSION:** *You are witnesses to this!*  
Luke 24: 44-49      *Repentance will be preached to all the nations.*  
Mark 16: 14-20      *Proclaim the Good News to all creation!*  
Matthew 28: 16-20      *I am with you always, yes, to the end of time!*



## TRANSFORMING EUCHARIST (4)

*In the Eucharist, Jesus changes bread and wine  
into his body and blood*

*The real presence  
(from bread and wine to body and blood)*

### SUGGESTIONS FOR MEDITATION

♥ **FIRST BIBLICAL SOURCE OF THE EUCHARIST:**

1 Corinthians 11: 23-30      *Do this as a memorial of me.*  
1 Corinthians 10: 14-22      *The communion with the body and the  
blood of Christ*

♥ **THE PASSOVER MEAL:**

Exodus 12: 1-28      *Memorial of God's powerful intervention*  
Exodus 24: 4-8      *Moses offers sacrifice to seal the Covenant*

♥ **JESUS' PASSOVER MEAL:**

Luke 22: 14-20      *I have greatly desired to eat this Passover with you*  
Hebrews 9: 11-15      *Christ, High Priest of the New Covenant*

♥ **THE REAL PRESENCE:** *My flesh is real food, my blood is real drink!*  
John 6

♥ **SACRUM CONVIVIVUM:** *A spiritual sacrifice, a spiritual meal, the  
commandment of love, the heavenly banquet: Jesus' intimacy with his  
disciples:*  
John 14-16



## TRANSFORMING EUCHARIST (5)

*At the Communion, Jesus changes us into Himself*

*Energy for the kingdom  
(To be channels of Christ's peace)*

### SUGGESTIONS FOR MEDITATION

♥ **THE "MAGNETIC POLE": JESUS' PRESENCE:**

1 Kings 19: 9-13    *Expose yourself to the gentle breeze*  
Hebrews 12: 18-29    *Our God is a consuming fire*  
John 15: 1-9    *Make your home in me*  
John 13: 21-32    *Leaning on Jesus' breast*

♥ **THE CHRISTIAN AND CONTEMPLATION:**

Luke 2: 19; 52    *Mary's contemplative attitude*  
Luke 11: 27-28    *Mary's affection for the Humanity of Jesus*  
Mt. 11: 25-30; Eph. 3: 16-20    *Contemplation as dimension of love*

♥ **THE EUCHARIST SOURCE OF MISSIONARY ENERGY:**

Luke 24: 28-35    *Our heart is burning within us!*  
Romans 1: 16-17    *I am not ashamed of the Good News!*  
1 Tim. 2: 1-7    *Herald of the salvific will of God*

♥ **THE EUCHARIST IS A MODE OF BEING & PATTERN OF MISSION:**

John 13: 12-17    *You should wash each other's feet*  
Luke 4: 16-22    *To proclaim liberty to captives*  
James 2: 1-9    *God chose the poor to be rich in faith*



## TRANSFORMING EUCHARIST (6)

*In the world, Christians change people into  
children of God*

STANDING BETWEEN GOD AND THE BRETHREN  
(Make of your life a Eucharist)

### SUGGESTIONS FOR MEDITATION

#### ♥ MEDIATION OF INTERCESSION

Hebrews 7:22-25     *He is living for ever to intercede for all*

#### ♥ MEDIATION OF WITNESS

Matthew 28:18-20     *(The Great Commission)*  
Romans 1: 16-17     *I am not ashamed of the Good News!*  
1 Tim. 2: 1-7     *Herald of the salvific will of God*

#### ♥ MEDIATION OF SECULARITY:

Romans 1: 18-32     *Structures of sin in society*  
1 Peter 2: 13-17; 21-25     *Behave as free people!*  
1 Cor. 10: 31     *Do everything for the glory of God!*

#### ♥ MARY, WOMAN OF THE EUCHARIST:

Acts 1: 12-14     *Joined in prayer with Mary*  
Acts 2: 42     *Faithful to the breaking of bread*  
John 2: 1-12     *Do whatever he tells you!*  
John 19: 25-27     *Near the cross of Jesus was his mother*





## CELEBRATING THE EUCHARIST WITH MARY TRANSFORMING EUCHARIST (1)

The formula of consecration is a formula of life. We shall take the different parts of the formula of consecration as guidelines for our prayer and our life. TIBI GRATIAS  
AGENS BENEDIXIT (He gave you thanks and praise)

### ***LIFE AS GRATEFULNESS*** ***(Make of your life a Eucharist)***

#### **SUGGESTIONS FOR MEDITATION**

##### ♥ **THE "MAGNETIC POLE": JESUS' PRESENCE:**

1 Kings 19: 9-13     *Expose yourself to the gentle breeze*  
Hebrews 12: 18-29     *Our God is a consuming fire*  
John 15: 1-9     *Make your home in me*  
John 13: 21-32     *Leaning on Jesus' breast*

##### ♥ **THE ALTAR OF THE WORLD** (Bread and Wine on the Altar)

Gen. 1:1-31; 2:1-4     *Creation spirituality*  
Psalm 104     *Canticle of creatures*  
Psalm 8     *The majesty of God and the dignity of man*

##### ♥ **ENVELOPPED BY BLESSINGS:**

Psalm 66     *Corporate act of Thanksgiving*  
Psalm 67     *Harvest Song*  
Eph. 1:3-23     *God's Plan of Salvation*

##### ♥ **MAKE OF YOUR LIFE A MAGNIFICAT:**

Luke 1: 26-38     *Mary's Trinitarian experience*  
Luke 1: 39-56     *Mary's spirituality of gratefulness*

##### ♥ **MY LIFE AS "SALVATION HISTORY":**

Psalm 139     *God knows me and my past*  
Psalm 131     *In the arms of Love*  
Mat. 6:25-33     *God's Providence*



## CELEBRATING THE EUCHARIST WITH MARY

### TRANSFORMING EUCHARIST (2)

ACCEPIT PANEM IN SANCTAS ET VENERABILIS MANUS SUAS, FREGIT  
DEDITQUE DISCIPULIS SUI (He took bread in his sacred hands, he broke the bread  
and gave it to his disciples)

## **LIFE AS GIFT**

### (The maturity of love)

#### **SUGGESTIONS FOR MEDITATION**

- ♥ **ANSWER LOVE WITH LOVE** *(The maturity of love)*

John 13:1-18	<i>The beatitude of active love</i>
John 6: 35-58	<i>I am the bread of life</i>
John 12: 1-8	<i>Love is gratuitous</i>
  
- ♥ **JESUS' PROGRAM:** *(The Beatitudes: to share the "blessed attitudes" of Jesus)*

Luke 4:14-22	<i>The Spirit of the Lord is on me</i>
Matthew 4:12-5:1-16	<i>You are the light of the world</i>
Luke 1:46-55	<i>The Almighty has done great things for me</i>
  
- ♥ **SEQUELA CHRISTI** *(Retrace the circumstances of your first YES to God...)*

Jeremiah 1:4-10	<i>Do not say: I am a child</i>
John 1:29-51	<i>Master, where do you live?</i>
2 Cor. 1:18-22	<i>Jesus was always YES</i>
  
- ♥ **THE TRANSFIGURATION** *(Jesus' body: your vow of chastity)*

Matthew 17:1-8	<i>It is good to be here</i>
Phil. 3:7-16	<i>I forget the past and strain ahead</i>



CELEBRATING THE EUCHARIST WITH MARY  
TRANSFORMING EUCHARIST (3)

HOC EST ENIM CORPUS MEUM QUOD PRO VOBIS TRADATUR (This is my body  
which will be given up for you)

***A LIFE SAVED BY LOVE***  
***(THE PRIESTHOOD OF CHRIST)***

***SUGGESTIONS FOR MEDITATION***

- ♥ **A CHOSEN PEOPLE** (*Chosen for the sake of all*)  
Exodus 19: 3-8                      *A kingdom of priests*  
1 Peter 2:4-10                      *You too may be living stone*
- ♥ **THE PRIESTHOOD OF CHRIST (1)** (*Mediation of life*)  
Philippians 2: 6-11                      *He emptied himself*  
Luke 2: 1-20                      *In simplicity and poverty*
- ♥ **THE PRIESTHOOD OF CHRIST (2)** (*Mediation of sacrifice*)  
John 17                      *Father, glorify your Son...*  
Matthew 27: 32-56                      *To the point of death, death on the cross*  
Hebrews 10: 4-21                      *God, here I am! I'm coming to do your will!*  
1 Timothy 2: 1-8                      *Mediation of intercession*
- ♥ **OUR BAPTISMAL PRIESTHOOD** (*Transforming violence into love*)  
Romans 12: 1-2                      *Offer your body as a spiritual sacrifice*  
1 Peter 2: 21-25                      *He left for us an example to follow*  
Hebrews 12: 1-4                      *With so many witnesses on every side of us*





## CELEBRATING THE EUCHARIST WITH MARY TRANSFORMING EUCHARIST (4)

HIC EST ENIM CALIX SANGUINIS MEI NOVI ET AETERNI TESTAMENTI (This  
is the cup of my blood of the new and everlasting covenant)

### ***FROM DEATH TO LIFE*** ***(The Easter Experience)***

#### **SUGGESTIONS FOR MEDITATION**

- ♥ **THE EMPTY TOMB:** *Not an end but a beginning*  
Luke 24: 1-12      *Why to look among the dead?*  
John 20: 1-10      *He saw and he believed.*
  
- ♥ **THE APPARITIONS:** *Look at my hands and my feet: yes, it is I indeed!*  
Luke 24: 13-35      *Did not our hearts burn within us?*  
Luke 24: 36-43      *Touch me and see for yourselves...*  
Acts 4: 8-12      *The only name by which we can be saved.*
  
- ♥ **THE QUALITY LEAP:** *The full message of the Prophets*  
John 20: 11-18      *Do not cling to me!*  
John 20: 19-29      *Doubt no longer but believe!*  
John 21: 15-19      *Do you love me more than these others do?*
  
- ♥ **THE MISSION:** *You are witnesses to this!*  
Luke 24: 44-49      *Repentance will be preached to all the nations.*  
Mark 16: 14-20      *Proclaim the Good News to all creation!*  
Matthew 28: 16-20      *I am with you always, yes, to the end of time!*



CELEBRATING THE EUCHARIST WITH MARY  
TRANSFORMING EUCHARIST (5)

HOC FACITE IN MEAM COMMEMORATIONEM (Do this in memory of me).  
MYSTERIUM FIDEI (Mystery of faith)

***THE REAL PRESENCE***

*(from bread and wine to body and blood)*

**SUGGESTIONS FOR MEDITATION**

♥ **FIRST BIBLICAL SOURCE OF THE EUCHARIST:**

1 Corinthians 11: 23-30      *Do this as a memorial of me.*  
1 Corinthians 10: 14-22      *The communion with the body and the blood of Christ*

♥ **THE PASSOVER MEAL:**

Exodus 12: 1-28      *Memorial of God's powerful intervention*  
Exodus 24: 4-8      *Moses offers sacrifice to seal the Covenant*

♥ **JESUS' PASSOVER MEAL:**

Luke 22: 14-20      *I have greatly desired to eat this Passover with you*  
Hebrews 9: 11-15      *Christ, High Priest of the New Covenant*

♥ **THE REAL PRESENCE:** *My flesh is real food, my blood is real drink!*  
John 6

♥ **SACRUM CONVIVIUM:** *A spiritual sacrifice, a spiritual meal, the commandment of love, the heavenly banquet: Jesus' intimacy with his disciples:*  
John 14-16



**CELEBRATING THE EUCHARIST WITH MARY**  
TRANSFORMING EUCHARIST (6)

MORTEM TUAM ANNUNTIAMUS, DOMINE, ET TUAM RESURRECTIONEM  
CONFITEMUR (We announce your death, o Lord, and we proclaim your resurrection)

**ENERGY FOR THE KINGDOM**  
(Eschatological Tension)

**SUGGESTIONS FOR MEDITATION**

- ♥ **THE EUCHARIST SOURCE OF MISSIONARY ENERGY:**  
Luke 24: 28-35      *Our heart is burning within us!*  
Romans 1: 16-17      *I am not ashamed of the Good News!*  
1 Tim. 2: 1-7      *Herald of the salvific will of God*
  
- ♥ **THE EUCHARIST IS A MODE OF BEING & PATTERN OF MISSION:**  
John 13: 12-17      *You should wash each other's feet*  
Luke 4: 16-22      *To proclaim liberty to captives*  
James 2: 1-9      *God chose the poor to be rich in faith*
  
- ♥ **THE MISSIONARY AND CONTEMPLATION:**  
Luke 2: 19; 52      *Mary's contemplative attitude*  
Luke 11: 27-28      *Mary's affection for the Humanity of Jesus*  
Mt. 11: 25-30; Eph. 3: 16-20      *Contemplation as dimension of love*
  
- ♥ **MEDIATION OF SECULARITY:**  
Romans 1: 18-32      *Structures of sin in society*  
1 Peter 2: 13-17; 21-25      *Behave as free people!*  
1 Cor. 10: 31      *Do everything for the glory of God!*
  
- ♥ **MARY, WOMAN OF THE EUCHARIST:**  
Acts 1: 12-14      *Joined in prayer with Mary*  
Acts 2: 42      *Faithful to the breaking of bread*  
John 2: 1-12      *Do whatever he tells you!*  
John 19: 25-27      *Near the cross of Jesus was his mother*



## TRANSFORMING EUCHARIST (1)

The formula of consecration is a formula of life. We shall take the different parts of the formula of consecration as guidelines for our prayer and our life. TIBI GRATIAS  
AGENS .... (He gave you thanks....)

### LIFE AS GRATEFULNESS (A) (Make of your life a Eucharist)

#### SUGGESTIONS FOR MEDITATION

♥ THE "MAGNETIC POLE": JESUS' PRESENCE:

1 Kings 19: 9-13	<i>Expose yourself to the gentle breeze</i>
Hebrews 12: 18-29	<i>Our God is a consuming fire</i>
John 15: 1-9	<i>Make your home in me</i>
John 13: 21-32	<i>Leaning on Jesus' breast</i>

♥ THE ALTAR OF THE WORLD (Bread and Wine on the Altar)

Gen. 1:1-31; 2:1-4	<i>Creation spirituality</i>
Psalms 104	<i>Canticle of creatures</i>
Psalms 8	<i>The majesty of God and the dignity of man</i>



## TRANSFORMING EUCHARIST (2)

"Tibi gratias agens, BENEDIXIT .... (He gave you thanks ....HE BLESSED")

COUNT YOUR BLESSINGS (B)  
(Make of your life a Eucharist)

### SUGGESTIONS FOR MEDITATION

#### ♥ ENVELOPPED BY BLESSINGS:

Psalm 66	<i>Corporate act of Thanksgiving</i>
Psalm 67	<i>Harvest Song</i>
Eph. 1:3-23	<i>God's Plan of Salvation</i>

#### ♥ MAKE OF YOUR LIFE A MAGNIFICAT:

Luke 1: 26-38	<i>Mary's Trinitarian experience</i>
Luke 1: 39-56	<i>Mary's spirituality of gratefulness</i>

#### ♥ MY LIFE AS "SALVATION HISTORY":

Psalm 139	<i>God knows me and my past</i>
Psalm 131	<i>In the arms of Love</i>
Mat. 6:25-33	<i>God's Providence</i>





## TRANSFORMING EUCHARIST (3)

ACCEPIT PANEM IN SANCTAS ET VENERABILIS MANUS SUAS, FREGIT  
DEDITQUE DISCIPULIS SUIS (He took bread in his sacred hands, he broke the bread  
and gave it to his disciples)

### *Life as gift (The maturity of love)*

#### **SUGGESTIONS FOR MEDITATION**

- ♥ **ANSWER LOVE WITH LOVE** *(The maturity of love)*
  - John 13:1-18 *The beatitude of active love*
  - John 6: 35-58 *I am the bread of life*
  - John 12: 1-8 *Love is gratuitous*
- ♥ **JESUS' PROGRAM:** *(The Beatitudes: to share the "blessed attitudes" of Jesus)*
  - Luke 4:14-22 *The Spirit of the Lord is on me*
  - Matthew 4:12-5:1-16 *You are the light of the world*
  - Luke 1:46-55 *The Almighty has done great things for me*
- ♥ **SEQUELA CHRISTI** *(Retrace the circumstances of your first YES to God...)*
  - Jeremiah 1:4-10 *Do not say: I am a child*
  - John 1:29-51 *Master, where do you live?*
  - 2 Cor. 1:18-22 *Jesus was always YES*
- ♥ **THE TRANSFIGURATION** *(Jesus' body: your vow of chastity)*
  - Matthew 17:1-8 *It is good to be here*
  - Phil. 3:7-16 *I forget the past and strain ahead*



## TRANSFORMING EUCHARIST (4)

HOC EST ENIM CORPUS MEUM QUOD PRO VOBIS TRADETUR (This is my body  
which will be given up for you)

### A LIFE SAVED BY LOVE (THE PRIESTHOOD OF CHRIST)

#### SUGGESTIONS FOR MEDITATION

- ♥ **A CHOSEN PEOPLE** (*Chosen for the sake of all*)  
Exodus 19: 3-8                      *A kingdom of priests*  
1 Peter 2:4-10                      *You too may be living stone*
- ♥ **THE PRIESTHOOD OF CHRIST (1)** (*Mediation of life*)  
Philippians 2: 6-11                      *He emptied himself*  
Luke 2: 1-20                      *In simplicity and poverty*
- ♥ **THE PRIESTHOOD OF CHRIST (2)** (*Mediation of sacrifice*)  
John 17                      *Father, glorify your Son...*  
Matthew 27: 32-56                      *To the point of death, death on the cross*  
Hebrews 10: 4-21                      *God, here I am! I'm coming to do your will!*  
1 Timothy 2: 1-8                      *Mediation of intercession*
- ♥ **OUR BAPTISMAL PRIESTHOOD** (*Transforming violence into love*)  
Romans 12: 1-2                      *Offer your body as a spiritual sacrifice*  
1 Peter 2: 21-25                      *He left for us an example to follow*  
Hebrews 12: 1-4                      *With so many witnesses on every side of us*



## TRANSFORMING EUCHARIST (5)

HIC EST ENIM CALIX SANGUINIS MEI NOVI ET AETERNI TESTAMENTI (This is the cup of my blood of the new and everlasting covenant)

### *From death to life (The Easter Experience)*

#### **SUGGESTIONS FOR MEDITATION**

**THE EMPTY TOMB:** *Not an end but a beginning*  
Luke 24: 1-12      *Why to look among the dead?*  
John 20: 1-10      *He saw and he believed.*

♥ **THE APPARITIONS:** *Look at my hands and my feet: yes, it is I indeed!*  
Luke 24: 13-35      *Did not our hearts burn within us?*  
Luke 24: 36-43      *Touch me and see for yourselves...*  
Acts 4: 8-12      *The only name by which we can be saved.*

♥ **THE QUALITY LEAP:** *The full message of the Prophets*  
John 20: 11-18      *Do not cling to me!*  
John 20: 19-29      *Doubt no longer but believe!*  
John 21: 15-19      *Do you love me more than these others do?*

♥ **THE MISSION:** *You are witnesses to this!*  
Luke 24: 44-49      *Repentance will be preached to all the nations.*  
Mark 16: 14-20      *Proclaim the Good News to all creation!*  
Matthew 28: 16-20      *I am with you always, yes, to the end of time!*





## TRANSFORMING EUCHARIST (6)

HOC FACITE IN MEAM COMMEMORATIONEM (Do this in memory of me).  
MYSTERIUM FIDEI (Mystery of faith)

*The real presence*  
*(From bread and wine to body and blood)*

### SUGGESTIONS FOR MEDITATION

♥ **FIRST BIBLICAL SOURCE OF THE EUCHARIST:**

1 Corinthians 11: 23-30      *Do this as a memorial of me.*  
1 Corinthians 10: 14-22      *The communion with the body and the blood of Christ*

♥ **THE PASSOVER MEAL:**

Exodus 12: 1-28      *Memorial of God's powerful intervention*  
Exodus 24: 4-8      *Moses offers sacrifice to seal the Covenant*

♥ **JESUS' PASSOVER MEAL:**

Luke 22: 14-20      *I have greatly desired to eat this Passover with you*  
Hebrews 9: 11-15      *Christ, High Priest of the New Covenant*

♥ **THE REAL PRESENCE:** *My flesh is real food, my blood is real drink!*  
John 6

♥ **SACRUM CONVIVIVUM:** *A spiritual sacrifice, a spiritual meal, the commandment of love, the heavenly banquet: Jesus' intimacy with his disciples:*  
John 14-16



## TRANSFORMING EUCHARIST (7)

MORTEM TUAM ANNUNTIAMUS, DOMINE, ET TUAM RESURRECTIONEM  
CONFITEMUR (We announce your death, o Lord, and we proclaim your resurrection)

### *Witnesses of the kingdom (A Prophetic People)*

#### **SUGGESTIONS FOR MEDITATION**

♥ **THE EUCHARIST SOURCE OF MISSIONARY ENERGY:**

Luke 24: 28-35	<i>Our heart is burning within us!</i>
Romans 1: 16-17	<i>I am not ashamed of the Good News!</i>
1 Tim. 2: 1-7	<i>Herald of the salvific will of God</i>

♥ **THE EUCHARIST IS A MODE OF BEING & PATTERN OF MISSION:**

John 13: 12-17	<i>You should wash each other's feet</i>
Luke 4: 16-22	<i>To proclaim liberty to captives</i>
James 2: 1-9	<i>God chose the poor to be rich in faith</i>

♥ **THE MISSIONARY AND CONTEMPLATION:**

Luke 2: 19; 52	<i>Mary's contemplative attitude</i>
Luke 11: 27-28	<i>Mary's affection for the Humanity of Jesus</i>
Mt. 11: 25-30; Eph. 3: 16-20	<i>Contemplation as dimension of love</i>



## TRANSFORMING EUCHARIST (8)

MORTEM TUAM ANNUNTIAMUS, DOMINE, ET TUAM RESURRECTIONEM  
CONFITEMUR (We announce your death, o Lord, and we proclaim your resurrection)

*Mission into the future  
(Mary, Mother of the Church)*

### SUGGESTIONS FOR MEDITATION

#### ♥ MEDIATION OF SECULARITY:

Romans 1: 18-32	<i>Structures of sin in society</i>
1 Peter 2: 13-17; 21-25	<i>Behave as free people!</i>
1 Cor. 10: 31	<i>Do everything for the glory of God!</i>

#### ♥ MARY, WOMAN OF THE EUCHARIST:

Acts 1: 12-14	<i>Joined in prayer with Mary</i>
Acts 2: 42	<i>Faithful to the breaking of bread</i>
John 2: 1-12	<i>Do whatever he tells you!</i>
John 19: 25-27	<i>Near the cross of Jesus was his mother</i>



The point of departure is EDE especially in **two passages** in which John Paul II brings some personal experience, two beautiful passages that conclude with a synthetic view of the Priesthood of Christ and of the Church.

"The Church was born of the Paschal Mystery. For this very reason, the Eucharist, which is in an outstanding way the sacrament of the paschal mystery, **stands at the centre of the Church's life**. This is already clear from the earliest images of the Church found in the Acts of the Apostles: They devoted themselves to the Apostles' teaching and fellowship, to the breaking of bread and to prayers (2:42).

The breaking of bread refers to the Eucharist. Two thousand years later, we continue to relive that primordial image of the Church. At every celebration of the Eucharist, we are spiritually brought back to the paschal Triduum: to the events of the evening of Holy Thursday, to the last supper and to what follow it.

The institution of the Eucharist sacramentally anticipated the events which were about to take place, beginning with the agony in Gethsemane. Once again we see Jesus as he leaves the upper room, descends with his disciples to the Kidron valley and goes to the garden of olives. Even today that garden shelters some very ancient olive trees. Perhaps they witnessed what happened under their shade that evening, when Christ in prayer was filled with anguish and his cold sweat became like drops of blood falling down upon the ground (Luke 22:44).

The blood which shortly before he had given to the Church as the drink of salvation in the sacrament of the Eucharist, **began to be shed**; its outpouring would then be completed on Golgotha to become the means of our redemption: Christ, as high priest of the good things to come, entered once and for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption (Hebrews 9:11-12)"(EDE,3).

It is a marvelous number in which the whole encyclical letter is contained, which joins the present with the past and gives the feeling of the historical depth of the Eucharist. The other passage is even more personal and moving and gives the cosmic dimension of the Eucharist, the horizontal perspective of space.

"When I think of the Eucharist, and look at my life as a priest, as a Bishop and as the Successor of Peter, I naturally recall the many times and places in which I was able to celebrate it.

I remember the parish church of Niegowi, where I had my first pastoral assignment, the collegiate church of Saint Florian in Krakow, Wawel cathedral, saint Peter's basilica and so many basilicas and churches in Rome and throughout the world. I have been able to celebrate Holy Mass in chapels built along mountain paths, or lakeshores or seacoasts; I have celebrated it on altars built in stadiums and in city squares...

This varied scenario of celebrations of the Eucharist has given me a powerful experience of its universal and, so to speak, cosmic character. Yes, cosmic! Because even when it is celebrated on the humble altar of a country church, the Eucharist is always in some ways celebrated **on the altar of the world**. It unites heaven and earth. It embraces and permeates all creation. The Son of God became man in order to restore all creation, in one supreme act of praise, to the One who made it from nothing.

He, the eternal High Priest who by the blood of his Cross entered the eternal sanctuary, thus gives back to the Creator and Father all creation redeemed. He does so through the ministry of the Church, to the glory of the Most Holy Trinity. Truly this is the *mysterium fidei* which is accomplished in the Eucharist: the world which came forth from the hands of God the Creator now returns to him redeemed by Christ"(EDE, 8).

# OUR BAPTISMAL PRIESTHOOD

This is a favorite topic of mine: this scheme I have used very many times because I believe that it is a topic which is very much neglected and yet very beautiful. The sources are: *the Letter to the Hebrews*, the documents of Vatican II, especially *Lumen Gentium*, then later documents are *Christifideles Laici* and *Pastores Dabo Vobis*. And the following books:

MARCO BUSCA, *L'Anima Sacerdotale del Cristiano*, Marna, 2010.

LUISA CAMPAGNOLI: *Il Sacerdozio Comune dei Battezzati*, Roma, 2007.

In concrete, this scheme of Retreat is based on my booklet: *The Priesthood of Christ and of the Church*, Manila, 2012.

## THE COMON PRIESTHOOD OF THE FAITHFUL

1. ALONE WITH GOD
2. THE PRIESTHOOD OF CHRIST
3. CELEBRATING OUR PRIESTHOOD
  - 3a. MINISTERIAL PRIESTHOOD

- [illegible]



## OUR BAPTISMAL PRIESTHOOD ( 1. ALONE WITH GOD)

**Grace:** desire for silence, thirst for God, taste for prayer.

**Prayer:**

- Lord, teach me how to pray!
- Speak, Lord, your servant is listening!
- Come, Lord Jesus!
- Christ, Word of my God, may I spend my life in listening to you!

### HINTS FOR PRAYER

1. **THE SILENCE IN WHICH GOD INHABITS:**  
Enter the solitude and silence, searching for God, waiting on God, with a contemplative attitude.
  - Ps 63
  - 1 Kings 19,9-13
  - 1 Samuel 3,1-10
2. **CREATION SPEAKS OF GOD**  
Contemplate God in nature and be grateful
  - Ps 104
  - Wisdom 11,21-27;12,1-2
  - Ps 23
3. **GOD KNOWS ME**  
Feel yourself as naked and open in front of Him. Pray that He may reveal yourself to yourself, in truth, during this Retreat.
  - Ps 139
  - Ps 8
4. **GOD LOVES ME:**  
Re-trace the happenings of your past as salvation history.  
Re-live the peak moments of your encounter with Him in your life and adore Him in yourself.
  - Ps 131

\*\*\*\*\*

**YOU ARE MADE  
WHOLE  
AGAIN  
IN SILENCE**

**WONDER  
IS THE HEART  
OF  
CONTEMPLATION**

**NO ONE  
CAN BE GRATEFUL  
AND  
UNHAPPY**



## OUR BAPTISMAL PRIESTHOOD

### (2. THE PRIESTHOOD OF CHRIST IS MEDIATION OF LOVE)

**GRACE:** Ask for the gift of compassion: to share Christ's suffering, together with Mary, at the foot of the cross.

**PRAYER:** "We adore you, o Christ, and we bless you: because of your holy cross you have redeemed the world".

#### HINTS FOR PRAYER:

1. **MEDIATION OF LIFE (1)**

Philippians 2: 6-11  
Luke 2: 1-20

*He emptied himself  
In simplicity and poverty*

2. **MEDIATION OF SACRIFICE (2)**

John 17  
Matthew 27: 32-56  
Hebrews 10: 4-21

*Father, glorify your Son...  
To the point of death, death on the cross  
God, here I am! I'm coming to do your will!*

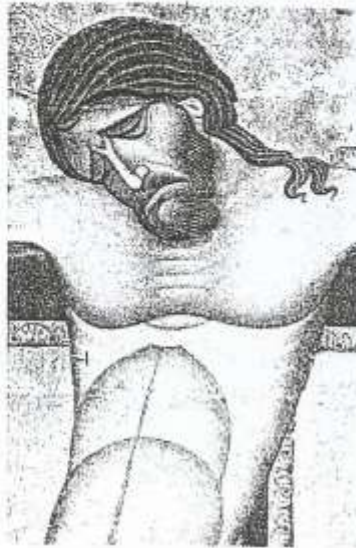
3. **THE EASTER EXPERIENCE (The Quality Leap)**

John 20: 11-18  
John 20: 19-29  
John 21: 15-19

*Do not cling to me!  
Doubt no longer but believe!  
Do you love me more than these others do?*

4. **MEDIATION OF INTERCESSION (3)**

Hebrews 7:22-25     *He is living for ever to intercede for all*





## OUR BAPTISMAL PRIESTHOOD (3. CELEBRATING OUR PRIESTHOOD)

**GRACE:** Expose yourself to Jesus' Real Presence in the Eucharist: make of your life a Eucharist.

**PRAYER:** Soul of my Savior, sanctify me, Body of Christ, save me....

### 1. FIRST BIBLICAL SOURCE OF THE EUCHARIST:

1 Corinthians 11: 23-30	<i>Do this as a memorial of me.</i>
1 Corinthians 10: 14-22	<i>The communion with the body and the blood of Christ</i>

### 2. THE PASSOVER MEAL :

Exodus 12: 1-28	<i>Memorial of God's powerful intervention</i>
Exodus 24: 4-8	<i>Moses offers sacrifice to seal the Covenant</i>

### 3. JESUS' PASSOVER MEAL:

Luke 22: 14-20	<i>I have greatly desired to eat this Passover with you</i>
Hebrews 9: 11-15	<i>Christ, High Priest of the New Covenant</i>

### 4. SACRUM CONVIVIUUM: *A spiritual sacrifice, a spiritual meal, the commandment of love, the heavenly banquet: Jesus' intimacy with his disciples:*

John 6: 52-58	<b>THE REAL PRESENCE</b>
John 14-16	<i>Make your home in me</i>



## OUR BAPTISMAL PRIESTHOOD

(3a: MINISTERIAL PRIESTHOOD)

**GRACE:** Learning the leadership of service

**PRAYER:** Pray with Jesus, the High Priest of the New Testament :*"For their sake, o Lord, I consecrate myself so that they may be consecrated in truth"*.

### HINTS FOR PRAYER

- ❖ **John 13:1-17** *Jesus teaches his priests the leadership of service*
- ❖ **John 14-17** *Jesus' intimacy with his priests*
- ❖ **Acts 20:17-36** *Saint Paul's pastoral love*
- ❖ **2 Timothy 1:6-14** *"Rekindle the gift of God that is within you through the laying on of my hands"*
- ❖ **1 Peter 5:1-11** *"Tend the flock of God that is in your care by being examples ..."*
- ❖ **John 10** *"I am the Good Shepherd"*



## OUR BAPTISMAL PRIESTHOOD

(CONTINUING JESUS' MEDIATION OF LOVE)

**GRACE:** Re-commit yourself anew as a Christian and an apostle to continue Christ's mediation of love.

**PRAYER:** "Lord, make me a channel of your peace"

### HINTS FOR PRAYER:

1. **A CHOSEN PEOPLE** (*Chosen for the sake of all*)

Exodus 19: 3-8  
1 Peter 2:4-10

*A kingdom of priests  
You too may be living stone*

2. **MEDIATION OF LIFE** (*A life redeemed, a life of love*)

Romans 12: 3-13  
1 Peter 1: 22-25

*(Sincerely prefer good to evil)  
(Let your love be real, from the heart)*

3. **MEDIATION OF SACRIFICE** (*Transforming violence into love*)

Romans 12: 1-2  
1 Peter 2: 21-25  
Hebrews 12: 1-4

*Offer your body as a spiritual sacrifice  
He left for us an example to follow  
With so many witnesses on every side of us*

4. **MEDIATION OF INTERCESSION** (*Standing between God and the need*)

1 Timothy 2: 1-8  
Colossians 1: 24-29

*Lifting our hands in prayer like Jesus  
It makes me happy to suffer for you*



## OUR BAPTISMAL PRIESTHOOD (5. LIVING OUT OUR MEDIATION OF LOVE)

**GRACE:** The gift of love and contemplation.

**PRAYER:** "Take, Lord, and receive all my memory...Give me only your love and your grace: they are enough for me..."

### 1. MEDIATION OF WITNESS:

Matthew 28:18-20  
Romans 1: 16-17  
1 Tim. 2: 1-7

*(The Great Commission)*  
*I am not ashamed of the Good News!*  
*Herald of the salvific will of God*

### 2. MEDIATION OF SECULARITY:

Romans 1: 18-32  
1 Peter 2: 13-17; 21-25  
1 Cor. 10: 31

*Structures of sin in society*  
*Behave as free people!*  
*Do everything for the glory of God!*

### 3. THE EUCHARIST IS A MODE OF BEING & PATTERN OF MISSION:

John 13: 12-17  
Luke 4: 16-22  
James 2: 1-9

*You should wash each other's feet*  
*To proclaim liberty to captives*  
*God chose the poor to be rich in faith*

### 4. MARY, WOMAN OF THE EUCHARIST:

John 19: 25-27  
Acts 1: 12-14  
Acts 2: 42  
John 2: 1-12

*Near the cross of Jesus was his mother*  
*Joined in prayer with Mary*  
*Faithful to the breaking of bread*  
*Do whatever he tells you!*





## OUR BAPTISMAL PRIESTHOOD

### (6. MISSION AND CONTEMPLATION)

**GRACE:** to know Jesus more intimately, to love Him more passionately, to follow Him more closely.

**PRAYER:** Jesus, may all that is you flow into me. May your body and blood be my food and drink. May your passion and death be my strength and life. Jesus, with you at my side enough has been given. May the shelter I seek be the shadow of your Cross. Let me not run from the love you offer, but hold me safe from the forces of evil. On each of my dyings, Lord, shed your light and your love. Keep calling to me, Jesus, until that day comes when, with your Saints, I shall see your Face forever and ever. AMEN.

#### HINTS FOR PRAYER

**1. The universal salvific will of God:** A truth which should be dear to missionaries:

- 1 Tim 2: 1-8
- Acts 10: 34-35
- This is "Predestination":
  - Rom 8: 28-39
- This is the "Original Blessing":
  - Eph 1: 3-14

**2. The Lord Jesus' amazing openness to recognize the gifts of the pagans:**

- The centurion, Mt 8:5-13 (10-11)
- The Canaanite woman, Mt 15:21-28

**3. Paschal Mission: Mission as com-passion of God for the world.** Jesus on the Cross is the revelation that God sides with the victims and comes to share their predicament:

- Heb 10: 4-24
- Heb 12: 1-4

**4. The Holy Friday Icon: the Unveiling of the Cross.**

Poignant is the progressive unveiling and then the procession to adore the Cross, to kiss the Crucified Jesus... In touching Jesus' wounds, it is the whole body of Christ made up by the victims, the marginalized, the excluded that is recognized and honored.

- Luke 22: 39-46
- Matthew 27: 45-56

