ONE-DAY ONLINE RETREAT 2022 SPONSORED BY GRADUATE MINISTRY

LOVE IS A GIFT, NOT AN OBLIGATION

Look at Lent through the eyes of Saint Thomas Aquinas
Dear Graduate students and friends, Graduate Ministry would like to provide this One-Day Online Lenten Retreat for you and for those you think might enjoy spending some quality time with God during this Lenten season. Before you begin your retreat, pause for a few moments of silence and set aside all distractions. Please take a few slow and deep breaths, and be aware of the loving presence of God.
Always be a Child (4:06)
https://youtu.be/pL-T0N8CwDU

For Only One (4:22)
https://youtu.be/sFxpcvA1uc4
Message of His Holiness Pope Francis:

“Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity (Kairos), let us do good to all.”  
(Gal 6:9-10)

For the full article, please see the below link:
Part I

Expulsion from Eden
SCRIPTURE READING:
Expulsion from Eden
Genesis 3
https://bible.usccb.org/bible/genesis/3

TALK 1:
On Temptation in the Desert (5.30)
https://youtu.be/5eJSlh5goF1

REFLECTION:
1. Adam and Eve (16.55)
   https://youtu.be/DBF_DazmbpA
2. Is Jesus the New Moses? (11.16)
   https://youtu.be/brXcLmpZCO8
3. Understanding the Incarnation (29.11)
   https://youtu.be/AWKdmCXJPlw?t=187

PAUSE FOR JOURNALING AND PRAYER
(Pray to Jesus in these words or your own)

Grant me, O Lord, to see everything now with new eyes, to discern and test the spirits that help me read the signs of the times, to relish the things that are yours, and to communicate them to others. Give me the clarity of understanding that you gave Ignatius. Amen.

-Pedro Arrupe, S.J.
Old Adam

New Adam

Take up Your Cross (5.27)
https://youtu.be/94m9IdAOMFI

began in the garden, end in the garden
Part 2

On the Two Thieves
SCRIPTURE READING:
The Crucifixion
https://bible.usccb.org/bible/luke/23

TALK 1:
On the Two Thieves (3.03)
https://youtu.be/x_ZaaZpOrww

REFLECTION:
1. True Testimonies from Saints about Forgiveness (14.09)
   https://youtu.be/0B3kglXybyY
2. Embracing Your Brokenness (17.43)
   https://youtu.be/rAhllzsFZVY
3. Being the Beloved by Henri Nouwen (17.58)
   https://youtu.be/v8U4V4aANWk

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-Pedro Arrupe, S.J.-
Sinner’s prayer (3:10)
https://youtu.be/KmAMvBMUmCI

Dare to Believe (4:54)
https://youtu.be/4KpvOPEWqk
Part 3
The Blood and Water
SCRIPTURE READING:
The Blood and Water
John 19:31-37
https://bible.usccb.org/bible/john/19

TALK 1:
On the Holy Lance (5.14)
https://youtu.be/8RZrXl2-0F-

REFLECTION:
1. Reflection 59: “Oh, Blood and Water…” (2.26)
   https://youtu.be/uXeNnEGC764
2. The Blood & Water from the side of Christ (14.55)
   https://youtu.be/JAI-5jTAAZ8
3. Ron Rolheiser, OMI (59.10)
   https://youtu.be/Y9rqlIC0t4

PAUSE FOR JOURNALING AND PRAYER
(Pray to Jesus in these words or your own)

Anima Christi
Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me and bid me come to you
That with your saints I may praise you
Forever and ever.
Amen.

One Drop of Blood (5.20)
https://youtu.be/HLtx2ChTNYk
At the Foot of the Cross (3.59)
https://youtu.be/fY-qWz65N4Y
May you have a Blessed Triduum and a Happy Easter