ONE-DAY ONLINE RETREAT 2023

Lent is a Season of Grace

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INTRODUCTION

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 the Triduum. 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.

Photos are taken from: https://globalworship.tumblr.com/post/140296566140/holy-week-art-from-cameroon-jesus-mafa
Lent is time to let go of the frivolous, to choose truth and love… “Lent is a time of truth, a time to drop the masks we put on each day to appear perfect in the eyes of the world.” “… reject lies and hypocrisy. Not the lies and hypocrisies of others, but our own.”

For the full article, please see the below link:
https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2023/02/17/230217c.html
Part 1
Maundy Thursday
SCRIPTURE READING:
John 13:1 - 15; 18:10

REFLECTION:

1. “Do this in remembrance of me”
   Mother Teresa
   https://youtu.be/jU5wZe0Ydr4

2. “He poured water into a basin and began to wash the disciples’ feet and dry them with towel around his waist.”
   Desmond Tutu
   https://youtu.be/cwF7_QHs7aY

3. “Peter struck the high priest’s slave and cut off his right ear…Jesus said to Peter, ‘put your sword into its scabbard...”
   Mohandas Gandhi
   https://youtu.be/9nAUxQ8X3GQ

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words from the Personal Prayer of Pedro Arrupe, S.J., or your own words

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.

Part 2

Good Friday
SCRIPTURE READING:
John 18:1-19:42

REFLECTION:

1. “Father, forgive them, they know not what they do.”
   Nelson Mandela
   https://youtu.be/wX85KLMOnQg

2. “Father, into your hands I commend my spirit”
   Martin Luther King Jr
   https://youtu.be/cmOBbxgxKvo

3. “One soldier thrust his lance into his side, and immediately blood and water flowed out”
   Maya Angelou
   https://youtu.be/d7dxnQQEpxs

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words of Prayer for Generosity by Saint Ignatius of Loyola or your own words

Lord, teach me to be generous.
Teach me to serve you as you deserve;
To give and not to count the cost,
To fight and not to heed the wounds,
To toil and not to seek for rest,
To labor and not to ask for reward
Save that of knowing that I do your will. Amen.

Part 3
Holy Saturday
SCRIPTURE READING:
Mark 16:1 - 17; L41 BC

REFLECTION:
1. “They took the body of Jesus and ... laid him there in the tomb”
   Immaculate Ilibagiza
   https://youtu.be/cvjvxN_bWWI

2. “Children, have you caught anything to eat?...cast the net over the right side of the boat and you will find something.”
   Rosa Parks
   https://youtu.be/FFvwKP8G4sA

3. “Peter, do you love me? ...yes Lord, you know that I love you... Tend my sheep...”
   Malala Yousafzai
   https://youtu.be/HQL8bTqyFCo

PAUSE FOR JOURNALING AND PRAYER

Pray to Jesus in these words below or your own words

AMDG
I am supposed to do everything in life for one reason: the greater glory of God. Yet I spend most of my life unconcerned with this; I waste it on petty things. God, please grant me clear vision, the vision to work for the greater glory of your name. Please help me to wake up each morning with this in mind. Help me to clear my mind of minor details that only distract me from my purpose. Keep away the indifference that fogs humankind. Point me where your people need help, So that I may go to bed each night knowing the world is a better place, And your vision has been fulfilled. Amen.

May you have a Blessed Triduum and a Happy Easter