



**RETREAT PRAYERS AND MANUAL
FOR
SAINT MARY MAGDALENE
ORTHODOX CHURCH**

**The Society of Clerks Secular
of Saint Basil**

RETREAT MANUAL NO. 1



FOREWORD

With this retreat manual we begin an experiment in developing a system of one day retreats for groups of any number of participants, where the retreat begins at one Church/Temple facility, travels to another Church facility for the main portion of the day, and ends at the facility where it began.

The system consists of three such one day retreats (though the total number of retreat manuals is designed to exceed three, with each system consisting of three such retreats), each with its own manual, the main difference from manual to manual being in the selection of Psalms, Antiphons, Prayers, and Readings.

The retreat number is on the cover page. Manuals no. 1, 2, 3, are designed to be presented in sequence; 4, 5, 6, likewise; and so forth.

The retreats are built around the Canonical Hours (Lauds and Matins, Prime, Terce, Sext, None, Vespers, and Compline) but due to the conditions underwhich such retreats are made the strict order is not followed.

As a note of information: **Matins** is the Night Office. It often is combined with **Lauds** (hence, **Lauds and Matins**) forming the first of the Canonical Hours, and is often called Morning Prayer, and is prayed at or just before dawn, or at the fixed hour of 6:00 AM in some traditions. (Note, The Office of Readings precedes Morning Prayer, and may be prayed in the middle of the night or an hour or so before dawn). **Prime** is the second of the Canonical Hours, and is the first hour of the day (after sunrise). **Terce** is the third of the Canonical Hours and is the third hour of the day (after sunrise), **Sext** is the fourth Canonical Hour and the sixth hour of the day (after sunrise); **None** is the fifth Canonical Hour, occurs at noon, is the ninth hour of the day from sunrise; **Vespers** is the sixth Canonical Hour and is sung in the late afternoon or at the fixed hour of 6:00 PM in some traditions; **Compline** is the seventh and last of the Canonical Hours, sometimes called Night Prayers, and is often said just before retiring (going to bed) for the night.

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(Foreword, continued)

Community praying is different from other praying. Use your voice, but do not use inflections unless it is absolutely required, this normally being restricted to pitch and tone changes in song. If you pray:

HAIL Mary, full of GRACE, the LORD is with thee

but someone else is moved by God to pray

Hail MARY, full of grace, the Lord is with THEE

your forcing your inflections into their praying will disrupt their prayer.

In short, pray so you can be heard, but not so that your voice can be distinguished in any manner or way from the voices of the community at prayer. If you can not abide by this rule, then go away, for we do not want you disrupting our prayers.

This is a trial edition, being used for layout, system, and testing of overall effectiveness. The final edition, and all that follow, will be in somewhat different format, and will in all probability use the DOUAY-RHEIMS translation.



+ Paul, S.S.B.
Metropolitan Archbishop of Orleans
and of The Society of Clerks Secular of Saint
Basil 5 April 2001 A. D.

RETRT1A.PUB

Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this exile
show to us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary,
pray for us who have recourse to thee.

St. Joseph, Protect us.
St. Michael, Guard us.
St. Basil, teach us.
St. Benedict, pray for us and our absent brothers and grant
us a happy death.

May our souls, and all the souls of the faithfully departed,
through the mercy of God, rest in peace.

Amen.

(A helpful final thought as you go to sleep is: Protect us,
Lord, as we wake; watch over us as we sleep, that awake, we
may keep watch with Christ, and asleep, rest in his peace.)

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RETREAT SCHEDULE **(Silence begins at 8:00 AM)**

8:00 AM in the Parish Church

LAUDS MORNING PRAYER

Invitatory

(All Rise)

Leader: Lord, open my lips.

All: And my mouth will proclaim Thy praise.

Antiphon

Cantor: Cry out with joy to the Lord, all the earth; serve
the Lord with gladness.

All: Cry out with joy to the Lord, all the earth; serve the
Lord with gladness.

Invitatory psalm: **Psalm 95**

*(This is a call to praise God; Encourage each other daily while it is still today
Hebrews 3:13)*

Side 1: Come, let us sing to the Lord
and shout with joy to the Rock who saves us.
Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord.

Side 2: The Lord is God, the mighty God,
the great king over all the gods.
He holds in his hands the depths of the earth
and the highest mountains as well.
He made the sea; it belongs to him,

the dry land, too, for it was formed by his hands.

Side 1: Come, then, let us bow down and worship,
bending the knee before the Lord, our maker.
For he is our God and we are his people,
the flock he shepherds.

Side 2: Today, listen to the voice of the Lord:
Do not grow stubborn, as your fathers did
in the wilderness,
when at Meriba and Massah
they challenged me and provoked me,
Although they had seen all of my works.

Side 1: Forty years I endured that generation.
I said, "They are a people whose hearts go astray
and they do not know my ways. "
So I swore in my anger,
"They shall not enter into my rest. "

Side 2: *(All bow during the Glory Be)* Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

All: Cry out with joy to the Lord, all the earth; serve the
Lord with gladness.

*(All sit for a few moments, contemplating what has just
been prayed.)*

Morning Prayer

(All rise)

Leader: O God, take heed and save me

All: O Lord make haste to help me.

Into your hands, Lord, I commend my spirit.

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

GOSPEL CANTICLE Luke 2:29-32 Christ is the light of the nations
and the glory of Israel

Lord, now Thou lets Thy servant go in peace; Thine word has
been fulfilled: my own eyes have seen the salvation which
Thou hast prepared in the sight of every people: a light to
reveal Thee to the nations and the glory of your people Israel.

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

Prayer

Lord Jesus Christ,
you have given your followers
an example of gentleness and humility,
a task that is easy, a burden that is light.

Accept the prayers and work of this day,
and give us the rest that will strengthen us
to render more faithful service to you
who live and reign for ever and ever.

(Blessing) May the all-powerful Lord grant us a restful
night and a peaceful death.

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this vale of tears.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord,
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Ant. Out of the depths I cry to you, Lord.

READING Ephesians 4: 26-27

If you are, angry, let it be without sin. The sun must not go
down on your wrath; do not give the devil a chance to work
on you.

RESPONSORY

Into your hands, Lord, I commend my spirit.
Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.
Into your hands, Lord, I commend my spirit.

Glory be to the Father, and to the Son, and to the Holy
Spirit:
as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

Side 1: (*All bow during the Glory Be*) Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

HYMN

Cantor: All creatures of our God and King,

All: Lift up your voice and with us sing
Alleluia, alleluia!

Thou burning sun with golden beam,
Thou silver moon with softer gleam:

O praise him, O praise him,
Alleluia, alleluia, alleluia!

Thou rushing winds that are so strong,
Ye clouds that sail in heaven along,
O praise him, alleluia!
Thou rising morn, in praise rejoice,
Ye lights of evening, find a voice:

O praise him, O praise him,
Alleluia, alleluia, alleluia!

PSALMODY

Cantor: (Ant. 1) O God, all Thy ways are holy; what god
can compare with our God?

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

(All sit)

Psalm 77 (Recalling God's works *We suffer all kinds of afflictions and yet*

are not overcome (2 Corinthians 4: 8).

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

Side 2: In the day of my distress I sought the Lord.
My hands were raised at night without ceasing;
my soul refused to be consoled.
I remembered my God and I groaned.
I pondered and my spirit fainted.

Side 1: You withheld sleep from my eyes.
I was troubled, I could not speak.
I thought of the days of long ago
and remembered the years long past.
At night I mused within my heart.
I pondered and my spirit questioned.

Side 2: "Will the Lord reject us for ever?
Will he show us his favor no more?
Has his love vanished for ever?
Has his promise come to an end?
Does God forget his mercy
or in anger withhold his compassion?"

Side 1: I said: "This is what causes my grief;
that the way of the Most High has changed."
I remember the deeds of the Lord,
I remember your wonders of old,
I muse on all your works
and ponder your mighty deeds.

Side 2: Your ways, O God, are holy.
What god is great as our God?
You are the God who works wonders.
You showed your power among the peoples.
Your strong arm redeemed your people,
the sons of Jacob and Joseph.

Yet give Thine people hearts that wake
In love to Thee, unsleeping Lord.

Thy glory may we ever seek
in rest, as in activity,
Until its fullness is revealed,
O source of life, O Trinity.

Ant. 1 Lord God, be my refuge and my strength.

Psalm 31: 1-6 Trustful prayer in adversity *Father, into your hands I
commend my spirit* (Luke 23 :46).

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Ant. Lord God, be my refuge and my strength.

Ant. 2 Out of the depths I cry to you, Lord.

Psalm 130 A cry from the depths *He will save his people from their sins*
(Matthew 1:21).

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

who lives and reigns with Thee and the Holy Spirit,
one God, throughout all Ages of Ages.

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

All: Amen

**After Evening Prayer, leave to return to return to home
Parish.**

Blessing on leaving:

**May almighty God bless you and keep you safe in your
travels this evening and throughout all your lives**

**Night Prayer (to be prayed at home, just before retiring
for the night.)**

O God, take heed and save me

O Lord make haste to help me.

(Bow during the Glory Be) Glory be to the Father, and to
the Son, and to the Holy Spirit:
as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

Hymn

We praise Thee, Father, for Thy gifts
Of dusk and nightfall over earth,
Foreshadowing the mystery
Of death that leads to endless day.

Within Thy hands we rest secure;
In quiet sleep our strength renew;

Side 1: The waters saw you, O God,
the waters saw you and trembled;
the depths were moved with terror.
The clouds poured down rain,
the skies sent forth their voice;
your arrows flashed to and fro.

Side 2: Your thunder rolled round the sky,
your flashes lighted up the world.
The earth was moved and trembled
when your way led through the sea,
your path through the mighty waters,
and no one saw your footprints.

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

Side 2: *(All rise and bow during the Glory Be)* Glory be to
the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

(All sit)

Psalm-prayer

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

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

Cantor: (Ant. 2) My heart leaps up with joy to the Lord,
for he humbles only to exalt us.

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

Canticle (1 Samuel 2:1-10 The humble find joy in God *He has cast down
the mighty from their thrones and has lifted up the lowly. He has filled the
hungry with good things* (Luke 1:52-53).

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

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

Side 1: Speak boastfully no longer,
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord,
a God who judges deeds.

Side 2: The bows of the mighty are broken,
while the tottering gird on strength.
The well-fed hire themselves out for bread,
while the hungry batten on spoil.
The barren wife bears seven sons,
while the mother of many languishes.

Side 1: The Lord puts to death and gives life;
he casts down to the nether world;
he raises up again.
The Lord makes poor and makes rich,
he humbles, he also exalts.

Side 2: He raises the needy from the dust;

Side 1: Grant us good weather, Lord,
Side 2: that we may reap the copious fruits of the earth.
All: Increase your grace and your peace, Lord.

Side 1: Deliver us from all harm, Lord,
Side 2: and pour out your abundant blessings on our
homes.
All: Increase your grace and your peace, Lord.

Side 1: Show the faithful departed the vision of your face,
Side 2: let them rejoice in the contemplation of your
presence.
All: Increase your grace and your peace, Lord.

All: Our Father, Who art in Heaven,
Hallowed be Thy Name,
Thy kingdom come,
Thy Will be done,
on earth as it is in heaven.
Give us this day
our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Prayer

All: Lord God,
holy is Thy name,
and renowned Thine compassion,
cherished by every generation.
Hear our evening prayer
and let us sing Thee praise,
and proclaim Thy greatness for ever.
We ask this through our Lord Jesus Christ, Thy Son.

for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

(All rise)

Side 2: *(All bow during the Glory Be)* Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

(All sit)

INTERCESSIONS

Leader: Beloved brothers and sisters, let us rejoice in our
God, for he takes great delight in bestowing benefits on his
people. Let us fervently pray:

All: Increase your grace and your peace, Lord.

Side 1: Eternal God, for whom a thousand years are like
the passing day,

Side 2: help us to remember that life is like a flower which
blossoms in the morning, but withers in the evening.

All: Increase your grace and your peace, Lord.

Side 1: Give your people manna to satisfy their hunger.

Side 2: and living water to quench their thirst for all
eternity.

All: Increase your grace and your peace, Lord.

Side 1: Let your faithful ones seek and taste the things that
are above,

Side 2: and let them direct their work and their leisure to
your glory.

All: Increase your grace and your peace, Lord.

from the ash heap he lifts up the poor,
to seat them with nobles
and make a glorious throne their heritage.

Side 1: For the pillars of the earth are the Lord's,
and he has set the world upon them.
He will guard the footsteps of his faithful ones,
but the wicked shall perish in the darkness.
For not by strength does man prevail;
the Lord's foes shall be shattered.

Side 2: The Most High in heaven thunders,
the Lord judges the ends of the earth.
Now may he give strength to his king
and exalt the horn of his anointed!

Side 1: *(All rise and bow during the Glory Be)* Glory be to
the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

(All sit)

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

Cantor: (Ant. 3) The Lord is king, let the earth rejoice.

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

Psalm 97 (The glory of the Lord in his decrees for the world *This psalm
foretells a world-wide salvation and that peoples of all nations will believe
in Christ (St. Athanasius).*)

Side 1: The Lord is king, let earth rejoice,
let all the coastlands be glad.
Cloud and darkness are his raiment;
his throne, justice and right.

Side 2: A fire prepares his path;
it burns up his foes on every side.
His lightnings light up the world,
the earth trembles at the sight.

Side 1: The mountains melt like wax
before the Lord of all the earth.
The skies proclaim his justice;
all peoples see his glory.

Side 2: Let those who serve idols be ashamed,
those who boast of their worthless gods.
All you spirits, worship him.

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

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

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

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

Side 1: *(All rise and bow during the Glory Be)* Glory be to
the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

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

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

All: Keep us, O Lord, as the apple of Thine eye.

(All sit)

CANTICLE OF MARY

Cantor: (Ant.) Lord, with the strength of your arm scatter
the proud and lift up the lowly.

All: Lord, with the strength of your arm scatter the proud
and lift up the lowly.

Side 1: My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

Side 2: From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

Side 1: He has mercy on those who fear him
in every generation.

Side 2: He has shown the strength of his arm,
he has scattered the proud in their conceit.

Side 1: He has cast down the mighty from their thrones,
and has lifted up the lowly.

Side 2: He has filled the hungry with good things,
and the rich he has sent away empty.

Side 1: He has come to the help of his servant Israel

things visible and invisible.

Side 2: All were created through him;
all were created for him.
He is before all else that is.
In him everything continues in being.

Side 1: It is he who is head of the body, the church!
he who is the beginning,
the first-born of the dead,
so that primacy may be his in everything.

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

All: Through him all things were made; he holds all
creation together in himself.

READING 1 Peter -7

Lector: In your relations with one another, clothe yourselves
with humility, because God "is stern with the arrogant but to
the humble he shows kindness." Bow humbly under God's
mighty hand, so that in due time he may lift you high. Cast
all your cares on him because he cares for you .

RESPONSORY

Side 1: Keep us, O Lord, as the apple of Thine eye.

Side 2: Keep us, O Lord, as the apple of Thine eye.

Side 1: Gather us under the shadow of your wings and keep
us.

Side 2: Keep us, O Lord, as the apple of Thine eye.

Side 1: (*All bow during the Glory Be*) Glory be to the

(*All sit*)

Psalm-prayer

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

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

READING (Romans 8:35, 37)

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

RESPONSORY

Side 1: I will bless the Lord all my life long.

Side 2: I will bless the Lord all my life long.

Side 1: With a song of praise ever on my lips,

Side 2: I will bless the Lord all my life long.

Side 1: (*All rise and bow during the Glory Be*) Glory be to
the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

(*All sit*)

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

CANTICLE OF ZECHARIAH

Cantor: (Ant.) Let us serve the Lord in holiness all the days of our life.

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

Side 1: Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

Side 2: He has raised up for us a mighty savior,
born of the house of his servant David.

Side 1: Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

Side 2: He promised to show mercy to our fathers
and to remember his holy covenant.

Side 1: This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

Side 2: You, my child, shall be called the prophet of the
Most High; for you will go before the Lord to prepare his
way,
to give his people knowledge of salvation
by the forgiveness of their sins.

Side 1: In the tender compassion of our God
the dawn from on high shall break upon us,

through out all ages of ages. Amen.

Psalm-prayer

All: Be gracious and bless us, Lord,
and let your face shed its light on us,
so that we can make you known with reverence
and bring forth a harvest of justice.

All: May God turn his radiant face toward us, and fill us
with his blessings.

(All sit)

Cantor: (Ant. 3) Through him all things were made; he
holds all creation together in himself.

All: Through him all things were made; he holds all
creation together in himself.

Canticle Colossians 1: 1 2-20 Christ the first-born of all creation and the
first born from the dead

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

Side 2: He rescued us
from the power of darkness
and brought us
into the kingdom of his beloved Son.
Through him we have redemption,
the forgiveness of our sins.

Side 1: He is the image of the invisible God,
the first-born of all creatures.
In him everything in heaven and on earth was created,

(All sit)

Cantor: (Ant. 2) May God turn his radiant face toward us, and fill us with his blessings.

All: May God turn his radiant face toward us, and fill us with his blessings.

Psalm 67 People of all nations will worship the lord *You must know that God is offering his salvation to all the world* (Acts 28:28).

Side 1: O God, be gracious and bless us
and let your face shed its light upon us.
So will your ways be known upon earth
and all nations learn your saving help.

Side 2: Let the peoples praise you, O God;
let all the peoples praise you.

Side 1: Let the nations be glad and exult
for you rule the world with justice.
With fairness you rule the peoples,
you guide the nations on earth.

Side 2: Let the peoples praise you, O God;
let all the peoples praise you.

Side 1: The earth has yielded its fruit
for God, our God, has blessed us.
May God still give us his blessing
till the ends of the earth revere him.

(All rise)

Side 2: *(All bow during the Glory Be)* Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,

to shine on those who dwell in darkness and the shadow of
death,
and to guide our feet into the way of peace.

Side 2: *(All rise and bow during the Glory Be)* Glory be to
the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

(All sit)

INTERCESSIONS

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

All: Remain with us, Lord.

Side 1: Remain with us the whole day, Lord,

Side 2: let your grace be a sun that never sets.

All: Remain with us, Lord.

Side 1: We dedicate this day to you as an offering,

Side 2: do not let us offer anything that is evil.

All: Remain with us, Lord.

Side 1: May your gift of light pervade this whole day,

Side 2: that we may be the salt of the earth and the light of
the world.

All: Remain with us, Lord.

Side 1: May the love of your Holy Spirit direct our hearts
and our lips,

Side 2: and may we always act in accordance with your
will.

All: Remain with us, Lord.

All: Our Father, Who art in Heaven,
Hallowed be Thy Name,
Thy kingdom come,
Thy Will be done,
on earth as it is in heaven.
Give us this day
our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Prayer

Lector: Lord, as a new day dawns send the radiance of
your light to shine in our hearts. Make us true to your
teaching; keep us free from error and sin.

We ask this through our Lord Jesus Christ, Thy Son, who
liveth and reigneth with Thee and the Holy Spirit, one God,
throughout all Ages of Ages.

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

All: Amen

8:30 AM Leave Parish Church for the Retreat House

**The Rule of the Mother of God (the Rosary) is prayed
while traveling to the Retreat House.**

**10:00 AM (approximately) Arrive at Retreat House.
Confessions and counseling and free time from five
minutes after arrival until 10:45 AM. Confessions and**

Side 2: Common folk are only a breath,
great men an illusion.
Placed in the scales, they rise;
they weigh less than a breath

Side 1: Do not put your trust in oppression
nor vain hopes on plunder.
Do not set your heart on riches
even when they increase.

Side 2: For God has said only one thing:
only two do I know:
That to God alone belongs power
and to you, Lord, love;
and that you repay each man
according to his deeds.

(All rise)

Side 1: (*All bow during the Glory Be*) Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

Psalm-prayer

All: Lord God, you reward each one according to his works.
Hear us as we pour out our hearts to you
seeking your grace and secure protection.
We look to you for our stable hope in a constantly changing
world.

All: Eagerly we await the fulfillment of our hope, the
glorious coming of our Savior.

PSALMODY

Cantor: (Ant. 1) Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.

All: Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.

Psalm 62 Peace in God *May God, the source of our hope, fill your hearts with peace as you believe in him* (Romans 15:13).

Side 1: In God alone is my soul at rest;
my help comes from him.
He alone is my rock, my stronghold,
my fortress: I stand firm.

Side 2: How long will you all attack one man :
to break him down,
as though he were a tottering wall,
or a tumbling fence?

Side 1: Their plan is only to destroy:
they take pleasure in lies.
With their mouth they utter blessing
but in their heart they curse.

Side 2: In God alone be at rest, my soul;
for my hope comes from him.
He alone is my rock, my stronghold,
my fortress: I stand firm.

Side 1: In God is my safety and glory,
the rock of my strength.
Take refuge in God, all you people.
Trust him at all times.
Pour out your hearts before him
for God is our refuge.

counseling must be limited to five minutes per person in this initial period if the number of Priests is limited. This is so that those who must go to confession before receiving the Eucharist will have that opportunity.

10:45 AM - 11:15 AM First talk of the day. Discussions are not allowed.

11:15 AM - 11:30 AM, Preparation for Divine Liturgy

11:30 AM DIVINE LITURGY (preceded by any remainder of the Prothesis not yet completed)

12:10 PM - 12:45 PM LUNCH (Reading during lunch may be secular.) Free time after lunch until Office of Readings; counseling available.

1:00 PM Office of Readings

(All rise)

Leader: O God, take heed and save me

All: O Lord make haste to help me.

Side 1: *(All bow during the Glory Be)* Glory be to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be, through out all ages of ages. Amen.

HYMN

Cantor: Praise to the Lord, the Almighty, the King of creation:

All: O my soul, praise him, for he is thy health and salvation.

All: All ye who hear,
Now to his altar draw near,
Joining in glad adoration.

All: Praise to the Lord who doth prosper thy work and
defend thee;
Surely his goodness and mercy shall daily attend thee.
Ponder anew
What the Almighty can do,
Who with his love doth befriend thee.

All: Praise to the Lord, O let all that is in me adore him!
All that has life and breath come now in praises before him!
Let the Amen
Sound from his people again:
Now as we worship before him

(All sit, rising only to bow for the 'Glory be')

PSALMODY

Cantor: (Ant. 1) We groan in pain as we await the
redemption of our bodies.

All: We groan in pain as we await the redemption of our
bodies.

Psalm 39 (Urgent prayer of a sick person *Creation is made subject to
futility . . . by him who subjected it, but it is not without hope* (Romans 8:20).

I

Side 1: I said: "I will be watchful of my ways
for fear I should sin with my tongue.
I will put a curb on my lips when the wicked man stands
before me."
I was dumb, silent and still.

**5:10 PM Third talk of the day. Discussions not allowed
unless speaker expressly states discussions are allowed.
Do not ask, he will tell you.**

6:00 PM Evening Prayer

(All rise)

Leader: O God, take heed and save me

All: O Lord make haste to help me.

Side 1: *(All bow during the Glory Be)* Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

HYMN

All: He's got the whole world
in his hands
He's got the whole wide world
in his hands
He's got the whole world
in his hands
He's got the whole world in his hands.

All: He's got you and me brother
in his hands
He's got you and me brother
in his hands
He's got you and me brother
in his hands
He's got the whole world in his hands.

(All sit)

RESPONSORY Wisdom 17:1; 19:22; Psalm 77:20

Side 1: Great are your judgments, Lord, and beyond all describing.

Side 2: You have exalted your people and made them glorious.

Side 1: You made a road through the sea and a path through the deep waters.

Side 2: You have exalted your people and made them glorious.

Prayer

All: God of wisdom and love,
Surce of all good,
send Thy Spirit to teach us Thy truth
and guide our actions in Thy way of peace.

We ask this through our Lord Jesus Christ, Thy Son,
who lives and reigns with Thee and the Holy Spirit, one
God, throughout all Ages of Ages.

Leader: Let us praise the Lord

All: And give him thanks

**Free time after Office of Readings until 2:30 PM;
counseling available.**

**2:30 PM Second talk of the day. Discussions not allowed
unless speaker expressly states discussions are allowed.
Do not ask, he will tell you.**

**Free time after second talk until 4:30 PM; counseling
available.**

**4:30 PM - 5:00 PM Light dinner. (Reading during dinner
may be secular.)**

His prosperity stirred my grief.

Side 2: My heart was burning within me.
At the thought of it, the fire blazed up
and my tongue burst into speech:
"O Lord, you have shown me my end,
how short is the length of my days.
Now I know how fleeting is my life.

Side 1: You have given me a short span of days;
my life is as nothing in your sight.
A mere breath, the man who stood so firm,
a mere shadow, the man passing by,
a mere breath, the riches he hoards,
not knowing who will have them . "

All: We groan in pain as we await the redemption of our
bodies.

II

Cantor: (Ant. 2) Hear and answer my prayer, O Lord; let
me not weep in vain.

All: Hear and answer my prayer, O Lord; let me not weep
in vain.

Side 2: And now, Lord, what is there to wait for?
In you rests all my hope.
Set me free from all my sins,
do not make me the taunt of the fool.
I was silent, not opening my lips,
because this was all your doing.

Side 1: Take away your scourge from me.
I am crushed by the blows of your hand.
You punish man's sins and correct him;
like the moth you devour all he treasures.

Mortal man is no more than a breath
O Lord, hear my prayer.

Side 2: O Lord, turn your ear to my cry.
Do not be deaf to my tears.
In your house I am a passing guest,
a pilgrim, like all my fathers.
Look away that I may breathe again
before I depart to be no more.

Side 1: (*All bow during the Glory Be*) Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

Psalm-prayer

All: Through Thy Son Thou taught us, Father,
not to be fearful of tomorrow
but to commit our lives to your care.
Do not withhold your Spirit from us
but help us find a life of peace after these days of trouble.

All: Hear and answer my prayer, O Lord; let me not weep
in vain.

Cantor: (Ant. 3) I have put all my trust in God's never-
failing mercy.

Psalm 52 (Against a calumniator *If anyone would boast, let him boast in
the Lord* (I Corinthians 1:3 1).

Side 1: Why do you boast of your wickedness,
you champion of evil,
planning ruin all day long,

lofty things to you who have passed through Jordan's stream
by the sacrament of baptism: he promises you a passage even
through the sky. Listen to what Paul says concerning the just:
*We shall be caught up in the clouds to meet Christ in heaven,
and so we shall always be with the Lord.* There is absolutely
nothing for the just man to fear; the whole of creation serves
him. Listen to another promise that God makes him through
the prophet: *If you pass through fire, the flame shall not burn
you, for I am the Lord your God.* The just man is everywhere
welcome, and everything renders him due service.

So you must not think that these events belong only to the
past, and that you who now hear the account of them do not
experience anything of the kind. It is in you that they all find
their spiritual fulfillment. You have recently abandoned the
darkness of idolatry, and you now desire to come and hear
the divine law. This is your departure from Egypt. When you
became a catechumen and began to obey the laws of the
Church, you passed through the Red Sea; now at the various
stops in the desert, you give time every day to hear the law of
God and to see the face of Moses unveiled by the glory of
God. But once you come to the baptismal font and, in the
presence of the priests and deacons, are initiated into those
sacred and august mysteries which only those know who
should, then, through the ministry of the priests, you will
cross the Jordan and enter the promised land. There Moses
will hand you over to Jesus, and he himself will be your guide
on your new journey.

Mindful, then, of all the mighty works of God, remembering
that he divided the sea for you and held back the waters of the
river, you will turn to them and say: *Why was it, sea, that you
fled? Jordan, why did you turn back? fountains, why did you
skip like rams, and you hills, like young sheep?* And the
word of the Lord will reply: *The earth is shaken at the face
of the Lord, at the face of the God of Jacob, who turns stones
into a pool and rock into springs of water.*

The people came up from the Jordan on the tenth day of the first month, and camped in Gilgal on the eastern limits of Jericho.

While the Israelites were encamped at Gilgal on the plains of Jericho, they celebrated the Passover on the evening of the fourteenth of the month. On the day after the Passover they ate of the produce of the land in the form of unleavened cakes and parched grain. On that same day after the Passover on which they ate of the produce of the land, the manna ceased. No longer was there manna for the Israelites, who that year ate of the yield of the land of Canaan.

RESPONSORY Joshua 4:22-24;Psalm 114:5

Side 1: Israel crossed the Jordan on dry land,
for God dried up its waters
just as in the past he had dried up the waters of the Red
Sea,

Side 2: So that all the peoples of the earth may know that
the hand of the Lord is mighty.

Side 1: What has happened that the sea has been put to
flight, and the Jordan has turned back upon itself?

Side 2: So that all the peoples of the earth may know that
the hand of the Lord is mighty.

SECOND READING From a homily on Joshua by Origen,
priest (Hom. 4, 1 PG 12. 842-843) *The crossing of the Jordan*

The ark of the covenant led the people of God across the Jordan. The priests and the levites halted, and the waters, as though out of reverence to the ministers of God, stopped flowing. They piled up in a single mass, thus allowing the people of God to cross in safety. As a Christian, you should not be amazed to hear of these wonders performed for men of the past. The divine Word promises much greater and more

your tongue like a sharpened razor,
you master of deceit?

Side 2: You love evil more than good;
lies more than truth.
You love the destructive word,
you tongue of deceit.

Side 1: For this God will destroy you
and remove you for ever.
He will snatch you from your tent and uproot you
from the land of the living.

Side 2: The just shall see and fear.
They shall laugh and say:
"So this is the man who refused
to take God as his stronghold,
but trusted in the greatness of his wealth
and grew powerful by his crimes."

Side 1: But I am like a growing olive tree
in the house of God.
I trust in the goodness of God
for ever and ever.

Side 2: I will thank you for evermore;
for this is your doing.
I will proclaim that your name is good,
in the presence of your friends.

Side 1: (*All bow during the Glory Be*) Glory be to the
Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now, and forever shall be,
through out all ages of ages. Amen.

All: Cry out with joy to the Lord, all the earth; serve the
Lord with gladness.

Psalm-prayer

All: Father, Thou cut down the unfruitful branch for burning and prune the fertile to make it bear more fruit. Make us grow like laden olive trees in Thy domain, firmly rooted in the power and mercy of Thy Son, so that Thou may gather from us fruit worthy of eternal life.

All: I have put all my trust in God's never-failing mercy.

Cantor: I put my trust in the word of the Lord.

All: All my hope is in him.

FIRST READING From the book of Joshua 3:1-17; 4:14-19; 5:10-12 (*The people cross the Jordan and celebrate the Passover*)

Lector: Early the next morning, Joshua moved with all the Israelites from Shittim to the Jordan, where they lodged before crossing over. Three days later the officers went through the camp and issued these instructions to the people: "When you see the ark of the covenant of the Lord, your God, which the levitical priests will carry, you must also break camp and follow it, that you may know the way to take, for you have not gone over this road before. But let there be a space of two thousand cubits between you and the ark. Do not come nearer to it." Joshua also said to the people, "Sanctify yourselves, for tomorrow the Lord will perform wonders among you." And he directed the priests to take up the ark of the covenant and go on ahead of the people; and they did so.

Then the Lord said to Joshua, "Today I will begin to exalt you in the sight of all Israel, that they may know I am with you, as I was with Moses. Now command the priests carrying the ark of the covenant to come to a halt in the Jordan when they reach the edge of the waters . "

So Joshua said to the Israelites, "Come here and listen to the words of the Lord, your God." He continued: "This is how

you will know that there is a living God in your midst, who at your approach will dispossess the Canaanites, Hittites, Hivites, Perizzites, Girgashites, Amorites and Jebusites. The ark of the covenant of the Lord of the whole earth will precede you into the Jordan. [Now choose twelve men, one from each of the tribes of Israel.] When the soles of the feet of the priests carrying the ark of the Lord, the Lord of the whole earth, touch the water of the Jordan, it will cease to flow; for the water flowing down from upstream will halt in a solid bank."

The people struck their tents to cross the Jordan, with the priests carrying the ark of the covenant ahead of them. No sooner had these priestly bearers of the ark waded into the waters at the edge of the Jordan, which overflows all its banks during the entire season of the harvest, than the waters flowing from upstream halted, backing up in a solid mass for a very great distance indeed, from Adam, a city in the direction of Zarethan; while those flowing downstream toward the Salt Sea of the Arabah disappeared entirely. Thus the people crossed over opposite Jericho. While all Israel crossed over on dry ground, the priests carrying the ark of the covenant of the Lord remained motionless on dry ground in the bed of the Jordan until the whole nation had completed the passage.

That day the Lord exalted Joshua in the sight of all Israel, and thenceforth during his whole life they respected him as they had respected Moses.

Then the Lord said to Joshua, "Command the priests carrying the ark of the commandments to come up from the Jordan." Joshua did so, and when the priests carrying the ark of the covenant of the Lord had come up from the bed of the Jordan, as the soles of their feet regained the dry ground, the waters of the Jordan resumed their course and as before overflowed all its banks.