



A RETREAT WITH MARK AND PETER

**My Beloved,
I made you, I know you, and I love you.
- God**

compiled by
Stephen Joseph Wolf

A Retreat with Mark and Peter

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For more visit www.idjc.org.

ISBN not yet assigned

A Retreat with Mark and Peter is perhaps easiest to make with *A Jesus Breviary* (available as a paperback or an e-book) but may also be made with one's personal Bible.

It is the retreatant's responsibility:

- to show up, on time, open to the possibility of sharing something from the retreat,
- to maintain absolute confidentiality regarding anything shared (anything),
- to refrain from any tendency to "fix" another,
- to stay with silence when that is where the Spirit leads the group,
- to listen while others are speaking,
- to let the leader lead,
- and to pray for the other retreatants.

A RETREAT with MARK and PETER LEADER'S GUIDE

(60 minute group meeting)

Begin on time: At the Agreed-Upon Time.
If you wait for latecomers,
they will be later next time.

Song, pg. 6?:
(leader's
choice)

Leader: **Let's be together in silence for a full minute.
I will watch the clock, and when a minute has
passed, I will invite anyone who wishes to share.
Let us listen to the Lord for one minute of silence.**

(one minute of silence)

Leader: **Anyone can share now. Remember our process,
one at time, no interrupting, no commenting on
anyone's sharing, except for quick encouragings,
until everyone has had a chance to share
something from the retreat this past week.**

(Allow silence or sharing. If anyone breaks the interruption
or the comment rule, interrupt him or her with,

There will be time for that later.)

(If anyone asks a question, respond right away,

Hold onto questions, we'll do them at the end.)

(If anyone introduces trivia, interrupt right away with,

OK, let's stay on the retreat.)

(after everyone has had the opportunity to share prayer)

Leader: **Now is a good time to share any comments
about our retreat this week,
a gentle looking and noticing what God is doing,
and an honest sharing around
what has been heard and observed,
with respect.**

(with ten minutes remaining)

Leader: **Are there any questions we wish
to bring to the group?**

(with five minutes remaining)

Leader: **Let's wind down for a minute with God in silence.**

(Our Father; perhaps a closing song chosen by the Leader)

Some Suggestions for Prayer

Entering into prayer:

1. Find the time (20 minutes to an hour?)
If some days you only have ten minutes, then that's what you have.
2. Find a suitable place, free from distractions (a regular place if possible).
3. Realize that harmony of body and spirit is important;
Take a peaceful and relaxed position and a deep breath.
4. Spend a few moments quieting yourself;
Enter awareness of the presence of God; believe that the Lord is with you.
5. **Ask for the Grace** you most desire.
(What is your hope *for yourself* on this retreat?)
6. Read the passage *s l o w l y*.
7. Pause where you feel most drawn...
(This can keep you engaged.)
8. Stay with it, ponder it,
the way you imagine Mary pondered.
9. With your heart and being,
respond in a simple and familiar conversation with God.
10. Recite the *Our Father*...

When graced with an attraction to a word or phrase,
experiment with these if you desire:

- A. Repeat the word or phrase as you breathe.
- B. Keep your eyes closed,
or fix your gaze upon some one place
or horizon or object of devotion.
- C. When one word or phrase grabs your
full attention with relish and consolation,
stay with it even if it takes the full prayer-time.

Review of the Prayer-Time: Awareness
(Find 5 to 15 minutes)

- 1. What passage was I with?
- 2. What did I seek? Ask for? Desire?
- 3. Did I find myself inwardly pulling toward God
in deeper trust, faith, love?
Did I find myself pulling away from God?
- 4. What was my mood?
Any changes in my mood?
- 5. What was I thinking and feeling?
- 6. Was the prayer enjoyable? Distasteful?
- 7. How did the prayer-time end?

Bless-ed be the God and Fa-ther
of our Lord/ Je-sus Christ,
Who has blessed us in the Christ\
bless-ings in their Spir-it breath.
As God chose us in the Mes-si-ah
be-fore/ found-ing sky or earth,
To be ho-ly, clean of blem-ish,
in God's eye: a-dop-tion worth.

In the Son we have re-demp-tion,
God's for-give-ness of our sin,
By the rich-es of his grace\
lav-ished on us gath-ered in.
Giv-ing wis-dom, know-ledge/, vis-ion,
mys-t'ry/ of the Fa-ther's will,
Sum-ming up all things in Je-sus,
fa-vored in the full-ness sent.

In our hear-ing of the gos-pel
word of our sal-va-tion,
One by one we too were cho-sen,
joined as part-ners with the Son.
By the prom-is'd Ho-ly/ Spir-it,
signed and/ sealed as heirs of God,
God's pos-ses-sion, God's re-demp-tion,
God's be-lov-ed, Ab-ba's own.

Text: Ephesians 1:3-14, Stephen J. Wolf,
with gratitude to the Institute for Priestly Formation, 2008
Music: 8787D, HYMN TO JOY, Ludwig van Beethoven, d. 1827;
adapted by Edward Hodges, 1824
Popular melody for: *Joyful, Joyful, We Adore Thee*

Week 1 Notes

31 days of God's Love-Call (GL)

Readings marked **GL** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **GL 1**

Psalm 63:1-8 _____

Day 2 **GL 3**

Isaiah 55:1-13 _____

Day 3 **GL 6**

Psalm 139 _____

Day 4 **GL 7**

Isaiah 43:1-5a _____

Day 5 **Principle and Foundation**

next two pages _____

Day 6 **GL 10**

Psalm 131 _____

Day 7

Continue with anything from the above prayer times
that still abides in you...

My Beloved, I made you, I know you, and I love you. - God

Week 1 Day 5

Principle and Foundation

The Principle and Foundation of St. Ignatius of Loyola, d. 1556 is usually part of the first days of *The Spiritual Exercises* (para. 23).



God's Love

for you and for me is complete,
and our God is calling us.

Each person is created
to praise, revere, and serve our Lord God,
and in this vocation
to find salvation in eternal life.

The other things on the face of the earth
are created for us all, to help each person
find and fulfill the *purpose/reason/end/...*
for which he or she is created.

We humans are to use well the other things
to the extent they help us discover and fulfill
our *purpose/reason/end/...*

Sooner or later each of us
will need to rid ourselves of the other things
that get in the way of this personal vocation.

It will come to be our desire
to be indifferent to all created things,
as far as we are allowed free choice
and consistent with faithful commitments
already freely made.

And so, our concern will be to see
all good things in unbiased balance,
and we will not prefer
health to sickness,
riches to poverty,
the world's honor to its dishonor,
or a long life to a short life,
and this balance of indifference
will hold for all other things.

When my one desire comes to be
whatever is more conducive
to the *purpose/reason/end/...*
for which I am created,
may my choices reflect that desire.
If not now, when?

RETREAT

REMINDERS:

Find a comfortable place;

Relax;

Be yourself;

Be with God as you really are;

Listen;

"be";

Eat for nutrition
and health;

Get enough sleep;

Rest in God's love for you.

Have time for a walk?

Rest in God's gratitude for time with you.

Talk with God;

Enjoy this quiet

personal time

with your God!

Relax; be yourself, just as you are.

Speak with God; let God speak to you

(through your desires,

deeper feelings, thoughts, etc.).

Don't rush through any prayer suggestions.

Enjoy your time with God.

AT THE END OF THE DAY:

- I look over my day briefly:

- Lord, help me to see what I am grateful for...

- Lord, show me what I need to see
that will draw me closer to you and to others...

- Lord, make me aware of my strongest
"inner" drawings" (positive or negative)
this day (just one or two)...

- I reflect on what God might be saying or
inviting me to in this inner awareness.

Week 2 Notes

31 days of God's Love-Call (GL)

Readings marked **GL** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **GL 12**

Psalm 103 _____

Take some time to look over your life;
how has God been with you?

Day 2 **GL 14**

Psalm 19 _____

Day 3 **GL 16**

Jeremiah 29:11-14 _____

Day 4 **GL 17**

Ezekiel 16:4-13 _____

Day 5 **GL 25**

Psalm 62 _____

Day 6 **GL 26**

Wisdom 11:21-12:1 _____

Day 7

Continue with anything from the above prayer times
that still abides in you...

Lord Jesus Incarnate,

You are fully God and fully human.

We your brothers and sisters
are created by God and begotten of our parents.

Begotten of God and Mary,
you are not a creature;

as Son of God

you know me better than I know myself;

as Son of Mary

you entered all of human history, joy, and sorrow.

As I am made in God's image,

give me the grace necessary

to grow into your likeness,

New Human and Savior, my Brother and Friend.

Amen.

IGNATIAN

MEDITATION:

Use your
imagination.

Place yourself in the story
OR be the speaker, the pray-er
OR hear God speaking to you.

To what might God be inviting you?

Let God look into your heart,

and speak to you of God's desires for you.

IGNATIAN

CONTEMPLATION:

How are you in the story?

Does anyone say anything to you?

"a long, loving gaze..."

- + use your senses.
- + see the place, people, etc.
- + hear what is being said...

Week 3 Notes

31 days of Jesus Incarnate (JI)

Readings marked **JI** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **JI 7**

The Word, John 1:1-14 _____

Consider the place or the cave of the Nativity;
be there as one of the shepherds or the Magi.

Day 2 **Nature Walk**

next two pages _____

Day 3 **JI 8**

Baptism, Mark 1:9-11 _____

Day 4 **JI 11**

The Call, Mark 1:14-20 _____

Day 5 **JI 12**

A Day, Mark 1:29-39 _____

Day 6 **JI 19**

The Family, Mark 3:20-21,31-35 _____

Day 7 **JI 24**

Transfiguration, Mark 9:2-10 _____

Week 3 Day 2

A Nature Walk

from a retreat at Ignatius House in Atlanta, Georgia

For those who find walking a distraction, this exercise can be made by sitting in quiet peace, outdoors if that is possible.

Quiet yourself and enjoy the beauty of nature as you walk slowly around the yard or down the street or in a park or the woods. As you walk, allow your senses to be **ALERT, ALIVE and ACTIVE.**

The idea of this nature walk is to become consciously aware of your senses, relish their use, and appreciate what a great gift they are to you. Realize that by doing this, you are **PRAYING.**

Decide before you begin how long your walk will be.

1. Start your walk with a prayer: use a body gesture or say a short prayer loudly.
2. Become aware of your breathing.
Come in touch with the rhythm of your breathing and feel the breath cool as you inhale, warm as you exhale.
3. Divide your walking time into five parts, giving each sense enough time and attention to integrate into your prayer.

End your prayer by showing gratitude to God for the gift and use of your senses.

SIGHT: Look around. Notice what you see in terms of shapes, colors, textures, shades, etc. As you enjoy and relish what you see, realize how good is the Creator in giving you sight. Thank God for the gift of sight.

TOUCH: Become aware of your sense of touch. As you walk along, feel the clothes touching your body. Feel the air and the breeze caressing your skin. Feel the sunshine or the cold, the raindrops and humidity. Stop and touch the bark of a tree. Get the feel of a leaf between your fingers. Relish the gift of touch. Thank God for it.

SMELL: Become aware of the aroma in the air, the scent of the wet ground and of the different trees. Approach various flowers or plants and relish any scent. Experience the joy you feel as you reflect on and thank God for the sense of smell.

HEARING: Listen to the variety of noises and sounds. Natural and mechanical sounds. Listen to the silence within you. Express gratitude to the Creator for giving you hearing.

TASTE: Taste the inner beauty of Creation and the fragrance of the universe present to you. Reflect on the actual taste you experience as you taste different beverages and eat delicious foods. You might pray with this sense during your next meal as you eat slowly and relish every bite.

Anima Christi

a prayer suggested by St. Ignatius for the *Exercises*

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
HIDE ME WITHIN YOUR WOUNDS
PROTECT ME FROM SEPARATION FROM YOU
DEFEND ME FROM THE WICKED FOE
CALL ME AT THE HOUR OF MY DEATH
AND BID ME COME TO YOU
THAT WITH YOUR SAINTS I MAY PRAISE YOU
FOR EVER AND EVER
AMEN.

Lord Jesus, in your miraculous ministry

on the face of the earth
from Nazareth and Cana
and Capernaum and Galilee
to the Jordan and in Samaria
and Jericho and Jerusalem
you showed forth with authority
the compassion and power
of the God and Abba of us all.
Transform my ponder-meditation
on these good news stories
into a contemplative gaze on you,
my Physician, Redeemer, Brother and Friend.
Amen.

Week 4 Notes

31 days of Jesus Incarnate (JI)

31 days of Jesus Miracles (JM)

Readings marked **JI** / **JM** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **JI 27**

James & John, Mark 10:35-45 _____

Day 2 **Aware Prayer**

next two pages _____

Day 3 **JM 6**

Paralytic, Mark 2:1-12 _____

Day 4 **JM 8**

Withered Hand, Mark 1:1-6 _____

Day 5 **JM 12**

Demoniac, Mark 5:1-20 _____

Day 6 **JM 19**

Deaf Mute, Mark 7:31-37 _____

Day 7 **JM 28**

Blind Bartimaeus, Mark 10:46-52 _____

Week 4 Day 2

Aware Prayer

Some call this the *Consciousness Examen* to distinguish it from an *Examination of Conscience* in preparation for Reconciliation. This version is adapted mostly from *Choosing Christ in the World* by Joseph Tetlow, S.J., 1989, Institute of Jesuit Sources.

1

I rest in the presence of God... ...and breathe **praise**.

2

I remember what God the Father has given so that I may have life and to the full:

- natural talents, capacities, and abilities,
- virtues that have grown when I use them,
- some measure of faith, hope, and charity,
- a mind that wants to learn,
- a body that wants to be healthy,
- community, family, and friends,
- the Beloved Son, Jesus, the Savior,
- the Holy Spirit, to guide and sustain me...

I name some specific gifts of creation that this day I have
Seen... Smelled... Heard...

Tasted... Touched...

Breathe **thanksgiving**.

3

*Come Holy Spirit, and send light to make me aware;
open my eyes to see the truth of my life story.
Give me courage to look with clarity and patient honesty
at my thoughts and actions and inactions,
with neither condemnation nor complacency
but with openness to growth.*

Breathe **awareness**.

4

Now I review the day, hour by hour, to notice my decisions made and actions chosen.

What were the decisions before me?

What have I done with the day?

When did I accept the grace

to choose the good or avoid the bad?

When did I act in freedom?

When was I swept along without freedom.

When was I simply unaware of a choice before me?.

Breathe **gratitude**.

5

*Lord God, help me to see myself as you see me,
with compassion.*

*I know your concern for me;
remind me of my need for you.*

I ask forgiveness for when I resisted your light...

*Your love for me is complete;
make me totally available to you.*

Our Father...

TWO SHORT FORMS OF THE AWARE PRAYER*

- A. Aware of what has gone well today, I pray *Abba, thank you!*
- B. Aware of what has not gone well today, to the extent that my sin was involved, I pray *Lord Jesus, have mercy!*
- C. Aware of my worry about tomorrow, or next week, or next month, I pray *Spirit, Help!*

1. Where have I seen God?
2. Where have I failed to see God?
3. Where do I need God's healing?

* ABC adapted from Rev. Mark Link, S.J., *Challenge*, Thomas More Pub., 1983
123 suggested by Sr. Kathleen Flood, O.P. for married couples and best friends

Lord Jesus, Parable Teacher,
you invite us
into listening with the ear
that our Abba opens in our hearts.
Friendship takes time
as do your parables.
Grace me with patient time
to hear what you teach
and wisdom and courage
to live it and do it.
Transform my ponder-meditation
inside these good news parables
into a contemplative gaze on you,
my Savior, Redeemer, Brother and Friend.
Amen.

Lord, teach me to be generous,
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 reward,
save knowing that I do your will.
Amen.

a prayer attributed to St. Ignatius

Week 5 Notes

31 days of Jesus Parables (JP)

Readings marked **JP** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **JP 1**

New Wine, Mark 2:18-22 _____

Day 2 **The Two Standards**

next two pages _____

Day 3 **JP 3**

The Sower, Mark 4:3-20 _____

Day 4 **JP 7**

Grain Growing, Mark 4:26-29 _____

Day 5 **JP 11**

Latrine, Mark 7:14-23 _____

Day 6 **JP 12**

Vigilant Servant, Mark 13:32-37 _____

Day 7 **JP 27**

Tenant Farmers, Mark 12:1-11 _____

What is Jesus' "value system"?
Can I "buy into" it?

Week 5 Day 2

The Two Standards

from *The Spiritual Exercises* of St. Ignatius of Loyola (paragraphs 137-147).

Armies and navies fly flags. Kings and queens and presidents stamp important things with signatures and seals. A business advertises its own logo. These symbols for recognition are “standards” that represent how human beings are often led.

Take five minutes or more, and ask how these “standards” work on me in my life. What is the standard of the evil one (or of the world) that might sometimes attract me? What is the standard by which Christ most often calls me to his mission?

Consider drawing the image, or naming a song, or writing a short poem, or giving a short description for

THE WORLD

CHRIST



A seminarian once described the three years of teaching and preaching and healing of Jesus as “going camping with Jesus.” Imagine Jesus on the way, or in a big field, surrounded by the Twelve and the rest of the disciples, his servants and friends. They see him as beautiful and attractive. Consider for a minute how he seems to you.

Jesus is the real Lord of all creation. He shows us that the only legitimate power in the world is power used to serve others.

Consider for a minute that all kinds of seekers of God come to Jesus; he forms them as disciples and then send them out to all creation as ministers and apostles in all states of life and conditions.

See and hear Jesus sending them forth to both expect and develop the love of:

1. poverty instead of riches,
2. insults instead of worldly honor,
3. humility instead of pride.

Consider that they are to seek the highest spiritual poverty and, if it be God’s will, to be grateful as his disciples to accept even actual poverty. Can I say “yes” to such a plan?

The Suscipe

A prayer from *The Spiritual Exercises* of St. Ignatius, para. 234

Take, Lord, and receive
all my liberty, my memory, my understanding,
and all my will, all I have and possess.
You have given all this to me; to You, Lord, I return;
all is Yours; dispose of it wholly as You will.
Give me your love and your grace;
for me this is enough.

A SONG

Take, Lord, receive all my liberty,
my memory, understanding,
my entire will.

*Refrain: Give me only your love
and your grace:
that's enough for me.
Your love and your grace
are enough for me.*

Take, Lord, receive
all I have and possess.
You have given all to me;
now I return it.

Repeat refrain.

Take, Lord, receive, all is yours now;
dispose of it
wholly according to your will.

Repeat refrain.

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Week 6 Notes

31 days of Jesus Sayings (JS)

31 days of the Holy Spirit (HS)

Readings marked **JS** / **HS** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **JS 6**

Day 2 **JS 7**

Day 3 **JS 8**

Day 4 **JS 9**

Day 5 **HS 10**

Holy Spirit Speaking, Mark 13:1-11 _____

Day 6 **HS 29**

2nd Peter 1:16-21 _____

Day 7 **HS appendix a**

1st Peter 1:10-12 _____

Is God's love and grace enough for me?

Vocation Q's for All Vocations:

LifeGiver Priest Questions (holy life)

Lord, how do you desire that I return praise and thanks?
Lord, how do you desire that I spend time alone with you?
How are you calling me to participate in the redemptive,
forgiving, healing mission of your Son, my Lord, Jesus Christ?

Soldier Prophet Questions (true life)

Lord, for whom might you call me to place my life on the line?
For what idea/value/ideal are you preparing me to give my life?
Is there anything or person for whom you might call me to die?
How will you call me to begin to live fully alive for the same?

Footwisher Royal Questions (life work)

Lord, how have you created me in your image? What is my
unique conglomeration of natural talents, gifts, and charisms?
Lord, with what garden of creation are you entrusting me?
How are you calling me to participate in your
ongoing work of creation?

Beloved Lover Questions (love life)

Lord, how can I be more aware of your complete love for me?
How are you trying to grow me into a more loving person?
Lord, how have you wired me for intimacy?
Generous single life? The sacrament of marriage? Consecrated
religious life? Ordained ministry? What is the form of life
in which I can best love and be loved?

vida y estado (way of life and state of life)

way: a manner of living in our vocation

state: a vocation that does not change

1. Why am I in this specific mode of life at this time?
How did this come to be?
2. What does this mean for me at the gut level? (deep meaning)
3. What are the obstacles to my fully living out this call?
4. To what concrete measures do I find that God is calling me?

Week 7 Notes

31 days on the Christian Life (CL)

Readings marked **CL** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **Vocation Questions**

see page 26 _____

Day 2 **CL 8**

1st Peter 1:3-9 _____

Day 3 **CL 9**

2nd Peter 1:3-11 _____

Day 4 **CL 14**

1st Peter 1:22-25 _____

Day 5 **CL 20**

1st Peter 4:7-11 _____

Day 6 **CL 22**

1st Peter 3:8-11 _____

Day 7 **CL 31**

2nd Peter 3:1b-18 _____

Love consists in sharing what one has and what one is
with those one loves.

Love ought to show itself in deeds more than in words.

St. Ignatius of Loyola

Week 8

Stations of the Cross

based on the African-American spiritual
Were You There When They Crucified My Lord?

1. Were you there when they sentenced him to death?
Were you there when they sentenced him to death?
O Sometimes it causes me to tremble, tremble, tremble.
Were you there when they sentenced him to death?
2. Were you there when our Lord picked up his cross?...
3. Were you there when our Lord fell to the ground?...
4. Were you there when our Lord and Mary met?...
5. Were you there to see Simon help our Lord?...
6. Were you there when Veronica wiped his face?...
7. Were you there when he fell the second time?...
8. Were you there when he spoke to women there?...
9. Were you there when our Lord fell yet again?...
10. Were you there when they took off all his clothes?...
11. Were you there when they nailed him to the tree?...
12. Were you there when he gave his final breath?...
13. Were you there when they took his body down?...
14. Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
O Sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?

Week 8 Notes

31 days of the Paschal Mystery (PM)

Readings marked **PM** are in *A Jesus Breviary*, or use your Bible.

Grace for the Week

(what I am looking for): _____

If there is time this week,
consider praying the Stations of the Cross
or the Passion in chapters 14 and 15 in the Gospel of Mark

Day 1 **PM 2**

Anointing, Mark 14:3-9 _____

Day 2 **PM 3**

Last Supper, Mark 14:22-26 _____

Day 3 **PM 6**

Agony, Mark 14:32-42 _____

Day 4 **PM 8**

Sanhedrin, Mark 14:53-64 _____

Day 5 **PM 12**

Mockery, Luke 22:63-65, 23:6-12 _____

Day 6 **PM 15**

Crucifixion, John 19:19-27 _____

Day 7 **PM 16**

Death of Jesus, Mark 15:33-37 _____

AN EASTER MEDITATION

Something strange is happening; there is a great silence on earth today, a great silence and stillness. The whole earth keeps silence because the King is asleep. The earth trembled and is still because God has fallen asleep in the flesh and has raised up all who have slept ever since the world began. God has died in the flesh and hell trembles with fear. He has gone in search for our first parents, as for lost sheep... The Lord approaches Adam and Eve bearing the cross, the weapon that had won him the victory...

From an ancient homily on Holy Saturday

St. Ignatius was of the opinion that the gospel writers assume we already know that Jesus appeared first on Easter to Mary his mother. These are some of his observations:

After Christ dies on the cross, his soul in unity with his divinity descends into hell and sets free the souls of the just. This is shown in icons as Jesus lifting Adam and Eve out of their graves. He then returns to his own tomb, and rising appears in body and soul to his mother Mary.

Imagine this happening in the tomb of Jesus. Now imagine the place where Mary waits alone. Watch and listen as Jesus and Mary share this very private time.

Ask for the grace to rejoice in deep gladness over the joy and glory of Christ our Lord.

Remember what happened at the Last Supper, when Jesus gave the gift of the Eucharist.

Consider the mystery of how the divinity of Christ which seems to have hidden itself during the passion now shows itself in the Resurrection.

Consider how Jesus can be rightly called the Great Consoler, as best friends can be.

Our Father . . .

Spiritual Exercises, paragraphs 218-225

Week 9 Notes

31 days of the Paschal Mystery (PM)

31 days of the Holy Spirit (HS)

Readings marked **PM** / **HS** are in *A Jesus Breviary* or use your Bible.

Grace for the Week

(what I am looking for): _____

Day 1 **Easter Meditation**

see page 30 _____

Day 2 **PM 18**

Empty Tomb, Mark 16:1-8 _____

Day 3 **PM 31B**

Ascension, Mark 16:14-20 _____

Day 4 **HS** song

A Jesus Breviary, **HS** page 2 _____

Day 5 **HS 1**

Gifts of the Holy Spirit, Isaiah 11:1-5 _____

Day 6 **HS 17**

Witnesses, Acts 2:37-39, 5:30-32 _____

Day 7 **HS 21**

Anointed, Acts 10:37-45 _____

Be grateful for your sins; they are carriers of grace.

Anthony de Mello, S.J.

Possible Retreat Graces for which to Pray

In Weeks 1 and 2

to be in touch with my desires for this retreat

to know with mind and heart and soul and strength
God's love for and fidelity to me
personally and uniquely

to grow in my inner being in awareness of
God's complete love for me as I am today

to accept being accepted by God

for a deeper confidence and trust
in God's personal care for me

a sense that "all is gift..."

to recognize both the immensity and absurdity of sin
and still know God's complete love for me

In Weeks 3 through 7

dense knowledge of the depths of God's love in sending
his Son Jesus... for me... and for the entire world

Intimate and interior knowing of... and love for... Jesus
and so... to follow him more closely

In Week 8

a deeper understanding and appreciation
of Jesus' passion and death...
as his expression of love for me...

In Week 9

to experience in my daily life the hope of the Risen Lord