

The First Principle and Foundation of the Spiritual Exercises of St. Ignatius Loyola

Human beings are created to praise, reverence, and serve God our Lord, and by means of doing this to save their souls.

The other things on the face of the earth are created for human beings, to help them in the pursuit of the end for which they are created.

From this it follows that we ought to use these things to the extent that they help us toward our end, and free ourselves from them to the extent that they hinder us from it.

To attain this it is necessary to make ourselves indifferent to all created things, in regard to everything which is left to our free will and is not forbidden. Consequently, on our own part we ought not to seek health rather than sickness, wealth rather than poverty, honor rather than dishonor, a long life rather than a short one, and so on in all other matters.

Rather, we ought to desire and choose only that which is more conducive to the end for which we are created.



The Preached Retreat in Silence

As originally worked out, the Spiritual Exercises of Saint Ignatius were to be given by one director to one retreatant over a period of 30 days. Today, because of the demand, these Exercises are often given or preached by one director to a large number of retreatants. The length of the retreat can also be shortened – 3 days here at White House.

At the close of each conference in the chapel, all retreatants “make” the retreat for themselves by reflecting prayerfully over the thoughts presented.

SILENCE is a necessary condition for deep and earnest prayer; that is why retreatants at White House keep silence during the retreat.



Alone with Christ

(Read and ponder these words in Chapel)

God beholds me individually, whoever I am. God calls me by name. God sees me and understands me – for it is God who created me. God knows what is in me...all my own particular feelings and thoughts, my dispositions and likings, my talents and my habits, my strength and my weakness. God sees me when I am rejoicing and when I am weeping. God shares in my hopes and understands my temptations. God enters into all my anxieties and my memories...all the risings and the fallings of my spirit.

God has numbered the very hairs of my head and the feet of my stature. God embraces me and carries me.

God notes my countenance, whether smiling or weeping, whether sick or healthy. God looks tenderly upon my hands and feet...hears my voice, my breathing, the beating of my heart. I cannot know or love myself better than God knows me. I am a person redeemed and sanctified, God's adopted child. I am one for whom God's only Son offered His last prayer and sealed it with His precious Blood.

*I am alone in this chapel, yet not alone,
For Christ upon the altar is here with me.*

Another day will come, sooner than I think, when I shall again be alone with Christ...the day when I take my leave of my family...my friends...all that I have earned...all the pleasures of this world...all that I cherish and hold dear in this world; a day when I feel my strength departing and my senses closing to the world around me.

On that day I shall be ALONE with Christ, alone with Him for the last time on earth. Then, at last, the importance of my main task on earth, my salvation, will force itself upon me; then I will realize, if never before...

*It profits me nothing to gain the whole world
If I lose my own soul, my own self.*

Shall I wait until that last visit with Christ to be
alone with Him? To listen to Him?

Am I determined right now to listen to Christ?

*Am I determined right now,
to live my life as Christ asks?*

Here I am...in this chapel...Alone with Christ.

What do I want to say to Him?

My Salvation History

I asked God for strength, that I might achieve.

I was made weak, that I might learn humbly to
obey.

I asked for health, that I might do greater things.

I was given infirmity, that I might do better things.

I asked for riches, that I might be happy.

I was given poverty, that I might be wise.

I asked for power, that I might have the praise of oth-
ers.

I was given weakness, that I might feel the need
of God.

I asked for all things, that I might enjoy life.

I was given life, that I might enjoy all things.

I got nothing that I asked for,
but everything I hoped for.

Almost despite myself
my unspoken prayers were answered.

I am most richly blessed.

Prayer before Meals

Bless us, O Lord, and these Your gifts, which we are about to receive from Your bounty through Christ our Lord. Amen.

Prayer after Meals

We give You thanks, Almighty God, for these and all the blessings we have received from Your bounty through Christ our Lord. Amen.

May the souls of the faithful departed, especially those who have made White House retreats, through the mercy of God rest in peace. Amen.



- Morning Prayers -

The Angelus

THIS PRAYER IS SAID THREE TIMES DAILY

*Morning in the chapel, before lunch and dinner on the patio
or in the foyer outside the dining room.*

*[from Easter Sunday through Pentecost, substitute "Queen of
Heaven, Rejoice" on page 6]*

Leader: The Angel of the Lord declared unto Mary,

ALL: And she conceived of the Holy Spirit.

(Hail Mary, full of grace...)

Leader: Behold the handmaid of the Lord.

ALL: Be it done unto me according to Your word.
(Hail Mary, full of grace...)

Leader: And the Word was made Flesh.

ALL: And dwelt among us.
(Hail Mary, full of grace...)

Leader: Pray for us, O Holy Mother of God,

ALL: That we may be made worthy of the promises of Christ.

Leader: Let us pray.

ALL: Pour forth, we beseech You, O Lord, Your grace into our hearts; that we, to whom the Incarnation of Christ, Your Son, was made known by the message of an angel, may by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.



[from Easter Sunday through Pentecost]

Queen of Heaven, Rejoice

Leader: Queen of Heaven, rejoice, alleluia.

ALL: For He whom you did merit to bear,
alleluia.

Leader: Has risen, as He said, alleluia.

ALL: Pray for us to God, alleluia.

Leader: Rejoice and be glad, O Virgin Mary, alleluia.

ALL: For the Lord has truly risen, alleluia.

Leader: Let us pray.

ALL: O God, who gave joy to the world through the resurrection of Your Son, our Lord Jesus Christ, grant we beseech You, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

Morning Offering

(We consecrate to God all of our thoughts, words and actions.)

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer and in particular for the intentions of the Holy Father. Amen.

Retreatant Prayer

Heavenly Father, send Your Holy Spirit to dwell with us making our White House retreat. Open our minds, hearts and souls to the fire of Your love. Bless in a special way those making their first retreat. Welcome those who again have come apart to be with You. Bless especially those for whom this will be their last retreat. Make of us all Your Christ-bearers, that from this blessing we may impart Faith, Hope and Love to all whose lives we touch. In Jesus' name we pray. Amen.

The Novena of Grace

(A novena is nine days of prayer asking for a favor desired.

The first three days are done during the retreat.

The last six are done at home.)

O most lovable and loving St. Francis Xavier, in union with you, I adore the Divine Majesty. While joyfully giving thanks to God for the wonderful graces which God conferred upon you in life, and for the great glory with which God has gifted you in heaven, I come to you with heartfelt love, asking you to secure for me, by your powerful intercession, the priceless blessing of living and dying in the state of grace. I also ask you to obtain the favor I seek in this novena.

(Mention the favor desired)

But if what I ask is not for the glory of God, or for the good of my soul, obtain for me what is most conducive to both. Amen.

Pray for us, St. Francis Xavier,

That we may be made worthy of the promises of Christ.

Our Father... Hail Mary... Glory be... Amen.



Prayer for Those Growing Old

May Christ keep me ever young “to the greater glory of God.” For old age comes from Him, old age leads to Him, and old age will touch me only insofar as He wills. To be “young” means to be hopeful, energetic, smiling – and clear-sighted. May I accept death in whatever guise it may come to me in Christ, that is, within the process of the development of life.

A smile (inward and outward) means facing with mildness and gentleness whatever befalls me.

Jesus, grant me to serve You, to proclaim You, to glorify You, to manifest You, to the very end through all the time that remains to me of life, and above all through my death.

Lord Jesus, I commit to Your care my last years, and my death; do not let them impair or spoil the work I have so dreamed of achieving for You.

(based on Pierre Teilhard de Chardin)

The Gift of Life

Lord, teach me not to hold on to life too tightly. Teach me to take it as a gift: to enjoy it, to cherish it while I have it, but to let go gracefully and thankfully when the time comes. The gift is great, but the Giver is greater still. You are the Giver and in You is a life that never ends. Amen.

- THE ROSARY -

When saying the Rosary as a group, gather on the patio and process to the shrine indicated. In inclement weather, the Rosary is prayed in the chapel. Our usual practice during the retreat is to meditate on the Joyful Mysteries on the first day ending with the litany at the Sacred Heart Shrine; to meditate on the Sorrowful Mysteries on the second day ending with the litany at Our Lady of Fatima Shrine; to meditate on the Glorious Mysteries on the third day ending with the litany at the St. Joseph Shrine.

PRAYERS OF THE ROSARY

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven and sits at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. **I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.**

Our Father

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.**

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

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 ever shall be, world without end. Amen.**

Fatima Prayer

(after each decade as requested by Our Lady at Fatima)

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who have most need of Your mercy.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious Advocate, your eyes of mercy towards us; and, after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray.

O God, whose only-begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life, grant, we beseech You that meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise: through the same Christ our Lord. Amen.

The Mysteries of the Rosary

Joyful Mysteries

I. The Annunciation of Gabriel to Mary.

I desire the Love of Humility as I think of the humility of the Blessed Virgin when the Angel Gabriel greeted her with these words: "Hail full of grace."

2. The Visitation of Mary to Elizabeth.

I desire Charity toward my neighbor as I think of Mary's charity in visiting her cousin Elizabeth and remaining with her for three months before the birth of John the Baptist.

3. The Birth of Jesus.

I desire the Love of God as I think of the poverty, so lovingly accepted by Mary when she placed the Infant Jesus, our God and Redeemer, in a manger in the stable of Bethlehem.

4. The Presentation of Jesus in the Temple.

I desire a spirit of Sacrifice as I think of Mary's obedience to the law of God in presenting the Child Jesus in the Temple.

5. The Finding of Jesus in the Temple.

I desire Zeal for the Glory of God as I think of the anguish with which Mary sought the Child Jesus for three days, and the joy with which she found Him in the midst of the teachers of the Temple.

Sorrowful Mysteries

1. The Agony of Jesus in the Garden.

I desire True Repentance for my sins as I think of Our Lord Jesus in the garden of Gethsemane, suffering a bitter agony for our sins.

2. The Scouring of Jesus at the Pillar.

I desire a spirit of Self-control as I think of the cruel scourging at the pillar that our Lord suffered, the heavy blows that tore His flesh.

3. The Crowning of Jesus with Thorns.

I desire Moral Courage as I think of the crown of sharp thorns that was forced upon our Lord's head and the patience with which He endured the pain for our sins.

4. The Carrying of the Cross.

I desire the Virtue of Patience as I think of the heavy Cross, so willingly carried by our Lord, and ask Him to help me to carry my crosses without complaint.

5. The Crucifixion and Death of Our Lord.

I desire the Grace of Final Perseverance as I think of the love which filled Christ's Sacred Heart during His three hours' agony on the Cross, and ask Him to be with me at the hour of death.

Glorious Mysteries

1. The Resurrection of Jesus.

I desire a Strong Faith as I think of Christ's glorious triumph when, on the third day after His death, He arose from the tomb and for forty days appeared to His Blessed Mother and to His disciples.

2. The Ascension of Jesus.

I desire the Virtue of Hope as I think of Jesus' promise to His disciples and to us that He will be with us until the end of all times.

3. The Descent of the Holy Spirit at Pentecost.

I desire Strength to profess and live my faith as I think of the courage of the apostles when they with Mary received the Holy Spirit under the form of tongues of fire in fulfillment of Christ's promise.

4. The Assumption of Mary into Heaven.

I desire the Grace of a Holy Death as I think of the peaceful dying of Our Lady and her glorious Assumption into Heaven, when she was united with her Divine Son.

5. The Coronation of Mary as Queen of Heaven and Earth.

I desire a Greater Love for the Blessed Virgin Mary as I think of the glorious crowning of Mary as Queen of Heaven by her Divine Son, to the great joy of all the Saints.

Luminous Mysteries

1. The Baptism of Jesus in the River Jordan.

*And a voice came from the heavens, saying, "This is My beloved Son, with whom I am well pleased."
(Matthew 3:17)*

2. The Manifestation of Jesus at the Wedding at Cana.

Jesus did this as the beginning of His signs in Cana in Galilee and so revealed His glory, and His disciples began to believe in Him. (John 2:11)

3. The Proclamation of the Kingdom of God.

Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." (Mark 1:15)

4. The Transfiguration of Jesus.

And He was transfigured before them; His face shone like the sun and His clothes became white as light. (Matthew 17:2)

5. The Institution of the Holy Eucharist.

While they were eating, Jesus took bread, said the blessing, broke it, and gave it to His disciples saying, "Take and eat; this is My body." Then He took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is My blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. (Matthew 26:26)

Litany of the Blessed Virgin Mary

Leader: Lord, have mercy on us.

ALL: Christ, have mercy on us.

Leader: Lord, have mercy on us. Christ, hear us.

ALL: Christ, graciously hear us.

Leader: God, the Father of heaven,

ALL: have mercy on us.

Leader: God the Son, Redeemer of the world,

ALL: have mercy on us.

Leader: God the Holy Spirit,

ALL: have mercy on us.

Leader: Holy Trinity, one God,

ALL: have mercy on us.

(ALL for following invocations: pray for us.)

Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of the Church,
Mother of divine grace,
Mother most pure,
Mother most chaste,
Mother inviolate,
Mother undefiled,
Mother most amiable,
Mother most admirable,
Mother of good counsel,
Mother of our Creator,
Mother of our Savior,
Virgin most prudent,
Virgin most venerable,
Virgin most renowned,
Virgin most powerful,
Virgin most merciful,
Virgin most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Vessel of honor,
Singular vessel of devotion,

Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the sick,
Refuge of sinners,
Comforter of the afflicted,
Help of Christians,
Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen conceived
without original sin,
Queen assumed
into heaven,
Queen of the most holy
Rosary,
Queen of families,
Queen of peace,

Leader: Lamb of God, You take away the sins of the world;

ALL: spare us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: graciously hear us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: have mercy on us.

Leader: Pray for us, O Holy Mother of God.

ALL: That we may be made worthy of the promises of Christ.

Leader: Let us pray:

ALL: Grant, we beseech You, O Lord God, that we Your servants may enjoy perpetual health of mind and body; and by the glorious intercession of the Blessed Mary, ever Virgin, may be delivered from present sorrow and obtain eternal joy. Through Christ our Lord. Amen.



Litany of the Sacred Heart of Jesus

Leader: Lord, have mercy on us.

ALL: Christ, have mercy on us.

Leader: Lord, have mercy on us. Christ, hear us.

ALL: Christ, graciously hear us.

Leader: God, the Father of heaven,

ALL: have mercy on us.

Leader: God the Son, Redeemer of the world,

ALL: have mercy on us.

Leader: God the Holy Spirit,

ALL: have mercy on us.

Leader: Holy Trinity, one God,

ALL: have mercy on us.

(ALL for following invocations: have mercy on us.)

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Spirit in the
womb of the Virgin Mother,

Heart of Jesus, substantially united to the Word of
God,

Heart of Jesus, of infinite majesty,

Heart of Jesus, sacred temple of God,

Heart of Jesus, tabernacle of the Most High,

Heart of Jesus, house of God and gate of heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, in whom are all the treasures of
wisdom and knowledge,
Heart of Jesus, in whom dwells the fullness of
divinity,
Heart of Jesus, in whom the Father was well
pleased,
Heart of Jesus, of whose fullness we have all
received,
Heart of Jesus, desire of the everlasting hills,
Heart of Jesus, patient and most merciful,
Heart of Jesus, enriching all who invoke You,
Heart of Jesus, fountain of life and holiness,
Heart of Jesus, propitiation for our sins,
Heart of Jesus, loaded down with opprobrium,
Heart of Jesus, bruised for our offenses,
Heart of Jesus, obedient to death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, victim for sin,
Heart of Jesus, salvation of those who trust in You,
Heart of Jesus, hope of those who die in You,
Heart of Jesus, delight of all the saints,

Leader: Lamb of God, You take away the sins of the world;

ALL: spare us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: graciously hear us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: have mercy on us.

Leader: Jesus, meek and humble of heart,

ALL: make our hearts like unto Yours.

Leader: Let us pray.

ALL: Almighty and eternal God, look upon the Heart of Your most beloved Son and upon the praise and satisfaction which He offers You in the name of sinners; and to those who implore Your mercy, in Your great goodness, grant forgiveness in the name of the same Jesus Christ, your Son, who lives and reigns with You forever and ever. Amen.



Litany of St. Joseph

Leader: Lord, have mercy on us.

ALL: Christ, have mercy on us.

Leader: Lord, have mercy on us. Christ, hear us.

ALL: Christ, graciously hear us.

Leader: God, the Father of heaven,

ALL: have mercy on us.

Leader: God the Son, Redeemer of the world,

ALL: have mercy on us.

Leader: God the Holy Spirit,

ALL: have mercy on us.

Leader: Holy Trinity, one God,

ALL: have mercy on us.

(ALL for following invocations: pray for us.)

Holy Mary,	Consolation of the poor,
St. Joseph,	Joseph most just,
Renowned offspring of David,	Joseph most chaste,
Light of Patriarchs,	Joseph most prudent,
Spouse of the Mother of God,	Joseph most strong,
Chaste guardian of the virgin,	Joseph most obedient,
Foster father of the Son of God,	Joseph most faithful,
Diligent protector of Christ,	Mirror of patience,
Head of the Holy Family,	Hope for the sick,
Model of workmen,	Patron of the dying,
Glory of home life,	Terror of demons,
Guardian of virgins.	Protector of the Holy Church,
Safeguard of families,	

Leader: Lamb of God, You take away the sins of the world;

ALL: spare us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: graciously hear us, O Lord.

Leader: Lamb of God, You take away the sins of the world;

ALL: have mercy on us.

Leader: God made him the lord of His household.

ALL: And prince over all His possessions.

Leader: Let us pray.

ALL: O God, in Your ineffable providence You were pleased to choose Blessed Joseph to be the spouse of Your most holy Mother; grant, we beg You, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our protector: You who live and reign forever and ever. AMEN.

+ STATIONS OF THE CROSS +

The high point of Our Lord's redemptive love for us was His passion, death and resurrection. From the earliest Christian times the followers of Christ have treasured these events in their hearts and have sought to retrace His footsteps through the streets of Jerusalem as He carried His cross to the hill of Calvary.

In the Middle Ages Christians in Europe were no longer able to travel to Jerusalem, so they set up shrines in churches and on the roads to commemorate the various events which took place along Jesus' Way of the Cross. Walking from one to another, they would pray for a brief time at each station and thus recall the events of Jesus' painful journey.

Retreatants are invited to make the Stations or Way of the Cross during some free time. The stations are located in the chapel, on the plaza opposite Snyder Hall, and on the riverside footpath south of Snyder Hall.

It is customary to genuflect at each station as one stops and says: **We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!** Then one spends a few moments meditating on the events of that station. The following thoughts may be helpful.

The First Station - Jesus Is Condemned To Death

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Before Pilate, Jesus stood: unbowed, unbroken, unafraid. "Are you king?" Pilate cried. "I am," Jesus replied. "We have no king but Caesar. Crucify him. Crucify him." Then Pilate stood before Jesus: bowed, broken, afraid. He handed Him over first to be scourged and then to be crucified.

Jesus, our brother, we stand in silence as You are condemned by Pilate. Standing in silence is not new to us. We have stood silent

-as You went hungry by our tables,

-as You were orphaned in our wars,

-as You walked powerless in our world.

We always stand in silence for we, like Pilate, are bowed, broken and afraid. Break the chains of this silence which lies so heavily on our lives. Give us the courage to speak on Your behalf.



The Second Station - Jesus Carries His Cross

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Large and heavy, edges rough, weight unbearable, that cross has stood, awaiting the unfortunate, the criminal, the victim of the court. Firmly, silently, Jesus shouldered it. The march began, to Golgotha, to Golgotha. He struggled on, painfully, quietly, alone.

Jesus, our brother, we watch You bear the cross and do not understand. Our hearts are hardened. Everyone tells us that suffering is evil and must be avoided at every cost. We flee sickness, sorrow and pain. Your carrying Your cross says something different about suffering. Help us to follow You even when we do not understand.



The Third Station - Jesus Falls The First Time

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Here, here on Calvary's way Jesus falls the first time. Not yet exhausted, still alert to every pain, still quickened by the lash. Tripped on a stone, perhaps. Or stunned by a soldier's blow. Jesus struggles, He stands, He moves along.

Jesus, our brother, You have fallen with Your cross. We wonder if You have not fallen again today. Everywhere we see signs of weakness: in our church, in our nation, in our world. We see dissension, controversy, turmoil. We are scandalized. We do not understand. Our faith begins to falter. Help us to find You hidden in Your weakness. Help us to find You beneath the cross.



The Fourth Station - Jesus Meets His Blessed Mother

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Mary, mothering her son in His last moments - unable to touch, save with saddened eyes. Jesus, body torn, heart broken, eyes on His mother, comforted and comforting. No word is spoken. None is needed. Jesus meets His mother.

Jesus, our brother, we are moved by Mary's love for You. We are amazed by Mary's love for us. It is hard to believe she has not lost confidence in us. But, we know she has not. She saw beneath Your grime and agony. She saw Your hidden beauty. We trust she can do the same for us. We need to be understood these days. We so often feel alone.



The Fifth Station - Simon Helps Jesus

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Strong and likely Simon stood, chance watcher of that strange procession on its way to Calvary, proud and from the countryside, young and insecure. "Carry the cross," they said; words empowered by whips, lances and numbers. And he did. He shouldered the cross. And followed behind Jesus.

Jesus, our brother, we have to admire Simon. He took up Your cross and followed You. He had so little doubt, so little hesitation. We see You suffering in those around us, in the poor, in the powerless, in the misunderstood. We are so hesitant to come to Your aid. We find so many excuses. We remain aloof. Grant us the wisdom and the courage to help the least of Your brothers and sisters and so help You.



The Sixth Station - Veronica Wipes The Face Of Jesus

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

His face blood-stained, grime-weary, terrified and tired, Jesus shuddered, step by step, alone. Veronica, hesitantly tender, alive to opportunity, from the shadows stepped and with her woman's veil touched the face and bathed the sorrow to the flow of her tears. Veronica, Veronica, so tender, so alive.

Jesus, our brother, You rewarded Veronica for her courage. You left Your face upon her veil. You will reward us for our courage, You will leave the imprint of Your face upon our lives. "By this will all know that You are my disciples: that You love one another." Help us forget our fears and reach out to serve our needy brothers and sisters.



The Seventh Station - Jesus Falls The Second Time

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Tired now, beaten, bruised, body-broken, Jesus falls a second time. Even without the cross, the shoulders ache, the head drops blood, the knees buckle, Jesus falls again. A whip is lashed, a hard word is spoken, a fist, a lance's blunt end. Jesus rises, moves on again.

Jesus, our brother, You must have been discouraged by Your second fall. We too, know discouragement. Our best efforts end in failure. Those we love do not seem to love us. Regardless of our efforts, life does not bring peace. What shall we do? We will imitate Your example and try again, even in the face of futility.

† † †

The Eighth Station - Jesus Speaks To The Women Of Jerusalem

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Old, worn women leaning on each other, young, vital women, children at the knees, babies at the breast, women of Jerusalem, weeping. See Jesus struggle on. See the terror of His eyes, see the knotting of His body. Women of Jerusalem, weeping. And yet, He speaks, not they. "Weep not for me, but for you and for your children."

Jesus, our brother, in the midst of Your sufferings You had compassion for others and their pain. We are often so self-centered. We do not see the suffering of others. We want pity, kindness, and understanding. We are willing to give so little in return. Help us forget ourselves. Awaken us to the pain in the lives of others.



The Ninth Station - Jesus Falls The Third Time

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Jesus, reaching the limit of endurance, tired beyond tired, hanging on to consciousness, falls the third time. Pain has passed beneath the body and seared the edges of the soul. Weariness has broken the resistance of a tough, well-trained body and overwhelmed the man. Jesus falls the third time.

Jesus, our brother, Your third fall is the beginning of Your death agony. Our world is filled with dying people: in war, in famine, in hospitals, on highways. Many this day will die alone. May our prayers become comfort for the dying, especially those who must die alone.



The Tenth Station - Jesus Is Stripped Of His Garments

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Bits of flesh and matted hair, clots of hardened blood, grime from the city's soil are torn from His quivering frame. Stripped of His garments, naked before the crowd, a common criminal, scourge of the earth, folly of a foolish people, Jesus, Son of God.

Jesus, our brother, there is something fearful in thinking of You stripped before the crowd. Even the privacy of clothing is taken. You have given up everything for us. We give so little in return. May we have the grace to give, to give of what we have, to help our brothers and sisters suffering all around us.



The Eleventh Station - Jesus Is Nailed To The Cross

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Hammers pounding, nails slicing through the flesh. Hands clenched in ultimate agony. Feet distended to conform to the rough contour of the cross. And then, the cross is hurled aloft, bannered in the sky, flaunted in the face of God. Jesus is crucified.

Jesus, our brother, the pain of those nails was unjust. Your hands which did such good, Your feet which walked on errands of mercy, are now punished. You received little gratitude for the good You did. Why should we expect more for the good we do? Help us give and ask nothing in return.



The Twelfth Station - Jesus Dies On The Cross

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Jesus dies. Silence. Birds cannot sing. Children cannot cry. The world is wordless. It has lost the Word made flesh. Only flesh remains. Jesus dies upon the Cross. (kneel)

Jesus, our brother, You have the greatest love for us. What can we say in the face of it? We can only try to imitate You, by responding to the brothers and sisters You have given us to love.



The Thirteenth Station - Jesus Is Taken Down From The Cross

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

Dead, lifeless flesh, body without spirit, heart exposed as if to reveal the emptiness. Gone the smiling face, the impassioned gesture, the vital step,

the twisting agony. Lifeless body, taken down, passive, supple. Lifeless in a mother's arms.

Jesus, our brother, You are laid in the arms of Your mother. The agony is over. But the resurrection is not yet. Your Father's plan requires patience. So it is with us. We reach moments when only patience can carry us on. We know that something better will come. But when? Help us share Your patience and the patience of Your mother.



The Fourteenth Station - Jesus Is Laid In The Tomb

We adore You, O Christ, and we bless You, because by Your holy cross, You have redeemed the world!

It is now over. Body buried, neatly tombed. Spices ready. Cloths in proper place. Little things are done. No one can face the larger agonies, of loss, of loneliness, of anxiety. Faithful friends busy with tiny things. Jesus is dead.

Jesus, our brother, the end of life is so definite. We fear it deep within. We do not want to die. Help us understand that our lives are but a prelude to a new life, a life with Your Father.



Prayer before the Crucifix

Behold, O good and gentle Jesus, I cast myself upon my knees in Your sight and with the most fervent desire of my soul I pray and beseech You to impress upon my heart lively sentiments of faith, hope, and charity, true repentance for my sins and a most firm purpose of amendment; while with deep affection and grief of soul I consider within myself and mentally contemplate Your five most precious wounds, having before my eyes the words which David the Prophet spoke concerning You: "They have pierced my hands and my feet; they have numbered all my bones."

- Sacrament of Reconciliation -

One of the great benefits of a retreat is the chance to prepare well for the reception of the Sacrament of Reconciliation.

An examination of conscience is part of preparing for this sacrament. By reflecting on our past conduct, we can discover our sins of omission (loving acts we could have performed but did not) as well as our sins of commission (acts contrary to the law of Christ that hurt or severed our relationships with God and with others or that were harmful to ourselves.)

A good way to begin this examination is asking the Holy Spirit to enlighten our minds and open our hearts so we can see more clearly where we have sinned and where we need forgiveness, healing and strength.

Come Holy Spirit

Come, Holy Spirit, fill the hearts of Your faithful, and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth.

O God, Who instructed the hearts of the faithful by the light of the Holy Spirit, grant that by the same Spirit we may love what is right and just and enjoy always Your consolation. We ask this through Christ Our Lord. Amen.

Proceed now to the examination of conscience, asking: "How faithful have I been to the Lord's commandments?"

Scripture Passages

...for your prayerful consideration as you prepare for the Sacrament of Reconciliation:

John 15:12 – The New Commandment. Jesus said: This is my commandment: love one another, as I have loved you.

Matthew 7:12. Do to others whatever you would have them do to you. This is the law and the prophets.

Matthew 5: 3-10 – The Beatitudes.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

1 Corinthians 13:4-7. Love is patient, love is kind. It is not jealous, (love) is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things.

Matthew 22:37-40. Jesus said to them, You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.

Exodus 20 – The Ten Commandments.

1. I am the Lord your God. You shall have no other gods before Me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



Questions to consider

MY LOVE OF GOD

- *Is my heart set on God, or does my concern with material things exceed my love for God? Is there another "god" in my life?*
- *Do I make time for prayer in my life? Do I take the time to thank God for the gifts I have been given? Do I pray only when I need something?*
- *Do I celebrate the Eucharist with the Church on the Lord's day? Do I receive communion worthily?*
- *Do I profess my faith as a Christian, or do I hide my beliefs for fear of ridicule and embarrassment?*
- *Do I use God's name reverently or do I use it to curse or in anger?*

MY LOVE OF NEIGHBOR

Within My Family

- *Have I contributed to the well-being of my family?*
- *Have I spent quality time with my spouse? my children? my parents? Have I taken the time to listen?*
- *Have I been faithful to my marriage vows? Have I taken the time to tell my spouse that I love him/her?*
- *Have I been open with others or have I given in to the “silent treatment?”*
- *Have I been shown love for my children by being patient with their growing-up struggles?*
- *Have I given good example to my children by the way I live my life and my faith?*

Outside the Family

- *Have I shown genuine love for other people, or do I use them as means to my own ends?*
- *Have I harmed others through my actions? my speech?*
- *Have I put others in danger by my actions?*
- *Do I share what I have with the less fortunate?*
- *Do I harbor racist or sexist attitudes? Do I make unkind remarks or tell insensitive jokes?*
- *Have I been honest in my dealings with others in my actions? in my speech?*

- *Have I obeyed legitimate authority, or do I break laws because “everyone does it?” Do I give my employer an honest day’s work?*
- *Do I make some contribution of time and effort to my parish?*

MY LOVE OF SELF

- *Do I take care of my health to the best of my ability?*
- *Am I temperate in my use of alcohol, tobacco and other substances?*
- *Do I treat my body as a dwelling place for God? Do I get the proper amount of rest and exercise?*
- *Have I been chaste according to my station in life? Do I avoid temptations or situations that might lead to a failure to remain chaste?*
- *Have I fostered a healthy sense of respect and love for myself? Do I foster a positive self-image by remembering that God loves me for who I am and not for what I can do? Do I find my sense of self-worth in God’s love for me or is it dependent on others?*
- *Am I proud or arrogant, thinking myself better than others, or do I give in to feelings of self-pity, false humility?*
- *Am I envious of others, ashamed of not having the best of everything?*
- *Has pride crept in to make me feel better than others or stand in judgment of others?*

MY LOVE FOR CREATION

- *Do I perceive the world around me as a gift of God to be cherished, revered, and used justly?*
- *Do I ever consider my consumption of food, water, and other resources in light of those who are hungry, thirsty, and without clothing? Do I consume more than I really need?*



Upon completion of this examination, one expresses sorrow to God in some way. The following prayer is a good way to do this:

Act of Contrition

O, my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishment, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. Amen.



My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His Name, my God, have mercy. Amen.



Receiving the Sacrament of Reconciliation

The retreat director will indicate where and when the priests will be available.

In receiving this sacrament, you receive God's loving forgiveness through the absolution of the priest, restoring or strengthening your relationship with God and with those whom God has given you to love. You also receive the strength to live a more faithful life as a Christian in the community of the Church.

-Favorite Prayers of Retreatants-

Prayer for Generosity

Dearest 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 am doing Your will, my God.

Soul of Christ

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 Thy wounds, hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death, call me.
And bid me come to Thee,
That with Thy saints I may praise Thee
Forever and ever. Amen.

Take and Receive

Take, Lord, and receive
 all my liberty, my memory,
 my understanding, and all my will –
 all that I have and possess.
You, Lord, have given all that to me.
I now give it back to You, O Lord. All of it is Yours.
Dispose of it according to Your will.
Give me only Your love and Your grace;
With these I will be rich enough
 and will desire nothing more. Amen.

The Serenity Prayer

God, grant me

the serenity to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as the pathway to peace;

Taking, as He did, this sinful world as it is,
not as I would have it;

Trusting that He will make all things right
if I surrender to His will;

that I may be reasonably happy in this life,

and supremely happy with Him forever in the
next. Amen.

Prayer of St. Francis of Assisi

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love.

For it is in giving that we receive,
In pardoning that we are pardoned,
And it is in dying that we are born to eternal life.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence I fly unto you, O Virgin of virgins, my mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petition, but in your mercy hear and answer me. Amen.

Awareness Examen

How Busy Persons Find God in All Things

This short prayer exercise is to help increase one's sensitivity to God working in one's life and to provide one with the enlightenment needed to co-operate and respond to this presence.

Thanksgiving

Begin by looking over the day and asking to see where you need to be thankful. Do not choose what you think you should be thankful for; rather, by merely looking over the day see what emerges, what you notice, even slightly. Allow gratitude to take hold of you and express this to the Holy One who at this moment beholds you.

Ask for Light

This is a prayer for enlightenment from God. Ask the Spirit to show you what God wants you to see.

Finding God in All Things

Again look over the events of the day. This time ask the Spirit to show you where God's presence has been in your life, either in you or in others, and in the events of public life:

What public events from your local environment and larger world have impact or should have impact upon you?

- where are the signs of the Spirit?
- where are the destructive or divisive powers?

What interior events were significant for you?

- notice what stands out even slightly, such as joy, pain, turmoil, increase of love, anger, harmony, anxiety, freedom, presence of God, isolation.

Where do you sense you were being drawn by God's Spirit?

How have you been responding to these events or experiences?

Respond to God in Dialogue

Is there any one area on which you are being nudged to focus your attention, to pray more seriously, to take action? Discuss this with Jesus.

Express what needs to be expressed:
... praise ... sorrow ... gratitude ... desire for
change ... intercession ...

Help and Guidance for Tomorrow

Ask God for your needs for tomorrow. For example, you may need to pray to overcome something ... to be more sensitive to God's activity in your environment ... to celebrate in some way ... to let go ... to deal with some issue ... to be open to conversion in some area ... to make some decisions to act against some destructive forces in the various areas of your life.



Benediction of the Most Blessed Sacrament

O Saving Victim opening wide
The gate of heaven to us below.
Our foes press on from every side;
Thine aid supply, Thy strength bestow.

To Thy great name be endless praise,
Immortal Godhead, One in Three.
O grant us endless length of days,
In our true native land with Thee.

Proclamation of the Word of God

Humbly let us voice our homage
For so great a Sacrament;
Let all former rites surrender
To the Lord's new testament;
What our senses fail to fathom,
Let us grasp through faith's consent!

Glory, honor, adoration
Let us sing with one accord!
Praised be God, almighty Father;
Praised be Christ, His Son, our Lord;
Praised be God the Holy Spirit;
Triune Godhead, be adored! Amen.

Priest: You have given them bread from heaven,
(Alleluia)

ALL: Containing in itself all sweetness. (Alleluia)

Let us pray: *(one of the following)*

Lord our God, may we always give due honor to the sacramental presence of the Lamb Who was slain for us. May our faith be rewarded by the vision of His glory who lives and reigns forever and ever. **AMEN.**

(or)

Lord, give to our hearts the light of faith and the fire of love, that we may worship in spirit and in truth our God and Lord, present in this sacrament, who lives and reigns for ever and ever. **AMEN.**

(or)

Lord, our God, teach us to cherish in our hearts the paschal mystery of Your Son by which You redeemed the world. Watch over the gifts of grace Your love has given us and bring them to fulfillment in the glory of heaven. We ask this through Christ our Lord. **AMEN.**

DIVINE PRAISES (*recited together*)

Blessed be God.

Blessed be His holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His most Sacred Heart.

Blessed be His most Precious Blood.

Blessed be Jesus

in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His saints.

Holy God, we praise Thy name!

Lord of all, we bow before Thee;

All on earth Thy scepter claim;

All in heav'n above adore Thee.

Infinite Thy vast domain;

Everlasting is Thy reign.

