



ST. JOHN
PAUL II *Office*
for the New Evangelization

New Wine
AN AT-HOME RETREAT
FOR RE-ENTERING THE WORLD

May 15 - 17, 2020

ARCHDIOCESE of MILWAUKEE

Schedule & TABLE of CONTENTS

*For suggested adaptations to this schedule for families with young children,
see Child Edition of the Participant Guide available [here](#).*

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FRIDAY, MAY 15

6:00 p.m. | Home Cooked Dinner (Begins Retreat)
~7:45 p.m. | Evening Personal Prayer: Meditation #1 [pg. 4](#)
8:30 p.m. | Reflection #1 | The Ache of the Upper Room [View Here](#)
9:00 p.m. | Daily Examen [pg.10](#)
-or- Post Game Review Audio..... [Listen Here](#)

**Retire for the evening to ensure 7-8 hours of sleep.*

SATURDAY, MAY 16

7:00 a.m. | Personal Prayer: Meditation #2 [pg. 5](#)
8:00 a.m. | Breakfast
9:00 a.m. | Reflection #2 | Encountering Jesus [View Here](#)
~11:15 a.m. | Morning Personal Prayer: Meditation #3 [pg. 6](#)
Divine Mercy Chaplet [pg. 11](#)
Chant the Divine Mercy Chaplet..... [View Here](#)
12:00 p.m. | Lunch
1:00 p.m. | Outside Leisure Activity (walk or drive somewhere beautiful) or Spiritual Reading
4:00 p.m. | Rosary [pg. 12](#)
4:30 p.m. | Cook Dinner
5:30 p.m. | Home Cooked Dinner
6:30 p.m. | Reflection #3 | The Gift of the Holy Spirit [View Here](#)
~7:15 p.m. | Evening Time Personal Prayer: Meditation #4 [pg. 7](#)
9:00 p.m. | Daily Examen [pg. 10](#)
-or- Post Game Review Audio..... [Listen Here](#)

**Retire for the evening to ensure 7-8 hours of sleep.*

SUNDAY, MAY 17

7:00 a.m. | Personal Prayer: Meditation #5 [pg. 8](#)
8:00 a.m. | Breakfast
9:00 a.m. | Reflection #4 | Unleashing the Holy Spirit [View Here](#)

*Recommendation: Pray with your parish's Mass online or with our Archbishop's live Mass
broadcast at 11 a.m. on FOX6 and make a Spiritual Communion* [pg. 14](#)

Preparing for NEW WINE

YOUR EXPECTATIONS

It's easy to come into a retreat like this with a lot of expectations. However, when we come in with particular expectations we tend to limit our receptivity to what God wants to give us. This retreat will not go perfectly. You will be interrupted, technology will not work seamlessly, and most of all, it will probably not go according "to plan." Sound familiar? No one planned for our COVID-19 quarantine, yet, here we are. The Lord wants to meet you in his timing and his plan, not yours. We'd urge you to prepare well, but part of that preparation is to prepare ourselves for the likelihood that things will not always meet our expectations. Lord, give us the grace to respond with generous hearts!

YOUR QUIET/LOW-TECH RETREAT

The idea of this retreat is that you are able to enter into the quiet. You can choose for this weekend to be in silence/solitude if you are able. If your context doesn't allow for that, do your best to think through how you can make your living space as quiet and prayerful as possible.

Some suggestions for making your living space more quiet and/or low-technology:

- Put your phone on vibrate/silent and place it somewhere you won't be tempted to pick up throughout the day.
 - Decide how often and at what time(s) you will check messages.
- Plan to stay away from news, social media, television, and any other electronics.
- Let friends and family outside of your household know that you are on retreat and will not be as available by phone or social media as normal. Let them know your planned times for checking your phone.
- If your family situation and living arrangement allow, and you live with other adults who are also making the retreat, consider agreeing in advance not to interact with each other.
 - During a time of silent retreat, we never know when God will choose to speak. By keeping personal distance (and even avoiding eye contact), we give the other the gift of uninterrupted time and conversation with God.

If you agree to this before the retreat, you will know that this behavior is not a "snub," but a gift of love.

- If you agree to serve each other in this way, consider eating separately (perhaps at different times).
- You are a human being, body and soul. Retreats feed our soul, but it is vital that you take care of your bodily needs. Getting outside, eating well, sleeping, etc. are necessary for a good "quiet" retreat.

YOUR PRAYER SPACE

Because you will not have access to a chapel with the Blessed Sacrament in your at-home "retreat center," set up a prayer space in your home. Here are a few tips for making this space fruitful:

- Find a spot where you will not be interrupted or distracted.
- Choose a contemplative spot for your prayer space. If possible try to find a spot where you do not usually work, sleep, or lounge. If that's not possible, try to arrange it in a new way to make it more conducive to prayer.
- Make sure it has a comfortable chair, good lighting, and have a favorite blanket on hand.
- Consider adorning the space with a crucifix, a favorite image of Scripture or a Saint, and a votive candle.
- Gather a Bible, Journal, favorite pen, copy of this Participant Guide PDF, and one faith related book to use during your retreat. If you don't have a Bible, you can download all scripture passages from: <http://www.usccb.org/bible/books-of-the-bible/index.cfm>
- Set up your computer, speakers, etc. to watch the conferences. Make sure a charger and access to WiFi reach to your space!

PERSONAL PRAYER MEDITATIONS

In the following pages, we introduce you to a few different ways of praying. Some participants will appreciate trying these different prayer exercises. If you already have an established prayer practice, you might choose simply to pray in your usual way with the scriptures provided. Ask Jesus to teach you how to pray and follow the Holy Spirit, he is the best teacher!



MEDITATION #1

| LUKE 10:38:42 |

If you did not already pray with today's Step Out Stronger One Percent Prayer Audio Guide, we invite you to start by praying with that guided meditation. To listen, click the play button for [One Percent Prayer Day #15](#).

Prayerfully I read Luke 10:38-42

MEDITATION

Pray with A.R.R.R. — Acknowledge, Relate, Receive, Respond.

Acknowledge what stirs within you as you read the passage and as you enter into this time of prayer, this retreat weekend. How are you doing? Really. Pay attention to your thoughts, feelings, and desires. Notice all that it brings up for you and all that's going on inside your Heart.

Relate this to God. That is, don't just *think* about it, but *tell* God about it. Don't simply think about God or about how God might react. Relate to God. Tell him how you feel. Tell him what you think. Tell him what you want. Share all your thoughts, feelings, and desires with God. Share everything with Him.

Receive. Listen to what He's telling you. It could be a subtle voice you hear. It could be a memory that pops up. Maybe He invites you to re-read part of the Scripture passage. Perhaps you feel something in your body, such as a release of tension or a warmth. Perhaps he invites you into a still, restful, silence. Trust that God is listening to you and receive what He wants to share with you.

Respond to God however you want. It could be more conversation. It could be a resolution. It could be tears or laughter. Respond to what you're receiving.

After the Prayer — *For Your Journal*

- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer?
- What did my heart feel as I prayed?
- What did I sense the Lord saying to me?

Adapted from the Institute for Priestly Formation, see <http://priestlyformation.org/resources/fr.-mark-toups/nativity.html>



MEDITATION #2

| JOHN 11:1-44 |

*As I begin, I become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart...*

Prayerfully I read John 11:1-44

MEDITATION

A brother and two sisters... and a love: "Now Jesus loved Martha and her sister and Lazarus."

An illness... and a love: "Lord, he whom you love is ill."

I am there as the message of these sisters whom Jesus loves reaches him and his disciples... And for two days he stays there... "This illness is not unto death; it is for the glory of God." My heart begins to speak with the Lord of my own weaknesses, my own fragilities: this illness is not unto death, but for the glory of God. I ask him for new understanding...

"Are there not twelve hours in the day? If anyone walks in the day he does not stumble, because he sees the light of this world..." I sense the Lord's call to "walk in the day" he has given me, this day, this year, this stage in my life.

The disciples fail to understand... Jesus speaks to them plainly: "For your sake I am glad that I was not there, so that you may believe."

Jesus and Martha. "Lord, if you had been here..." My heart too knows this prayer: "Lord, if you had been here..."

She continues: "And even now I know that whatever you ask of God, God will give you..." Her faith strengthens mine. Yes, Lord, even now I know that your power can work in me, can change me...

"I am the resurrection... Do you believe this?" I hear Martha's answer of faith... I give my own answer to Jesus...

Jesus and Mary. She hears that Jesus is present and calling her... She rises quickly, she goes to him. I go with her. I too rise quickly to meet the Lord who calls me today...

With great reverence, I am present as these two hearts reveal themselves: "Lord, if you had been here..." Her tears fall... "He was deeply moved in spirit... Jesus wept." I gaze at length upon Mary, upon Jesus, in this moment. I ask Jesus to show me what his heart experiences...

"Take away the stone." The Lord who sets captives free... who sets me free. I ask him to free me from obstacles to new spiritual life...

"Lazarus, come out." "Unbind him, and let him go." With the two sisters, I marvel at the transformation of death into life, at the word of Jesus. I ask him to transform me...

After the Prayer — For Your Journal

- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer?
- What did my heart feel as I prayed?
- What did I sense the Lord saying to me?

*From: An Ignatian Introduction to Prayer: Scriptural Reflections According to the Spiritual Exercises by Timothy M. Gallagher, OMV
<https://www.frtimothygallagher.org/product-page/an-ignatian-introduction-to-prayer-scriptural-reflections-according-to-the-spir>*



MEDITATION #3

| JOHN 11:1-44 |

*As I begin, I become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart...*

We invite you to pray with today's Step Out Stronger One Percent Prayer Audio Guide. To listen, click the play button for [One Percent Prayer Day #16](#).

In the Audio Guide, Doug invites you to live it out by praying a Divine Mercy Chaplet (which only takes 5-10 minutes). See [How To Pray the Divine Mercy Chaplet](#) or sing it with this [Chanted Divine Mercy Chaplet](#).

Alternately, you can pray with these prompts:

Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple. Help me to acknowledge how I'm doing right now. My thoughts... my feelings...my desires... [pause and acknowledge how you're doing]

Jesus, help me not to just think about how I'm doing, but to tell you what's on my mind and heart. Here's what's bringing me joy... [tell Jesus] and what's weighing on me... [tell Jesus].

Jesus teach me to listen to you, is there anything you want me know about all that? [listen]

Come, Holy Spirit, speak to me through this Gospel story. Bless my imagination and help me to imagine myself in this scene, seeing and hearing all that is happening as if I am present there.

Prayerfully I read John 11:1-44

Jesus, help me to speak to you from my heart about what stands out to me in this passage. [tell Jesus]

Jesus, what was it like for you to see the grief and confusion of your friends? To be surrounded by people who thought you had abandoned them or weren't able to save Lazarus? [listen]

Jesus, help me to speak to you from my heart about this passage's connection to my life. [tell Jesus]

Jesus, what do you want me to know about that? [listen]

Jesus, as I read this passage again, help me to know what You're speaking to me, how you want me to live the truths you are revealing through it.

[Re-read the Scripture passage above]

Jesus is there anything else you want me to know? [listen]

Thank you, Lord for all that you have done in this time of prayer and for being with me today.

Jesus, please heal the sick, suffering, and dying, and bless all of us who are participating in this retreat. I also pray for these requests for myself and others [include prayers for all those you have been praying for]

I lift up these and all the prayer requests of everyone on our retreat to you Lord as I pray Our Father...

After the Prayer — For Your Journal

- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer?
- What did my heart feel as I prayed?
- What did I sense the Lord saying to me?



MEDITATION #4

| JOHN 14:15-21 |

*As I begin, I become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart...*

Prayerfully I read John 14:15-21

MEDITATION

Lectio Divina is one way of praying with Scripture from our Catholic tradition taught by monastic communities. In Lectio Divina, we read the passage multiple times and listen for God's responses to these questions. It can work for any scripture passage, and is particularly fruitful with the Psalms.

Lectio: Read the passage. Lord, what word or phrase do You want to speak to me?

Read (Lectio) - *Lord, what word or phrase do You want to speak to me?*

Read the scripture passage. Digest it slowly. "Listen carefully... to the master's instructions, and attend to them with the ear of your heart" (St. Benedict) for a word, phrase, or verse that stands out to you—perhaps ever so slightly. Even if something bothers you or just raises a question, note it. God catches our attention in many ways. Consider reading more than once, and/or out loud.

Reflect (Meditatio) - *Lord, why this word or phrase? What do You want me to do with this?*

Think about whatever grabbed your attention. Ponder that word or phrase. Ask questions about that word. If nothing stands out, try summarizing the passage in your own words. Notice where your thoughts lead.

Respond (Oratio) - *Lord, here's what this brings up for me...*

Talk to God about this passage as you would to a friend. Tell him everything that's on your heart and mind right now and ask him your questions.

Rest (Contemplatio) - *Lord, is there anything else?*

Rest in God's presence for a few minutes of silence. This allows the Lord to work on you in unseen ways. Do not worry about trying to accomplish anything in these few minutes. When you are spending time with a loved one, not every moment is filled with saying something or doing something. Sometimes you're simply being with each other, comforted by each other's presence. "Be still and know that I am God," (Psalm 46:11).

After the Prayer — For Your Journal

- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer?
- What did my heart feel as I prayed?
- What did I sense the Lord saying to me?

Adapted from a resource by the Evangelical Catholic: <https://www.evangelicalcatholic.org/lectio-divina/>



MEDITATION #5

| JOHN 21:1-19 |

*As I begin, I become aware of the Lord present to me,
looking upon me with love, desiring to speak to my heart...*

We invite you to pray with today's Step Out Stronger One Percent Prayer Audio Guide. To listen, click the play button for [One Percent Prayer Day #16](#).

Alternately, you can pray with these prompts:

Prayerfully I read John 21:1-19

I see the lake, the shore, the boats... All is so familiar to these disciples...

"I am going fishing." "We will go with you." So simply... a spirit of harmony, of working together...

Their efforts are in vain... all night...

The day is breaking... In the early morning light, they see a stranger on the shore... They do not recognize him.

"Children, have you any fish?" There is a note of tenderness here... It speaks to their hearts... and mine.

At his bidding they cast the net to the right side... and take in a great quantity of fish... I watch, I sense the beginnings of awareness, the faith that rises in their hearts...

John is the first to understand: "It is the Lord!" This moment of spiritual intuition speaks to my heart. I ask the Lord to open my eyes, to help me to see clearly, to know his presence with me in my work, my efforts, my life...

Peter hastens to the Lord with energy... I sense that nothing will hold him back...

The fire, the meal... their silence. No words are necessary... They know... I live with them this time of silent sharing with the Lord... I too am silent... I too know...

Jesus and Peter... His heart is still bruised by the failure of Holy Thursday evening... I watch as Jesus, with great sensitivity and love, heals Peter's heart. There is no blaming... only a new opportunity to express the deepest reality in his heart...

"Simon, do you love me?" I hear Jesus say my name, and gently ask me that same question: "Do you love me?" I answer... Like Peter, my heart knows that my human weakness does not stand in the way of my answer...

Again the Lord asks... and again... Again I hear Peter's answer... Again I answer...

"Feed my lambs... Feed my sheep." I hear the Lord again entrust to my prayer, to my witness, to my life, the care of those whom he loves, those whom he has committed to my care... And again, I offer myself to the mission...

"When you were young... when you are old..." I allow the Lord to lead in my life...

After the Prayer — For Your Journal

- What word in this Scripture most spoke to my heart?
- What touched my heart in this time of prayer?
- What did my heart feel as I prayed?
- What did I sense the Lord saying to me?

A photograph of a window with a view of a garden. The window is divided into three panes. On the sill, there is a potted plant with red flowers and green leaves. There are also several books on the sill. A green cushion is on the floor in front of the window. The text "DAILY Prayers" is overlaid on the window.

DAILY
Prayers

DAILY EXAMEN



Jesus is the perfect coach. He cares about you and wants you on His team. He knows how best to teach you the habits and skills you need to grow into the person He's created you to be. He's with you at every moment, cheering you on and helping you to improve the game of your life. Let Him coach you to live your life better by taking time to review your day. Do this every day and you will see Him in your life.

RETURN TO THE FUNDAMENTALS (~2 MIN)

Begin with the Sign of the Cross, and take a moment to let Jesus remind you of His goodness, faithfulness, and mercy; He loves you, He likes you, and He has a plan for your life. Then ask for the grace to receive His love, and to look at the previous day through His eyes...

CELEBRATE YOUR HIGHLIGHTS (~5 MIN)

Thank Jesus for all of the highlights you had throughout the past day. Those moments where you saw Jesus working.....

REVIEW YOUR MISSED OPPORTUNITIES (~5 MIN)

Ask Jesus for help to see where you may have missed Him working. Ask Him to forgive you for any sins and/or missed opportunities, and to help you do better in the next day.

CREATE A NEW GAME PLAN (~1 MIN)

Make a specific game plan for your next day. What specific action can you take to improve in one area? How can you glorify Jesus more in your life? How can you serve the people around you?

CLOSING PRAYER (~2 MIN)

Thank you, Jesus, for the many blessings of this day. Please forgive me for those times I missed the opportunity to live a better life with you. As the saints who have gone before me, please help me to live out this new game plan we have created and come back to you tomorrow so I can keep growing in holiness. Pray an Our Father. Amen



OPTIONAL

Listen to Post Game Review [here](#). (Scroll down to the title in order to choose it from the audio player.)

How to Pray: THE DIVINE MERCY CHAPLET

The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina and followed by a closing prayer.

1. Make the Sign of the Cross

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

2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

3. 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.

4. Hail Mary

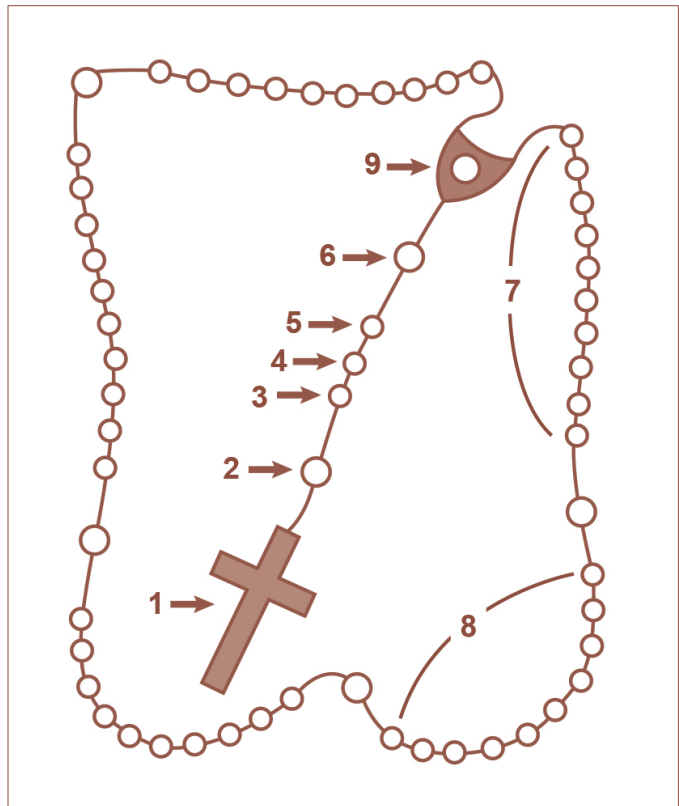
Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

5. 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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will 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.

6. The Eternal Father

"Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world."



7. On the 10 Small Beads of Each Decade

"For the sake of His sorrowful Passion, have mercy on us and on the whole world."

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God

(Repeat three times)

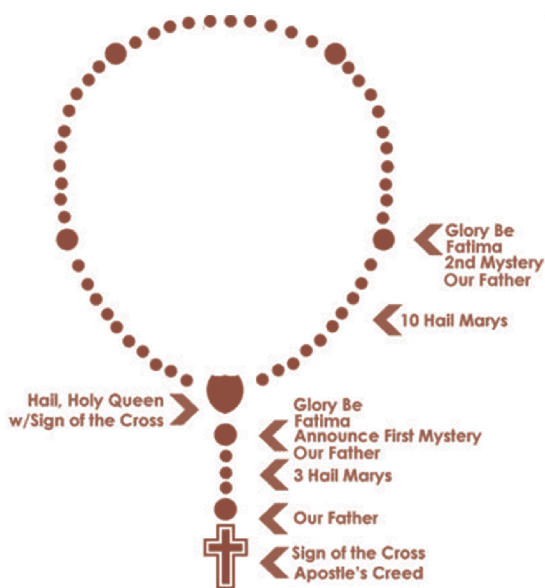
"Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

*How to Pray the Divine Mercy Chaplet
from thedivinemercy.org

How to: PRAY THE ROSARY



1. Hold the crucifix, make the Sign of the Cross and say the Apostles' Creed.
2. On the first bead and all the single beads, say an Our Father.
3. Pray one Hail Mary on each of the next three beads for an increase in faith, hope, and charity.
4. On the next single bead, pray the Glory Be.
5. Before praying the next set of ten beads (called a decade), first meditate on the first mystery. Announce the mystery, imagine the event, and begin to meditate on it by itself or in association with whatever matter the mystery brings to your heart.
6. Pray an Our Father.
7. Pray a Hail Mary on the first bead of the decade, and on each following bead.
8. After praying the decade, pray the Glory Be. You may also want to add the Fatima invocation.

THE SIGN OF THE CROSS

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

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 ever shall be,
world without end.
Amen.

THE LORD'S PRAYER (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.

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;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will 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.

FATIMA INVOCATION

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

Hail, Holy Queen
(Salve Regina)

Hail, holy Queen, Mother of Mercy. Hail, 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 valley of tears. Turn, then most gracious
advocate, your eyes of mercy toward 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.

THE JOYFUL MYSTERIES

(Mondays and Saturdays)

1. The Annunciation of the birth of the Lord to Mary by the archangel Gabriel (Lk 1:26-38).
2. The Visitation of Our Lady with St. Elizabeth, the mother of St. John the Baptist (Lk 1:39-56).
3. The Nativity of Our Lord (Mt 1:18-25; Lk 2:1-20).
4. The Presentation of the Christ Child in the Temple (Lk 2:22-32).
5. The Finding of the Child Jesus in the Temple (Lk 2:41-52).

THE SORROWFUL MYSTERIES

(Tuesdays and Fridays)

1. The Agony in the Garden of

Gethsemane (Mk 14:32-42).

2. The Scourging of Jesus (Jn 19:1).
3. The Crowning with Thorns (Mk 15:16-20).
4. The Carrying of the Cross (Jn 19:12-17).
5. The Crucifixion (Mt 27:33-56; Mk 15:22-41; Lk 23:26-49; Jn 19:16-30).

THE LUMINOUS MYSTERIES

(Thursdays)

1. The Baptism of Our Lord in the River Jordan (Mt 3:13-16).
2. The Self-Manifestation of Our Lord at the Wedding at Cana (Jn 2:1-11).
3. The Proclamation of the Kingdom of God (Mk 1:14-15).
4. The Transfiguration of Our Lord (Mt

17:1-8; Lk 9:28-29).

5. The Last Supper, when the Eucharist was Instituted (Mt 26).

THE GLORIOUS MYSTERIES

(Wednesdays and Sundays)

1. The Resurrection (Lk 24:1-12; Jn 20).
2. The Ascension (Lk 24:50-53; Acts 1:1-12).
3. The Descent of the Holy Spirit at Pentecost (Acts 2:1-4).
4. The Assumption of the Blessed Virgin Mary (Song 2:8-14).
5. The Coronation of the Blessed Mother (Rev 12:1-4).

PRAYERS of the MASS and SPIRITUAL COMMUNION



If you prefer to read along:

Saturday Daily Mass Readings

<http://www.usccb.org/bible/readings/032820.cfm>

Sunday Mass Readings

<http://www.usccb.org/bible/readings/032920.cfm>

If you are not familiar with the Mass and would like to read along, you can view the prayers of Saturday and Sunday's Masses at: <https://giveusthisday.org/digital> **OR** you might choose to use the iMissal app available at <http://www.imissal.com/>

The Church encourages frequent, even daily, Holy Communion, but if at any time we cannot go to Mass in or out of this season, we can still unite ourselves to the Eucharist through making a spiritual Communion.

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us.

Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

From: <https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritual-communion>



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