

Retreats

LENTEN RETREAT 2021

Please join us for our Lenten Retreat via our WebCam at 7.30pm every Tuesday for the next five weeks.

We will have Zoom discussion session after each Live session, if you would like to be included in the discussion sessions please email sallynogginparish@gmail.com or call 01-285 4667.

Night Prayer

INTRODUCTION

V./ O God, come to our aid.

R./ O Lord, make haste to help us.

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.

EXAMINATION OF CONSCIENCE

I confess to almighty God, to you my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary, ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

V./ May Almighty God have Mercy on us, forgive us all our sins, and may He free us from all evil, keep us safe and strengthen us in every good work, and bring us to eternal life.

R./ Amen.

HYMN

Abide with me; fast falls the eventide;

The darkness deepens; Lord, with me abide;

When other helpers fail, and comforts flee,

Help of the helpless, O abide with me.

Swift to its close ebbs out life's little day;

Earth's joys grow dim, its glories pass away;

Change and decay in all around I see;

O thou who changes not, abide with me.

Hold thou thy Cross before my closing eyes;

Shine through the gloom, and point me to the skies;

Heaven's morning breaks, and earth's vain shadows flee;

In life, in death, O Lord, abide with me.

PSALMODY

Ant. Do not hide your face from me, for in you have I put my trust.

Psalm 142(143):I-II

Lord, listen to my prayer:* turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgement

for no one is just in your sight.

The enemy pursues my soul;

he has crushed my life to the ground;

he has made me dwell in darkness

like the dead, long forgotten.

Therefore my spirit fails,

my heart is numb within me.

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought* and to you I stretch out
my hands.

Like a parched land my soul thirsts for you.

Lord, make haste and answer;

for my spirit fails within me.

Do not hide your face

Lest I become like those in the grave.

In the morning let me know your love

for I put my trust in you.

Make me know the way I should walk:

to you I lift up my soul.

Rescue me, Lord, from my enemies;

I have fled to you for refuge.

Teach me to do your will

for you, Lord, are my God.

Let your good spirit guide me

in ways that are level and smooth.

For your name's sake, Lord, save my life;

in your justice save my soul from distress.

Ant. Do not hide your face from me, for in you have I put my trust.

SCRIPTURE READING

I Pet 5,8-9

Be calm but vigilant, because your enemy the devil is prowling round like a roaring lion, looking for someone to eat. Stand up to him, strong in faith.

SHORT RESPONSORY

R: Into your hands, Lord, I commend my spirit. Repeat.

V: You have redeemed us, Lord God of truth.

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

Glory be to the Father, and to the Son, and to the Holy Spirit.

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

Ant. Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

NUNC DIMITTIS: Canticle: Luke 2: 29-32

Christ is the light of the nations and the glory of Israel

At last, all-powerful Master, you give leave to your servant to go in peace, according to your promise.

For my eyes have seen your salvation
Which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people. (Glory be...)

Ant. Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

CONCLUDING PRAYER

In your mercy, Lord,
dispel the darkness of this night.
Let your household so sleep in peace,
that at the dawn of a new day,
they may, with joy, waken in your name.

Through Christ our Lord.

R./ Amen.

BLESSING

V./ May the Lord grant us a quiet night and a perfect end.

R./ Amen.

Live Mass

A prayer for Spiritual Communion

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 in 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

Year of St. Joseph

Prayer

O Glorious Patriarch St. Joseph, you who were chosen by God above all men to be the earthly head of the most holy of families, I beseech you to accept me within the folds of your holy cloak, that you may become the guardian and custodian of my soul.

From this moment on, I choose you as my father, my protector, my counsellor, my patron, and I beseech you to place in your

custody my body, my soul, all that I am, all that I possess, my life, and my death.

Look upon me as one of your children; defend me from the treachery of my enemies, invisible or otherwise, assist me at all times in all my necessities; console me in the bitterness of my life, and especially at the hour of my death. Say but one word for me to the Divine Redeemer whom you were deemed worthy to hold in your arms, and to the Blessed Virgin Mary, your most chaste spouse. Request for me those blessings which will lead me to salvation. Include me amongst those who are most dear to you and I shall set forth to prove myself worthy of your special patronage. Amen.

Year of St Joseph...Plenary Indulgence

Vatican News Website Link

Year of St Joseph

Pope Francis on Tuesday announced a special year dedicated to St. Joseph starting from 8 December 2020 until 8 December 2021, on the occasion of the 150th anniversary of the proclamation of St. Joseph as the Patron of the Universal Church, as well as the Solemnity of the Immaculate Conception of Our Lady. The Apostolic Penitentiary also issued a decree granting special indulgences for the duration of the special year to celebrate the anniversary and

“to perpetuate the entrustment of the whole Church to the powerful patronage of the Custodian of Jesus.”

During this period, we will have the opportunity to commit ourselves

“with prayer and good works, to obtain, with the help of St. Joseph, head of the heavenly Family of Nazareth, comfort and relief from the serious human and social tribulations that besiege the contemporary world

Making Sundays Special Again

“The Sunday Routines we shape for ourselves can continue to nourish us, even as so many grieve the loss of receiving the Body of Christ.”

As so many parishioners are joining in live broadcasts of Sunday

and weekday Mass it might be helpful to consciously think about how we go about participating in them. These suggestions for praying the Mass via technology may be helpful:

Dress as you would for Mass

Have your technology ready and be on time

Turn off any technology that might distract you during Mass

If possible, join in the Mass as a family and have a member light a candle before Mass begins, perhaps beside a cross or another sacred image.

Share in the responses, prayers and gestures of the Mass
Stand for the Gospel and Our Father; kneel as
appropriate if you can; share some sign of peace if you are
with others.

Join in the singing

At the time of Holy Communion, make an act of
spiritual communion

And finally, when Mass is ended go in peace from this prayer
to
live what you have prayed.

In these darkest of days, our keeping of Sunday can give us
exactly the light, sustenance and grace we need to carry us
through the rest of our week. Sunday is God's gift to us. It's
up
to us to do the unwrapping

By Julie Kavanagh, Diocese of Kildare & Leighlin, The Irish
Catholic.