

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.