

Faith Alive!

Prayers

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Faith Alive!

BREAD FOR THE JOURNEY

Opening Prayer: Dear God, you have gifted us with the bread of Eucharist to nourish us in our daily life—wherever we are and whatever we do. Help us to remember our call to be the Body of Christ, to bring the Good News to the world. Help us to remember that you are revealed when we love one another. We ask all in the name of Jesus, the Lord. Amen.

Reading: *John 6:35*
“I am the bread of life”, Jesus told them. Whoever comes to me will never be hungry; whoever believes in me will never be thirsty.”

Intercessions: I invite you to pray for the needs of your heart—giving voice to your prayers of thanksgiving or intercessions. Please respond – LORD, HEAR OUR PRAYER.

All: Our Father

Leader: As members of the Body of Christ, let us offer...

All: A Sign of Peace.

Closing Prayer: **Renew in us, Lord, the call to be bread for the world. We ask this in the name of Jesus. Amen.**

Faith Alive!

CALLED TO BE CHURCH

Leader: We give you thanks, God, our Creator, because you have given us life.

All: You have made us in your image and breathed your spirit into us. We are alive with divinity, and your glory is made manifest in us; we have been touched by God!

Scripture: 1 Corinthians 12: 4-11

Moment of quiet reflection

Leader: Let us recall the presence of our loving God, Giver of all of our gifts.

All: Let us set our minds and hearts on the gifts that will help God's people.

Candle Service:

If our gift is to **LEAD**, let us lead with wisdom;

If our gift is to **SERVE**, help us to serve with joy;

If our gift is to **TEACH**, let us teach your truth;

If we are to **GIVE WITNESS**, help us to speak your truth with courage;

If we are to **LISTEN**, let us listen with sensitivity;

If we are to **ENCOURAGE OTHERS**, help us to do so with kindness and gentleness

Leader: We ask you, Giver of Gifts, to bless us now, as we begin our time together;

- Left: We ask for the gift of openness in mind and spirit, that your creative power might be experienced in each of us;
- Right: We ask for the gift of sight, that we might bring a new vision to our parish community;
- Left: We ask for the gift of reverence for one another gathered here, that we may learn from each other's gifts;
- Right: We ask for the gift of patience, as we prepare to sow the seeds of new ideas with others in our parish community;
- Leader: Let us pray together...
- All: Loving Creator, we ask for wholeness for ourselves and for your Church. Enable all of us to be women and men enthusiastic for your ministry, contagious in our love, and eager to be among your people as ones who serve. We ask this through Jesus Christ, who came as brother and servant to us all. AMEN.

Faith Alive!

FOLLOW-UP PLEDGE

With the Lord's help, I commit myself to:

___ Begin:

___ Stop:

___ Let go of:

___ Recommit to:

___ Get better at:

___ Pray about:

___ Think through:

___ Learn more about:

___ Change my attitude about:

___ Talk about:

___ Talk with:

___ Write to:

___ Visit:

___ Share:

___ Help:

___ Other:

Faith Alive!

A Litany for Living Faith at Work

Leader: Friends, let us offer our prayers to God, who created the world and all that is in it and saw that it was good, who sent his Son to live and work among us as part of his redemptive mission on earth, and who has called us to be good stewards of his creation: Lord, touch my heart and strengthen my hands.

All: Lord, touch my heart and strengthen my hands

Leader: That we may see that our fundamental vocation as baptized Christians is to be our best selves at all times.

All: Lord, touch my heart and strengthen my hands

Leader: That we may see the reign of God as his loving and reconciling presence among humanity

All: Lord, touch my heart and strengthen my hands

Leader: That we may be good stewards of our talents and gifts.

All: Lord, touch my heart and strengthen my hands

Leader: That we may see our work as a means to partner with God in exercising dominion over his earthly creation.

All: Lord, touch my heart and strengthen my hands

Leader: That we may live as viewing our work as an opportunity to partner with God in bringing about "a new heaven and a new earth."

All: Lord, touch my heart and strengthen my hands

Leader: That we may live with an awareness of God's presence as we fulfill our responsibilities at work.

All: Lord, touch my heart and strengthen my hands

Leader: That we may live in God's presence at work acting with integrity to our faith's values.

All: Lord, touch my heart and strengthen my hands

Leader: That we may live in God's presence at work acting with justice for co-workers and those we serve.

All: Lord, touch my heart and strengthen my hands

Leader: That we may live in God's presence at work acting with love for those with whom we are in contact.

All: Lord, touch my heart and strengthen my hands

Leader: That we may find in our work ways to make our parts of the world a better place for those in it.

All: Lord, touch my heart and strengthen my hands

Leader: That we may have the grace to willingly sacrifice for what is right and just.

All: Lord, touch my heart and strengthen my hands

Leader: That we may see the ways in which we can be God's ambassadors of reconciliation as we work both inside or outside our homes.

All: Lord, touch my heart and strengthen my hands

Leader: Let us pray.

All: Jesus, our brother, today we consider our relationship with you and those with whom we work, and we thank you for this experience of Faith. As we go forward from this place and time, help us keep our stewardship commitments for sharing the treasure of love and reconciliation you have given us. Help us keep these commitments so that the waters of our Baptism and the oil of our Confirmation may touch and act upon every aspect of our lives.

We ask this in your name. Amen.

Faith Alive!

Let us bless one another...

May the God of strength be with you, holding you in strong-fingered hands; and may you be the sacrament of God's strength to all whose hands you hold; May the blessing of strength be with you!

May the God of wonder be with you, delighting you with thunder and bird song, sunrise and daisy; enchanting your senses, filling your heart, giving you wide-open eyes for seeing the splendor in the humble and majestic; and may you open the eyes of the blind and the deaf and the insensitive; May the blessing of wonder be on you!

May the God of mercy be with you, forgiving you, beckoning you, encouraging you to say, "Now I will get up again and go to the house of my Co;"; may you be ready to forgive, to calm the fears, and deepen the trust of those who have hurt you; may the blessing of mercy be yours!

May the God of simplicity be with you, opening you to a clear vision of that is real and true, leading you deeply into the mystery of childhood; may your dealings with others be marked by the honesty which is simplicity; may the blessing of simplicity be on you!

May the God of compassion be with you, holding you close when you are weary or hurt or alone; may you be the warm hands and the warm eyes of compassion for your friends when they reach out to you in need; may the blessing of compassion be on you!

May the God of gentleness be with you, caressing you with sunlight and rain and wind; may God's tenderness shine through you to all who are in need of a gentle touch; may the blessing of gentleness be on you!

May the God of patience be with you, waiting for you with outstretched arms, and letting you “find out for yourself;” may God's patience with all the young who fall from small heights and the old who fall from greater heights be your patience; may the blessing of patience be with you!

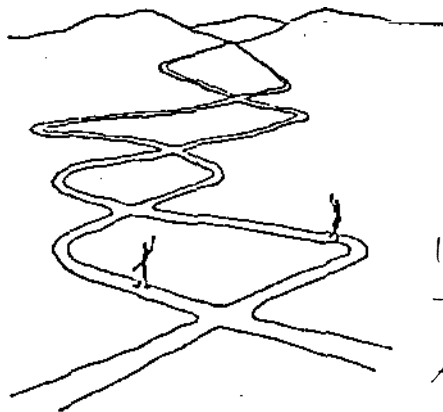
May the God of peace be with you, stilling your heart that hammers with fear or doubt or confusion; and may your peace, the warm mantle of your peace, cover those who are troubled or anxious; may the blessing of peace be on you!

May the God of joy be with you, filling your heart to fullness, and filling your throat to ringing, singing exultation; may the blessing of joy be on you!

ALL:

May the God of love be with us all! May God's love in us light fires of faith and hope. May the fires grow and enflame the earth; may God's love glow in our eyes and in the eyes of our friends. May the blessing of love be on us all!

adapted - author unknown



IT WOULD BE NICE
TO SEE YOU AGAIN
AND AGAIN.

Faith Alive!

Love at Work

Although I have the communication skills of men and of angels, and have not love, I am nothing but a sounding brass or a clanging cymbal. And if I can predict marketing trends and have a total grasp of production techniques, and although I have the kind of positive thinking that can-do people say is the secret of success and have not love, it really does no lasting good. And although I make all the sacrifices so that there can be better wages for my workers, and make sure that they have all the fringe benefits possible and do not show them love, it will still leave them grumbling and discontented.

Love teaches me to put up with a lot of things that would ordinarily make me angry, and it makes me into a listening, sensitive person. It keeps me from acting like a big shot and going on ego trips. Love keeps me from being rude to even the lowliest worker in the company. It keeps me from always demanding that things be done my way; it keeps me from blowing up at the least little thing. And it prevents me from keeping files on all the mistakes made by people under me. Love gets no satisfaction out of the failures of others — even when their failures guarantee that I will get a promotion.

Scriptural Adaptation

Tony Campolo

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A MEDITATION

*God has created me to do Him some definite service;
He has committed some work to me which He has not committed
to another. I have my mission—I may never know it fully in
this life, but I shall be told it in the next.*

I am a link in a chain, a bond of connection between persons.

God has not created me for naught. I shall do good.

*I shall do His work. I shall be an angel of peace,
a preacher of truth in my own place while not intending
it—if I do but keep His Commandments.*

Whatever, wherever I am, I can never be thrown away.

*If I am in sickness, my sickness may serve Him;
in perplexity, my perplexity may serve Him;
if I am in sorrow, my sorrow may serve Him.*

God lets nothing happen in vain.

He knows what he is about

I may lose my friends; I may be thrown among strangers;

I may feel desolate, or confused—still

God knows what He is about. Therefore I will trust Him.

(An adaptation of Cardinal Newman's creed.)

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Mission Prayer

Loving God, inspire us to do your good work in the world. Strengthen us to follow the Way of Jesus in our daily lives. Fill us with the Holy Spirit that we may be instruments of your wisdom and love. Amen.

Team Commitment Prayer

We gather as a people united in our desire to make a difference in our world.

In an effort to help ourselves and others discover the spirituality present in our work and in our relationships and to recognize the ministries of loving service we perform each day, we pledge our commitment as members of the [INSERT NAME OF PARISH/INSTITUTION] *Faith Alive!* Retreat Team.

As a team member I will:

REFLECT on the gifts and talents I have been given, discern their best use, and share them fully with team members.

CONNECT personally and spiritually with team members through prayer, through the sharing of myself, and through affirmation of one another and the gifts we bring.

GROW in my love and understanding of God, and those with whom I interact not only on the team, but also at home, at work, in our faith community, and in our world through prayer, listening, and dialogue.

Realizing the importance of this retreat for personal as well as community growth, I will give priority to team formation meetings and offer prayers for my teammates, myself, the success of the retreat, and for all who will attend.

Amen

Faith Alive!

Prayer of Saint 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;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life.

Amen

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SATURDAY CLOSING RITUAL

Closing Prayer: God Counts on Us

Leader

Only God creates,
Only God gives life,
Only God can provide growth,
Only God gives faith,

Only God gives love,
Only God gives hope,

Only God gives power,
Only God can bring peace,
Only God is the way,
Only God is the light,

Only God makes miracles
 happen,
Only God can do the impossible,

Response

but we are called to enhance that creation.
but we are called to cherish life.
but we are called to nourish that growth.
but we are called to be signs of God for
 each other.

but we are called to care for each other.
but we are called to give each other reason
 to hope.

but we are called to get things going.
but we are called to build bridges.
but we are called to show the way to others.
but we are called to make that light
 shine.

but we must offer our loaves and
 fishes.
but it is up to us to do what is
 possible.

Our Father

Closing Song: This Little Light of Mine

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TEAM COMMITMENT PRAYER

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Realizing the importance of this retreat for personal as well as community growth, I will give priority to team formation meetings and offer prayers for my teammates, myself, the success of the retreat, and for all who will attend.

Amen

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Retreat Team Prayer: Friday at Opening

Purpose: Call on the Holy Spirit to be with us as we put on the *Faith Alive!* Weekend

Opening Prayer ALL

Come, Holy Spirit

Replace the **tension** within us with a holy **relaxation**.

Replace the **turbulence** within us with a sacred **calm**.

Replace the **anxiety** within us with a quiet **confidence**.

Replace the **fear** within us with a strong **faith**.

Replace the **bitterness** within us with the sweetness of **grace**.

Replace the **darkness** within us with a gentle **light**.

Replace the **coldness** within us with a loving **warmth**.

Replace the **night** within us with Your **day**.

Replace the **winter** within us with Your **spring**.

Straighten our crookedness.

Fill our emptiness.

Dull the edge of our pride.

Sharpen the edge of our humility.

Light the fires of our love.

Quench the flames of our lust.

Let us see ourselves as **YOU** see us.

That we may see **You** as You have promised us.

And be healed according to Your word.

Song: Come Holy Ghost

Come, Holy Ghost, Creator blest
And in our hearts take up Thy rest.
Come with Thy grace and heav'nly aid,
To fill the hearts which Thou hast made
To fill the hearts which Thou hast made.

Scripture: *Ephesians 3, 14-20*

For this reason I fall on my knees before the Father, from whom every family in heaven and on earth receives its true name. I ask God from the wealth of His glory to give you power through His Spirit to be strong in your inner selves, and I pray that Christ will make his home in your hearts through faith. I pray that you may have your roots and foundation in love, so that you, together with all God's people, may have the power to understand how broad and long, how high and deep, is Christ's love. Yes, may you come to know his love—although it can never be fully known—and so be completely filled with the very nature of God.

To him who by means of His power working in us is able to do so much more than we can ever ask for, or even think of, to God be the glory in the church, and in Christ Jesus for all time, forever and ever! Amen.

Prayer:

All Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

Leader Send forth Your Spirit and they shall be consoled.

All And You shall renew the face of the earth.

Leader Let us pray

All O God, who by the light of the Holy Spirit did renew the face of the earth, grant that by the same Spirit we may be truly wise and enjoy your consolation, through Christ our Lord.

Amen.

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Retreat Team Prayer: Saturday Morning

Opening Prayer

Leader We are the salt of the earth, called to let the people see
The love of God in you and me.
We are the light of the world, not to be hidden but be seen.
All We will go make a difference in the world

Leader We are the hands of Christ reaching out to those in need;
The face of God for all to see.
We are the spirit of hope—we are the voice of peace.
All We will go make a difference in the world.

Leader So let your love shine on, let it shine for all to see.
Go make a difference in the world.
And the spirit of Christ will be with us as we go.
All We will go make a difference in the world.

Scripture Verses:

Leader But you, Bethlehem-Ephrathah, too small to be among the clans of
Judah, from you shall come forth for me one who is to be ruler of
Israel. *Micah 5:1*

All The humbleness of a small town made a difference

Leader Mary said, “Behold I am the handmaid of the Lord. May it be done
to me according to your word” *Luke 1:38*.

All The faithfulness of a young girl made a difference

Leader “There is a boy here who has five barley loaves and two fish, but
what good are these for so many?”

They filled twelve wicker baskets with fragments from the five
barley loaves that had been more than they could eat. *John*
6:9,13

All The generosity of a child made a difference

Leader A Canaanite woman called out, “Have pity on me, Lord, Son of David! My daughter is tormented by a demon.” Jesus said in reply, “It is not right to take the food of the children and throw it to the dogs.” She said, “Please, Lord, even the dogs eat the scraps that fall from the table of their masters.” Then Jesus said to her in reply, “O Woman, great is your faith! Let it be done as you wish!” And her daughter was healed from that hour. *Matthew 15:22-26*

All The persistence of a parent made a difference.

Leader Jesus said, “Let her alone. Why do you make trouble for her? She has done a good thing for me... she has done what she could... whenever the gospel is proclaimed to the whole world, what she has done will be told in memory of her.” *Mark 14:6,8,9*

All The devotion of a woman made a difference

Silent Reflection

Think about a person who has made difference in your life. Thank God in your heart for that person.

Closing Prayer

Dear God,

Let us be like the sower of seeds whom Jesus described in the parable. Help us plant Your seed in the hearts of these attendees. Provide a good soil for that seed. Nourish it with Your love through the relationships and activities that are food for that seed. Let Your Spirit fill us and these attendees so that we all can grow in Your love, Your peace, Your joy.

Amen

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THE CHRISTIAN CALLING

To see the real light
which gives light to everyone,

to accept Jesus,
to be reborn as a child of God,

to believe in the Lord's name,
to follow Jesus,

to escape into the desert
in order to overcome the
temptations of life,

to give up all so as to fit
through the eye of the needle
and enter the Kingdom,

to walk the narrow way,
to stop to help the injured
along the way,

to visit the sick and those in prison,
to feed the hungry and
clothe the naked,

to become yeast, salt and light,
to be a mustard seed,

to be healed and stand up straight,
to stop throwing stones,

to turn the other cheek,
to go the extra mile,

to love my enemies,
to do good without expecting any
return,

to produce good fruit,
to read the signs of the times and
move on,

to be transfigured on mountains,
to go to Jerusalem,

to enter one's inner temple and
clean it out,
to become a house of prayer,

to enter one's upper room,
to eat the new bread and drink the
new wine,

to accept the covenant of love,
to go to the garden of agony,

to pray while friends sleep,
to be betrayed, denied, cursed at,

to be forced to carry a cross,
to suffer and to die,

to rise beyond the status quo

Isn't that the true Christian calling?

Andrew Costello

Permission to use given by telephone February 25, 2005.

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THE ENERGIES OF THE SPIRIT OF GOD

When we come face to face with the challenge of self-givingness, when we are asked to go the extra mile of our time, to take the risk of reaching out to another, to offer forgiveness to the heart that rejects us...

Love

Fill us with the energy of your love, Spirit of God.

When our world view is bleak, when we walk with sadness, written on our soul, when we have days in which “all goes wrong”...

Joy

Stir up the energy of your joy within us, Spirit of God.

When anxiety and concern take over our spirit, when restlessness or boredom hold sway over us, when our world cries out with distress and turmoil...

Peace

Deepen in us the energy of your peace, Spirit of God.

On all those days when we hurry too much, during those times when our anger flares because our agendas aren't met, when we stop giving people our understanding and acceptance...

Patience

Draw us towards the energy of your patience, Spirit of God.

When someone needs a simple gesture of thoughtfulness, when a look of love is all another asks from us, when a good word could take the sting out of the gossip of foes...

Kindness

Create in us the energy of your kindness, Spirit of God.

As we face the shadow of our inner world or peer into the darkness of our outer world, as we struggle to believe in our own giftedness and blessing...

Goodness **Strengthen in us the energy of your goodness, Spirit of God.**

In those difficult times when fear threatens to drown our trust in you, during those growthful life experiences when we are tempted to doubt all the ways we have known you...

Trustfulness **Renew in us the energy of trusting in you, Spirit of God.**

When harshness or abruptness dominates our moods, when we feel challenged by the power of another, whenever we use the things of this good earth...

Gentleness **Bless us with the energy of your gentleness, Spirit of God.**

As we walk on the edges of life and death, as we struggle with the disciplines of spiritual growth, as we yearn to be faithful amid the many changes of inner and outer growth...

Self Control **Move us with the energy of your guidance, Spirit of God.**

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Faith Alive!

BAPTIZED INTO THE STORY OF GOD'S LOVE

Wonder and Worship

By James Carroll

Brothers and sisters, let us open our ears to the old story. Let us make it new again. Let us declare the stillness out of which the awesome Word of God might leap.

Ia. Spirit of God, Spirit of Jesus,
breathe among us now.
Come from the four winds
to open our ears
so that we can hear
your word of power,
to ready our hearts
so that we can feel
your Word of tenderness.

Iia. Father, it was not yesterday
that your care for us began,
but it was, as you say,
in the beginning.
In the beginning you spoke
and the world was made
and the story started
and the tale told

Ib. It was the tale
of your great love.
In the hearts
of history's children,
our first fathers and mothers,
you planted your Word.
And they spun it out,
spoke it, haltingly, obscurely,
but true.

Iib. You chose among them Abraham
and the battered line
of his sons and daughters.
They were to be
the great tellers of your tale.
Like us
they were men and women
of poor memory,
and again and again
they forgot.

Ic. And so it was
you did the deed,
the completely unexpected one.
You took our timeless hopes,
the search
since once-upon-a-time
for light and love.
You took the ancient yearnings
of your people,
and you made of them
a man.

Iic. He took the flesh of Nazareth,
our sister Mary's very own.
He grew to tell the tale
of your love, shouted out
the coming of your kingdom.
But we were busy
with other words
and so it was that we took
the man
who was our own best hope and,
one day in time,
we killed him.

Id. Yet here we are gathered
in his name
as a baptized people.
We witness, celebrate, proclaim
the transforming by you
of his death into life,
of our sin into salvation.

Iid. We tell the tale again
of your great gifts to us,
beginning with the beginning,
coming to now,
ending only with the end
when the last and best catastrophe
will sweep over us,
a gentle flood of your care,
the final coming of Jesus again.

Ie. Remembering him, Lord God,
we commit ourselves
to you and to each other.
We dare to accept again
your foolish choice of us
as tellers of your tale.

Iie. Give us new hearts, new tongues,
new awareness
of the intensity of life
around us and within us,
so that we might tell it well
and truly, so that we might be
givers of your good news
to this nearly hardened world
of ours, this world you embrace
in Jesus Christ our Lord.

I. & II. Through whom you give us, laughter and stories
and all other signs of life. Through whom we give you
thanks and praise for baptizing us into your everlasting love.

Amen

Faith Alive!

Retreat Prayer Experiences

Friday Evening Opening Prayers

Prepared by Pat and Mike Flaherty

(Process from meeting room to Baptistry or the Baptismal Font. Have the retreatants take the provided hymnals with them. If the *Gather* hymnal is not available, use what you have and select the listed songs or ones similar to them.)

Gather around the Baptismal font.

Opening Song: *All Are Welcome* (#753 in *Gather* hymnal, #406 in *Today's Missal Music Issue 2005*)

Invitation to Prayer (A reader selected by the Ritual and Music Coordinator should read these passages slowly so as to encourage reflection on the symbolic meaning of water.)

“In the beginning, when God created the universe, the earth was formless and desolate. The raging ocean that covered everything was engulfed in total darkness, and the Spirit of God was moving over the water.” [Genesis 1:1-2]

Water, symbol of life. * We are born of water, * In birth and in baptism, * We bless ourselves, * Bathe ourselves, * Refresh ourselves, * In water. ** We stand awestruck before the ocean, * Powerless before the flood, * Breathless before the waterfall, * As water reminds us of the awesome presence of God.

Opening Prayer—All

Lord, you brought forth water from the rock, You parted the sea and calmed the storm. Bless this water now, symbol of

our very selves. Let it bring forth new life in us as we profess our oneness in Christ Jesus.

Reading by another selected reader

Galatians 3:26-28

Silent Reflection: (Play *Water of Life* by Stephen Dean available on the tape cassette *Come to Set Us Free* and in the CDs *Glory and Praise Second Edition, Complete Set*; *STMG Greatest Hits Vol. 2*; or *Today's Music for Today's Church*, 16 CD Set; all published by OCP Publications.)

Invitation by the Ritual and Music Coordinator

Children of God, I invite you now to come forward to the water of life and, as you bless yourself with the sign of our faith, recall your own Baptism and your own call to clothe yourself with Christ.

(Play *Water of Life*)

Invitation by the Ritual and Music Coordinator

As one body in Christ, let us say the prayer our brother Jesus taught us, Our Father...

Invitation by the Ritual and Music Coordinator

Let us share a Sign of Peace with each other.

Closing Song: *We Are Called* (#718 in the *Gather* hymnal, #581 in *Today's Missal Music Issue 2005*)

Needed resources:

- Bible marked for the reading.
- *Gather Hymnals*. If this hymnal is not available, it may be necessary to select other, comparable songs from the available hymnals or in accordance with whatever music use licenses are held by the institution putting on this retreat.
- Baptismal Font with Water [If a Baptismal Font is not available, partially fill a large bowl with water and set it on table in a space in the retreat room where you intend to center all prayer ritual activities. This space can be prepared as specified for the Friday Night Prayers.]
- A CD or tape recording of *Water of Life* by Stephen Dean, available on the tape cassette *Come to Set Us Free* and in the CDs *Glory and Praise Second Edition, Complete Set*; *STMG Greatest Hits Vol. 2*; or *Today's Music for Today's Church, 16 CD Set*; all published by OCP Publications.
- 2 Readers
- Copies of the prayer read by all for the retreatants.

Faith Alive!

Retreat Prayer Experiences

Friday Evening Closing Prayer

Prepared by Pat and Mike Flaherty

(In the meeting room at the space designated for prayer rituals)

Opening Song: *At Evening* (#759 in the *Gather* hymnal; 2 verses)

Opening Prayer

Leader: O God, come to my assistance.

Response: Lord, make haste to help me.

All: Glory be to the Father....Amen.

Reading by one reader

Luke 12:32-34

Response read by second reader

“Mayonnaise Jar” Reflection (reader: see separate sheet)

Closing Prayer

Leader: Let us pray.

All: Today we have celebrated the mystery of Christ’s resurrection, and so now we humbly ask you, Lord, that we may rest in your peace, far from all harm, and rise rejoicing and giving praise to you. Through Christ our Lord. Amen.

May the almighty Lord grant us a quiet night and a perfect end. Amen.

Closing Song: *At Evening* (#759 in the *Gather* hymnal; 2 verses)

Needed resources

- Prayer Space prepared with the following
 - Music Stand
 - Cloth
 - Sandals
 - Bible
 - Candles
 - Bowl of Water
- *Gather* Hymnals. If this hymnal is not available, it may be necessary to select other, comparable songs from the available hymnals or in accordance with whatever music use licenses are held by the institution putting on this retreat.
- Small table with jar
 - golf balls
 - pebbles
 - sand
 - copy of “Mayonnaise Jar” reflection
- 2 Readers
- Copies of the prayer read by all for the retreatants.

The Mayonnaise Jar

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes.”

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things—God, your family, your children, your health, your friends, and your favorite passions—things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else, the small stuff.”

“If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your

time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.”

Faith Alive!

Retreat Prayer Experiences

Saturday Morning Prayer

Prepared by Pat and Mike Flaherty

(In the meeting room at the space designated for prayer rituals.)

(Prayer Space prepared as for Friday prayers)

Instruction: Attendees process into room (or to the prayer space) & bless themselves with water as they enter

Procession Retreat team members process in during the opening song carrying the bowl of water and oil in a cruet. The bowl is put in its usual place in the Prayer Space. The oil is poured into a small bowl at the Prayer Space if the retreat group is relatively small or into small bowls placed on the tables if the group is relatively large.

Opening Song: *You Are the Voice* (#549 in the *Gather Hymnal*)

Opening Prayer by all

Lord, we are here because you have called us by our Baptism to this sacred moment. On this day we want to step back and look at the work that we have begun in your Spirit and that your Spirit has begun in us. Help us realize that a true and personal relationship with you calls us to action in and through the Spirit for the coming of your kingdom in its fullness. By your grace we have become willing to respond to the gospel message. Help us realize that the making of your kingdom on earth is our task, and we can only accomplish it in your Spirit. We make our prayer through Christ, our Lord. Amen.

Reading by one reader

Luke 4:18-19

Silent reflection

Invitation by the Ritual and Prayer Coordinator

Brothers and sisters, as a sign of our call to be centered in Christ and sent into the world, I ask you now to turn to the person beside you and, using the oil from the bowl [on your table], anoint each other on the forehead and hands using the sign of our faith—the cross. Please use these words, “I anoint you for God’s work in the world.”

Invitation by the Ritual and Music Coordinator

As one body in Christ, let us say the prayer our brother Jesus taught us, Our Father...

Invitation by the Ritual and Music Coordinator

Let us share a Sign of Peace with each other.

Closing Prayer

Leader: Let us pray.

All: Father, enliven within us the grace of Confirmation, so that as your people made new by the Spirit, we may become modern-day witnesses of your death and resurrection in our world. We pray through Christ, our Lord. Amen.

Closing Song: *St. Theresa’s Prayer* by John Michael Talbot

Needed resources

- Water in back of room
- Small bowls of oil at each table
- Hymnals, oil in cruet
- St. Theresa's Prayer lyrics and CD or tape recording of the song.
 - Text was available February 17, 2005, from http://www.amasc-sacrecoeur.org/spirit_16Apr02.html, http://www.amasc-sacrecoeur.org/spirit_19Apr02.html and http://home.wanadoo.nl/spielerei/teksten/st_theresas_prayer.html
 - Recordings available on the CDs *Quiet Reflections* available from <http://www.johnmichaeltalbot.com/index.html> and <http://www.independentbands.com>; *Sparrow Records - History Makers: John Michael Talbot* available at <http://www.grassrootsmusic.com/artist/sparrow/sparrow8>
- 1 Reader
- Copies of the prayers read by all for the retreatants.

Faith Alive!

Retreat Prayer Experiences

Saturday Closing Prayer

Prepared by Pat and Mike Flaherty

(In meeting room, at the space designated for prayer rituals)

Procession Retreat team members process in during the opening song carrying bread in dish and wine in a carafe. The bread and wine is placed on the table in the Prayer Space.

Opening Song: *Gather Us In* (#744 in the *Gather* hymnal, #312 in *Today's Missal Music Issue 2005*)

Opening Prayer

Leader: Let us pray.

All: Dear God, you have gifted us with the bread of Eucharist to nourish us in our daily life - wherever we are and whatever we do. Help us to remember our call to be the Body of Christ, to bring the Good New to the world. Help us to remember that you are revealed when we love one another. We ask all in the name of Jesus, the Lord. Amen.

Reading: John 6:35

Reflection: *Take and Eat* (# 831 in the *Gather* hymnal)

Intercessions—Leader

I invite you now to pray for the needs of your heart—giving voice to your prayers of thanksgiving or intercession. Our response is: Lord, hear our prayer.

Invitation by the Ritual and Music Coordinator

As one body in Christ, let us say the prayer our brother
Jesus taught us, Our Father...

Invitation by the Ritual and Music Coordinator

As members of the Body of Christ, let us offer a Sign of
Peace to each other.

Closing Prayer

Leader: Let us pray.

All: Renew in us, Lord, the call to be bread for the world.
We ask this in the name of Jesus. Amen.

Closing Song: *Somos El Cuerpo De Cristo/We are the Body of Christ* (#
??? in the *Gather* hymnal, #417 in *Today's Missal Music*
Issue 2005, and #589 in the *Glory and Praise* hymnal, 2nd
Edition).

Needed resources

- Wine in carafe
- Bread on plate
- *Gather* hymnals. If this hymnal is not available, it may be necessary to select other, comparable songs from the available hymnals or in accordance with whatever music use licenses are held by the institution putting on this retreat.
- 1 Reader