
FOLLOWING THE WAY OF THE RISEN CHRIST¹

8-DAY EASTER OCTAVE RETREAT



Dmitri Wright *The Resurrection of Christ* 36"x72" Triptych Oil on Panel

"We bring you the good news that what God promised to the fathers, this day he has fulfilled to us their children by raising Jesus." The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an

essential part
of the Paschal mystery along with the cross:
Christ is risen from the dead!
Dying, he conquered death;
To the dead, He has given life.
(CCC 638)

¹ *(SE#) Quotes from *The Spiritual Exercises of St. Ignatius: based on Studies in the Language of the Autograph* by Louis, J. Puhl. SJ.
Bible passages are taken from the USCCB website

About this Eastertide Octave Retreat

This retreat in daily life is based on the fourth week meditations of the Spiritual Exercises of St. Ignatius and rooted in the early Church's practice called the Via Lucis (the way of light), the path of transforming joy. We follow Jesus during the Easter Octave as He appears to the women at the tomb, the disciples, and many others along the way. We ask for the grace to rejoice with His Blessed Mother Mary and the disciples, to share in the joy of His Risen Life, and to recognize that we, too, are called, like the disciples, to carry the Gospel's Good News.

St. Ignatius begins by offering us a beautiful moment to contemplate. Although it is not in scripture, he believed Jesus' first apparition would be to His Blessed Mother (SE 299). As we meditate on the mysteries of His many apparitions, we rejoice with Him in His Resurrection and reflect upon the areas of our lives that we desire to be comforted by Him. We anticipate His leaving us (not abandoning us), trusting and waiting for the Holy Spirit to be sent. We learn of His instructions to the disciples and share in their apostolic mission to baptize all the nations in the name of the Father, the Son, and the Holy Spirit.

As a Directed Retreat

Ignatian Retreats are designed for those with experience in the ascetical ways of prayer as a self-directed retreat. Due to the intensity of reflecting upon these scriptures and meditations for walking with Jesus and contemplating all the graces He bestows, we recommend (especially if you are new to imaginative prayer) that you consider connecting with your spiritual director or contact us here to accompany you along the way. Spiritual Direction is recommended if you are new to mental (discursive or interior) prayer or to Ignatian Retreats, to consider a director to accompany you along the way.

As a Self-Directed Retreat

This retreat may be used as a self-directed retreat for those with experience in the ways of Lectio Divina, imaginative contemplative prayer, and the Spiritual Exercises of St. Ignatius.

When to pray this Retreat

You may begin the "First Meditation" on any day and continue on for 8 days, starting Easter Monday or thereafter.

Introduction to Ignatian Retreats in Daily Life

In Annotation #18 of the Spiritual Exercises, St. Ignatius acknowledges that the Spiritual Exercises, as they are written, must be adapted for the person who is to engage in them. This includes taking into account one's age, education, talents, responsibilities to family, community and professional obligations.

St. Ignatius understood that progress in the Spiritual Exercises would be greater for those who were able to disengage totally from worldly cares, however, he understood this level of disengagement would not be possible for everyone. Therefore it is recommended to set aside a half an hour to an hour of prayer each day, weekly reception of the Sacrament of Confession and Holy Eucharist and daily examination of conscience.

Daily Prayer Routine

Your Night Before Preparations: In preparing for tomorrow's prayer period, read the next day's meditations for understanding. If there is more than one reading for the day, consider the one that resonates with you. (SE# 73)

Your Retreat Mornings: St. Ignatius offers us a framework as we begin a Prayer Period and enter into the mysteries for a personal encounter and discovery of the Word of God. Each Retreat Morning consists of **4 Steps:**

Preparatory (Silence, Offertory and Petitionary Prayers)

Meditation (Praying with the Scripture or Spiritual Exercise)

Close (Ending with a personal and/or formal prayer)

Reflection (Making notes in your journal)

Step 1: Preparatory: Begin standing in silence, reflecting on this reality of the gaze of God lovingly looking down upon you. You respond. (SE# 75) This is a time for recollection to dispose of ourselves rightly in reverence and humility and with an Offertory and Petition (what we want and desire from the Lord). Each Preparatory Prayer lasts about a minute.

Step 2: Meditation: Read slowly the Scripture or Exercise given and pray attentively using all of your faculties—faith, feelings, interior senses, imagination, and recall—as you pray with each.

Step 3: Close the Prayer: Close your prayer time with a personal prayer (*colloquy*), speaking to God in a personal way as the Holy Spirit moves you. Then recite a vocal formal prayer (Our Father, Hail Mary, or Glory Be). (SE#54)

Step 4: Reflection and Review: At the end of each Prayer Period, note your experiences in your Daily Prayer Journal and ask yourself: *What are the insights, feelings, thoughts, images, and memories that came up in me?* Savor the graces.

Your Retreat Day: Recall how the Lord spoke to you during your morning contemplation, and be open to His promptings during the day.

Your Retreat Evenings: Pray the Examen and Review your Daily Prayer Journal notes. Consider the graces of your morning prayer time and daytime recollections. Read the next day's Scriptures or Exercise for understanding.

Ignatian Contemplation

St. Ignatius knew from his conversion experience the power of the Holy Spirit, which deepened his desire to become a soldier for Christ by imagining living like the saints.

In the Spiritual Exercises, St. Ignatius proposes praying with the Gospel scenes and various spiritual exercises by using our imagination, thoughts, and memories. This prayer practice is called *Ignatian Contemplation*, and it is most useful when praying about events in the life of Jesus.

In Ignatian Contemplation, we use our active imagination to imagine a particular event in the life of Jesus. We imagine all the aspects of the scene, sights, and sounds. We allow our imagination to lead us to relate to Jesus personally.

St. Ignatius suggests we use three steps: see, listen, and consider.

- First, read to understand what is going on and who is there. Construct the scene in your mind and see the different people. (SE106)
- Read it a second time to imagine the scene. Listen to what the people are saying and hear how they interact. (SE107)
- Read a third time and focus on the people in the passage. (SE108) Consider what the people are doing and where you are invited to enter the scene to relate to Jesus and all that is happening.

The Ignatian Examen

The Examen is a prayer of gratitude, petition, and awareness of the many graces God bestows on us daily. It begins with giving thanks, which leads us to grow in awareness of God's love, and enables us to relate to Him personally with deep affection. Then, emboldened by His love for us, we ask for insight to know our faults and how God sees our souls.

We continue by asking for the gifts we desire to grow stronger in our faith. We review the day, hour by hour, to notice more deeply the moments of interior joy or any experiences of heaviness in our souls and the thoughts and actions that arise from each. By asking forgiveness for our faults, we seek to be free from all burdens on our hearts and then plan with the Lord how we may progress in His infinite love tomorrow.

Daily Examen Journaling Prompts

- 1. Give Thanks:** The gifts and graces the Lord has given to me today are...
- 2. Petition:** I ask the Lord to show me the state of my soul. I ask for the outpouring of His grace. Today I desire...
- 3. Review:** Today's moments of joy in the Lord, interior heaviness, and the thoughts that arise from each are...
- 4. Pardon:** The burdens of my heart that I wish to be free of are...
- 5. Progressing with God:** As I look to the day ahead with gratitude, I will respond to His call for growth by...

Day 1: Appearance to His Blessed Mother

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46)

Prelude: Ignatius invites us to contemplate the moment of their encounter where her grief with hope is shattered by the joy of seeing her son. Imagine Mary in quiet inner sorrow, awaiting His promises to be fulfilled, and Jesus coming to her.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation:

He appeared to the Virgin Mary. Though this is not mentioned explicitly in the Scripture, it must be considered as stated when the Scripture says that He appeared to many others. For Scripture supposes that we have understanding, as it is written, Jesus said, *“Are you also without understanding?”* (Mark 7:18). (SE 299)

Reflection:

What might their moment of encounter have been like for both Mother and Son?

What love and tenderness do I notice in Jesus choosing to reveal Himself to His Mother first? What does this reveal about the heart of the Risen Christ?

Where in my life do I long for Christ to meet me and transform sorrow, fear, or loss into new life?

How does their overflowing joy find a place within my own heart?

Day 2: Jesus Appears to the Other Women (SE301)

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46)

Prelude: Imagine the scene. The two women are filled with fear, confusion and joy as they go from the tomb to the disciples to announce the Resurrection of the Lord to the other disciples. Then Jesus appears to them along the way and they immediately fall to His feet. They adore Him and He tells them to not be afraid.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: Matthew 28:8-10

1 After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. 2 And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. 3 His appearance was like lightning and his clothing was white as snow. 4 The guards were shaken with fear of him and became like dead men. 5 Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. 6 He is not here, for he has been raised just as he said. Come and see the place where he lay.” 7 Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.”

8 Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. 9 And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. 10 Then Jesus said to them, “*Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me.*” 11 While they were going, some of the guard went into the city and told the chief priests all that had happened. 12 They assembled with the elders and took counsel; then they gave a large sum of money to the soldiers, 13 telling them, “You are to say, ‘His disciples came by night and stole him while we were asleep.’ 14 And if this gets to the ears of the governor, we will satisfy him and keep you out of trouble.”

15 The soldiers took the money and did as they were instructed. And this story has circulated among the Jews to the present day. 16 The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. 17 When they saw him, they worshiped, but they doubted. 18 Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. 19 Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

Reflection: How has Jesus shared his joy and peace with me this Easter?
How is he inviting me and leading me to a new life with Him and in Him?

Day 3: Appearance to Mary Magdalene

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46)

Prelude: Imagine the very early morning that Mary Magdalene, Mary the mother of James and Salome go to the tomb. Apply your senses: consider the sights, sounds and smells at that morning. They see the stone has been moved and see an Angel telling them to go tell the disciples and Peter. Mary remains and Jesus appears to her. Hear the sound of Jesus’ voice as he calls Mary by name.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: John 20:11-16

11 But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb 12 and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. 13 And they said to her, “*Woman, why are you weeping?*” She said to them, “They have taken my Lord, and I don’t know where they laid him.” 14 When she had said this, she turned around and saw Jesus there, but did not know it was Jesus.

15 Jesus said to her, “*Woman, why are you weeping? Whom are you looking for?*” She thought it was the gardener and said to him, “Sir, if you carried him away, tell me where you laid him, and I will take him.” 16 Jesus said to her, “*Mary!*” She turned and said to him in Hebrew, “*Rabbouni,*”^{*} which means Teacher. 17 Jesus said to her, “*Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, I am going to my Father and your Father, to my God and your God.*” 18 Mary of Magdala went and announced to the disciples, “I have seen the Lord,” and what he told her.

Reflection:

What is it like for me to share in the confusion and joy of the empty tomb?

What sights, smells, sounds and other details do I notice as I pray with my imagination?

What does Jesus look like as Mary Magdalene sees Him?

What is it like for her to have Him call her by name?

What is it like for you when Jesus calls your name?

Day 4: Jesus Appears to Peter (SE302)

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46).

Prelude: Place yourself in the scene to witness the excitement of the women who arrive to tell Peter that Christ has risen. Peter immediately drops everything and runs to the tomb to see for himself. Consider the emotions and thoughts arising in him as he is running. Peter enters the tomb and sees only the linens.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: Luke 24:9-12, 33-34

9 Then they returned from the tomb and announced all these things to the eleven and to all the others. 10 The women were Mary Magdalene, Joanna, and Mary the mother of James; the others who accompanied them also told this to the apostles, 11 but their story seemed like nonsense and they did not believe them. 12 But Peter got up and ran to the tomb, bent down, and saw the burial cloths alone; then he went home amazed at what had happened

33 So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them. 34 who were saying, *“The Lord has truly been raised and has appeared to Simon!”*

Reflection:

How do I imagine Peter’s reaction to the women’s excitement and announcement that Jesus has risen from the dead?

How does the joy of the Resurrection resonate in me today?

What does it mean to me to rejoice in the great glory and joy of Christ the Lord?

Day 5: Jesus Appears to Disciples on Road to Emmaus (SE303)

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46).

Prelude: Walk with the travelers and Jesus on the road to Emmaus. See how the traveler and Cleopas, whose name means ‘vision of glory’, are sad and without hope (downcast) while their eyes are prevented from recognizing Jesus. Notice how Jesus walks with them and listens to them during their sadness. He reprehends them, instructs them in the Scriptures that Christ must die and rise again. He remains there with them until he gives them Holy Communion.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: Luke 24:13-25

13 Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, 14 and talking with each other about all these things that had happened. 15 While they were talking and discussing, Jesus himself came near and went with them, 16 but their eyes were kept from recognizing him. 17 And he said to them, “*What are you discussing with each other while you walk along?*” They stood still, looking sad. 18 Then one of them, whose name was Cleopas, answered him, “Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?” 19 He asked them, “*What things?*” They replied, “The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, 20 and how our chief priests and leaders handed him over to be condemned to death and crucified him. 21 But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. 22 Moreover, some women of our group astounded us. They were at the tomb early this morning, 23 and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. 24 Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.”

25 Then he said to them, “*Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared!* 26 *Was it not necessary that the Messiah should suffer these things and then enter into his glory?*” 27 Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. 28 As they came near the village to which they were going, he walked ahead as if he were going on. 29 But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them. 30 When he was at the table with them, he took bread, blessed and broke it, and gave it to them. 31 Then their eyes were opened, and they recognized him; and he vanished from their sight. 32 They said to each other, “Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?” 33 That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. 34 They were saying, “The Lord has risen indeed, and he has appeared to Simon!” 35 Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Reflection: When have I encountered Jesus' love and joy burning within me?
What does it mean to me that Jesus desires to share His joy and glory with me personally?
How do I recognize the risen Christ in my life?

Day 6: Jesus Appears to the Disciples and Thomas (SE304-5)

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46).

Prelude: Prayerfully imagine the scene. The disciples, except Thomas were gathered together in fear of the Jews who sought to have Jesus crucified. The doors are locked and Jesus appears before them and exclaims *“Peace be with you!”* He gives them the Holy Spirit through these words *“Receive the Holy Spirit, whose sins you shall forgive, they are forgiven.”* St. Thomas was not with them and would not believe it. Jesus appeared to him and Thomas touched the wounds on Jesus, believed and said “My Lord and my God”. Consider how Jesus treats Thomas with love and compassion as he faces his doubt that Christ has risen. See how Thomas' doubt leads to renewed faith and deepened love of Jesus.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: John 20:19-29

19 On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, *“Peace be with you.”* 20 When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. 21 Jesus said to them again, *“Peace be with you. As the Father has sent me, so I send you.”* 22 And when he had said this, he breathed on them and said to them, *“Receive the Holy Spirit. 23 Whose sins you forgive are forgiven them, and whose sins you retain are retained.”*

24 Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. 25 So the other disciples said to him, *“We have seen the Lord.”* But he said to them, *“Unless I see the mark of the nails in his hands and put my finger into the nail marks and put my hand into his side, I will not believe.”* 26 Now, a week later, his disciples were again inside, and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, *“Peace be with you.”* 27 Then he said to Thomas, *“Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.”* 28 Thomas answered and said to him, *“My Lord and my God!”* 29 Jesus said to him, *“Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”*

Reflection:

How is Jesus inviting me to proclaim His Gospel and share His good news?

What areas of unbelief am I ready to entrust more fully to Jesus?

Where in my life has Jesus graced me with His peace?

In what ways can I share the gift of peace He has given me with others?

Day 7: The Appearance at the Sea of Tiberias (SE 306)

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46).

Prelude: Jesus appears to seven of his disciples who spent the night fishing and caught nothing the entire night. Jesus commands them to cast again and the multitude of fish is so great they can't reel it all in. John recognizes. Consider how empty and lonely Peter must have been feeling without his friend Jesus. He decides to go back to what he knows best, fishing from his boat and the others join him. See how overwhelmed Peter becomes with excitement and joy as he jumps overboard and rushes to the shore to see Jesus.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: John 21:1-17

1 After these things Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. 2 Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. 3 Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat, but that night they caught nothing. 4 Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. 5 Jesus said to them, “*Children, you have no fish, have you?*” They answered him, “No.” 6 He said to them, “*Cast the net to the right side of the boat, and you will find some.*” So they cast it, and now they were not able to haul it in because there were so many fish. 7 That disciple whom Jesus loved said to Peter, “It is the Lord!”

When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. 8 But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off. 9 When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. 10 Jesus said to them, “*Bring some of the fish that you have just caught.*” 11 So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. 12 Jesus said to them, “*Come and have breakfast.*” Now none of the disciples dared to ask him, “Who are you?” because they knew it was the Lord. 13 Jesus came and took the bread and gave it to them, and did the same with the fish. 14 This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

15 When they had finished breakfast, Jesus said to Simon Peter, “*Simon son of John, do you love me more than these?*” He said to him, “Yes, Lord; you know that I love you.” Jesus said to him, “*Feed my lambs.*” 16 A second time he said to him, “*Simon son of John, do you love me?*” He said to him, “Yes, Lord; you know that I love you.” Jesus said to him, “*Tend my sheep.*” 17 He said to him the third time, “*Simon son of John, do you love me?*” Peter felt hurt because he said to him the third time, “*Do you love me?*” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “*Feed my sheep.*”

Reflection:

What is it like for me to imagine Jesus reuniting with his friend Peter and the other disciples?

When have I felt the intense joy that Peter felt when he jumped into the sea?

How does Jesus share His glory and joy with me today? How do I respond to Jesus, when He asks, “*Do you love me?*” How is He calling me to love?

Day 8: The Great Commissioning

Preparatory Prayer: “I ask God our Lord for grace that all my intentions, actions, and ways may be directed purely to the praise and service of God.” (SE46).

Prelude: Imagine yourself with the Apostles and hear Jesus' words as if he is speaking directly to you. Hear the urgency of Jesus' voice and consider the response of the Apostles.

Petitionary Prayer: *Lord, grant me the grace "to be glad and rejoice intensely because of the great joy and the glory of Christ the Lord," who has risen from the dead.* (SE221)

Meditation: Matthew 28:16-20

16 The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. 17 When they saw him, they worshiped, but they doubted. 18 Then Jesus approached and said to them, “*All power in heaven and on earth has been given to me. 19 Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.*”

Reflection:

What is it like for me to hear Jesus promise that He will be with me always?
How do I respond to Jesus in gratitude and faith? How has Jesus shared his joy and peace with me this Easter?
How is he inviting me and leading me to a new life with Him and in Him?
Ask Jesus to instill in you the desire to follow him and serve him.

Review and Gather the Graces: Review and savor God's gifts to you after each section and at the end. Make notes for sharing with your spiritual director or your faith-sharing group.

Additional Apparitions from the Spiritual Exercises: To extend your retreat, you may continue to contemplate the following apparitions notes in the Spiritual Exercises of St. Ignatius.

- 1 Corinthians 15:6 (Crowd of 500)
- 1 Corinthians 15:7 (James)
- 1 Corinthians 15:8 (St. Paul)
- Acts 1:1-12 (The Ascension of Christ)

May the peace of Christ continue to remain in your heart as we come to celebrate Pentecost - the gift of the Holy Spirit. As you now wait in joy, obedience, and trust over the next several days till Pentecost, pray with these words of St. Ignatius:

The Suscipe Prayer

*Take, Lord, and receive all my liberty,
my memory, my understanding, and my entire will,
all that I have and possess.
Thou hast given all to me.
To Thee, O Lord, I return it.
All is Thine; dispose of it wholly according to Thy will.
Give me Thy love and Thy grace,
for this, is sufficient for me.*

Amen