

# Save your People



*"You chose death upon the cross, then in glory You arose"*

"Save your People" is a half-an-hour daily spiritual home retreat for the whole family or for individual reflection, during Passion (Holy) Week, including Saturday of the Light. Before starting the retreat, the family needs to prepare a special room to create an environment of prayer, reflection and reverence. An icon for the Lord is to be placed in the middle, with a lit candle, as a sign of the presence of the Lord who is glorified in the glory of the Resurrection. The retreat will be divided into different prayer stations every day:

- ▶ In the name of the Father, the Son and the Holy Spirit Amen.
- ▶ One decade of the rosary.
- ▶ A hymn.
- ▶ The day's intention.
- ▶ The Word of God
- ▶ Silent reflection.
- ▶ Closing Prayer.

*Have a blessed retreat!*

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

Spiritual home retreat, during the Passion Week,  
including Saturday of the light  
Our Lady of Lebanon Co-Cathedral, Sydney



1

Sunday 5 April | Day 1

*“Today you will be with me in Paradise!”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Carrying of the Cross”**
- ◀ A hymn.
- ◀ The day’s intention: **the employers and employees who have been forced into unemployment.**
- ◀ The Word of God: Psalm 84 | Luke 23: 39-43
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Carrying of the Cross”**

Spiritual Fruit: Patient Bearing of Trials

**One Our Father**

10 Hail Mary

**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**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# من أنا إلهي حتى تذكرني Hymn:

\* من أنا إلهي حتى تذكرني

تنحني علي إليك ترفعني

قلبي لك عطشان يركض كالإيل

إلى مجرى المياه إليك يا يسوع

القرار- أرفع يدي أشهد لك

أنك إلهي لا سواك

\* من أنا إلهي حتى تشفيني

تأتي إلي صامتاً دون أن تدينني

تهمس لروحي الآن قم بثقة يا بني

فأركض لحضنك إليك يا يسوع

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for all the employers and employees who have been forced into unemployment. Extend to them the hand of mercy and blessing. Amen.

### ▶ Psalm 84

How lovely is your dwelling place, Lord Almighty!

My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.

Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young a place near your altar, Lord Almighty, my King and my God.

Blessed are those who dwell in your house; they are ever praising you. Blessed are those whose strength is in you, whose hearts are set on pilgrimage. Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. For the Lord God is a sun and shield; The Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.

Lord Almighty, blessed is the one who trusts in you.



▶ Luke 23: 39-43

One of the criminals who hung there hurled insults at him: “Aren’t you the Messiah? Save yourself and us!”

But the other criminal rebuked him. “Don’t you fear God,” he said, “since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.”

Then he said, “Jesus, remember me when you come into your kingdom.” Jesus answered him, “Truly I tell you, today you will be with me in paradise.

## The Word of God

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### Praise be to God



### Today’s meditation

“Today you will be with me in Paradise!” How wonderful Lord it is to stay at your house. We are eagerly desiring to be with you in our heavenly home, sitting at the banquet of your wedding, the wedding of the Divine Lamb! How wonderful your dwellings are, O Lord! How gentle your divine face is, the only thing that we beseech. Amen

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and the  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

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including Saturday of the light  
Our Lady of Lebanon Co-Cathedral, Sydney



2

Monday 6 April | Day 2

*“Mother, this is your son!”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Wedding in Cana”**
- ◀ A hymn.
- ◀ The day’s intention: **the steadfastness of our families in the face of today’s challenges.**
- ◀ The Word of God: Psalm 131 | John 19: 25 - 27
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Wedding in Cana”**

Spiritual Fruit: To Jesus through Mary

**One Our Father**

10 Hail Mary

**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**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# Hymn: أُمِّي يَا أُمِّي

أُمِّي يَا أُمِّي أَهْدِيكَ ذَاتِي قَلْبِي وَرُوحِي حَبِي حَيَاتِي  
عَانَقِي فَرْحِي وَجِرَاحَاتِي وَاحْمَلِي دَوْمًا لِلرَّبِّ صَلَاتِي.

دَفِّءْ عَيْنِيكَ نَارَ لِحَبِّي أُمِّي سَلَامًا يَرْجُوكَ قَلْبِي  
طِفْلٌ أُرِيدُ الْقِدَاسَةَ دَرَبِي ضَمِينِي أُمِّي كِي أَلْقَى رَبِّي.

طُوبَاكَ أُمِّي يَا مَنْ حَمَلَتْ سِرَّ الْخِلَاصِ لِفِدَاءِ النَّاسِ  
أَنْ مِيلَادِ رَبِّي الْمَعْظَمِ يَرُوي اتِّضَاعَ احْتِشَاكَ مَرْيَمَ.

شُكْرًا يَا أُمِّي لَمَا قَبَلْتَ صَوْتَ السَّمَاءِ الْهَآ حَمَلْتَ  
أَجْعَلِي أُمِّي قَلْبِي مَغَارَةَ دَفِيهِ أُمِّي كِي يَلْقَى رَبِّي.

## Today's Intention

Heavenly Father, we raise our prayers to you on this evening for the steadfastness of our families in the face of the challenges that we are experiencing today. Over-shadow them with your Spirit. May your Son Jesus be the rock of their salvation and their power. Amen.

### ▶ Psalm 131

My heart is not proud, Lord, my eyes are not haughty;

I do not concern myself with great matters or things too wonderful for me.

But I have calmed and quieted myself,

I am like a weaned child with its mother; like a weaned child I am content.

Israel, put your hope in the Lord both now and forevermore.



▶ John 19: 25 - 27

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

## The Word of God

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**Praise be to God**



### Today's meditation

"Mother, this is your son!" By saying this while on the cross, you have made Mary a mother for all humanity! She is not only Mary the Mother of God, but also our mother too! Let us take Mary with us to our homes like the beloved disciple did! And let us honour her and receive all the graces of heaven through her intercession. Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

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**3**

Tuesday 7 April | Day 3

*“Father, forgive them, for they do not know what they  
are doing.”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Crowning with Thorns”**
- ◀ A hymn.
- ◀ The day’s intention: **the civil leaders in our world.**
- ◀ The Word of God: Psalm 51 | Luke 23: 32 - 38
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

### **“The Crowning With Thorns”**

Spiritual Fruit: Reign of Christ in Our Hearts

**One Our Father**

10 Hail Mary

**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**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# لو اقرتف جميع الخطايا Hymn:

لو اقرتف جميع الخطايا اركض وقلبي مليء بالتوبة

وارتمي بين يديك يسوع

لاني اعرف الى اي مدى تعزي الخاطيء والابن الضال

حين يعود اليك يسوع

لو اقرتف الآثام كلها سوف احفظ الثقة نفسها

مهما تعلقو طغمت الخطايا تتبخر كنقطة مياه في اتون النار

ليس مقدوري ان اتكل على جهودي لانال الثقة

احيا سلامي بكوني فقيرة وباتكالي على طيبة الرب ورحمته.

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for the civil leaders in our world. Grant them, dear Father, the grace to work for the common good and establish your Kingdom among your children. Amen.

### ▶ Psalm 51

Have mercy on me, O God, according to your unfailing love;  
according to your great compassion blot out my transgressions.  
Wash away all my iniquity and cleanse me from my sin.  
For I know my transgressions, and my sin is always before me.  
Against you, you only, have I sinned and done what is evil in your  
sight;  
Hide your face from my sins and blot out all my iniquity.  
Create in me a pure heart,  
O God, and renew a steadfast spirit within me. O not cast me from  
your presence or take your Holy Spirit from me.  
You do not delight in sacrifice, or I would bring it; you do not take  
pleasure in burnt offerings.  
My sacrifice, O God, is a broken spirit; a broken and contrite heart  
You, God, will not despise

## ▶ Luke 23: 32 - 38

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots. The people stood watching, and the rulers even sneered at him. They said, "He saved others; let him save himself if he is God's Messiah, the Chosen One." The soldiers also came up and mocked him. They offered him wine vinegar and said, "If you are the king of the Jews, save yourself."

There was a written notice above him, which read: this is the king of the Jews.

## The Word of God

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### Praise be to God

### Today's meditation

"Father, forgive them, for they do not know what they are doing." Yes Lord, most of the times we do not know what we are doing! We hurt others, we cause them pain, we harm them with our without knowledge! Lord, do not let us deprive ourselves, because of our poor faith, from your love and mercy! Teach us how to treat ourselves and others like you treat us yourself. Amen

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

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4

Wednesday 8 April | Day 4

*“I am Thirst.”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Scourging at the Pillar”**
- ◀ A hymn.
- ◀ The day’s intention: **The healing of all the sick.**
- ◀ The Word of God: Psalm 42 | John 4: 5 - 10
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Scourging at the Pillar”**

**Spiritual Fruit: Purity**

**One Our Father**

**10 Hail Mary**

**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**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# المسيح يحيا في Hymn:

وقفتُ هناك أمام الصليب، بحزنٍ أبكي لحال الحبيب

وأسمَعُ صوتهُ ينادي "أنا عطشان"

بقربه تبكي مريم، بقلبيها طعن الخنجر،

تنادي للجموع "إبني عطشان"

عطشانٌ لحبِّكم، عطشانٌ لصلاتيكم، عطشانٌ لنفوسكم، عطشان

هلمّوا بتوبتكم، وجدّدوا رحمتكم، عطشانٌ إبني لكم عطشان

حبيبي بحبك، اغمرني بحنانك، كي أحبّ وأداوي طعنة جنبك

نورني بنورك، طهرني بدمك، بحق جرح كتفك أصرخ (٢)

يا يسوع إني لك، سئل قلبي هو حبك، قدّسني الآن بكثرة رحمتك

على الصليب رأيتُ حبك، تدعوني بصوت سلامك، أن أحمل صليبي مثلك

كلّي لك

## Today's Intention

Heavenly Father, we raise our prayers to you on this evening for the healing of all the sick, especially those who are infected with the Coronavirus. You are the only true physician. Send them your comfort and healing from your highest heavens. Amen.

### ▶ Psalm 42

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon from Mount Mizar. Deep calls to deep in the roar of your waterfalls;

All your waves and breakers have swept over me.

By day the Lord directs his love, at night his song is with me, a prayer to the God of my life.

Why, my soul, are you downcast? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior and my God

## ▶ John 4: 5 - 10

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.) The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

## The Word of God

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### Praise be to God

### Today's meditation

Lord, the first time you asked for a drink was from the Samaritan woman. The second time, while on your cross. You are the fountain of the living water! You are the fountain of all graces! Are you asking me to give you to drink? Your thirst O Lord is not for water! Your thirst O Lord is for my love, for my inner self, for my heart, for my soul! Your thirst is for my whole being. Here I am, O Lord, I am for you, for ever! Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

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5

Thursday 9 April | Day 5

*“Why have You Forsaken me, Lord?”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Agony in the Garden”**
- ◀ A hymn.
- ◀ The day’s intention: **those who are suffering form the weight of isolation.**
- ◀ The Word of God: Psalm 22 | Matthew 27: 45 - 50
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Agony in the Garden”**

Spiritual Fruit: God’s Will Be Done

**One Our Father**

10 Hail Mary

**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**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# إلهي إلهي لماذا تركتني: Hymn

إلهي إلهي، لماذا تركتني؟ بعدت عن خلاصي كلمات صراخي!

إلهي، في النهارِ أَدْعُو فلا تُسْجِبِ وفي اللَّيْلِ لفا روح لي.

وَأَنْتَ فَإِنَّكَ قُدُّوسَ الْجَالِسِ مَدْحَةً لَشَعْبِكَ.

عَلَيْكَ تَوَكَّلَ آبَاؤُنَا تَوَكَّلُوا فَنَجَّيْتَهُمْ.

لَا تَتَّبَاعِدْ عَنِّي فَقَدْ أَقْتَرَبَ الضُّيْقُ وَلَا مُعِين.

صَارَ قَلْبِي مِثْلَ الشَّمْعِ وَذَابَ فِي وَسْطِ أَحْشَائِي.

يَبَسَ كَالْخَرْفِ رَيْقِي وَإِلَى تُرَابِ الْمَوْتِ تَحْدَرْنِي.

ثَقَبُوا يَدَيَّ وَرِجْلَيَّ. إِنِّي أَعْدُّ عِظَامِي كُلَّهَا وَهَمٌّ يَنْظُرُونَ.

يَقْتَسِمُونَ ثِيَابِي بَيْنَهُمْ وَعَلَى لِبَاسِي يَقْتَرِعُونَ

وَأَنْتَ يَا رَبُّ، لَا تَتَّبَاعِدْ يَا قُوَّتِي، أَسْرِعْ إِلَى نُصْرَتِي.

سَأُبَشِّرُ بِاسْمِكَ إِخْوَتِي بِاسْمِكَ وَفِي وَسْطِ الْجَمَاعَةِ أُسَبِّحُكَ.

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for those who are suffering from the weight of isolation, especially in these difficult days. Send them the angels of heaven, O Father, to comfort and console them. Amen.

### ▶ Psalm 22

My God, my God, why have you forsaken me?

Why are you so far from saving me, so far from my cries of anguish?

My God, I cry out by day, but you do not answer, by night, but I find no rest. Yet you are enthroned as the Holy One; you are the one Israel praises. In you our ancestors put their trust; they trusted and you delivered them.

Do not be far from me, for trouble is near and there is no one to help. My heart has turned to wax; it has melted within me.

My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

All my bones are on display; people stare and gloat over me.

They divide my clothes among them and cast lots for my garment.

But you, Lord, do not be far from me. You are my strength; come quickly to help me.

## ▶ Matthew 27: 45 - 50

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lemasabachthani?” (which means “My God, my God, why have you forsaken me?”). When some of those standing there heard this, they said, “He’s calling Elijah.” Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. The rest said, “Now leave him alone. Let’s see if Elijah comes to save him.” And when Jesus had cried out again in a loud voice, he gave up his spirit.

## The Word of God

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### Praise be to God

## Today’s meditation

Why have you forsaken me, Lord? A scream we echo before every ordeal! At the time of tribulation, life becomes so suffocating for us, and we hold you responsible for everything. We forget that you are “Emmanuel”, meaning “God is with us”! God who never forsakes us, even in distress and sorrow. Rather, you carry with us our own suffering, you live them with us, you feel them with us, and you suffer for our suffering. Lord God, keep us attached to your compassionate and merciful heart. Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

Spiritual home retreat, during the Passion Week,  
including Saturday of the light  
Our Lady of Lebanon Co-Cathedral, Sydney



6

Friday 10 April | Day 6

*“Father, into your hands I commend my spirit”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Crucifixion and Death of Jesus”**
- ◀ A hymn.
- ◀ The day’s intention: **Our Faithful departed**
- ◀ The Word of God: Psalm 31 | Luke 23: 44 - 49
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Crucifixion and Death of Jesus”**

Spiritual Fruit: Pardoning of Injuries

**One Our Father**

10 Hail Mary

**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**

O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen

# يا سيّدي كم كان قاسيًا: Hymn

يا سيّدي كم كان قاسيًا.. موت الصليب العار

وقبل أن يحملك.. حملته يا بار

سألت ماءً ذقت خلًا.. ذقت كلّ مرار

سألت دِمَاك من حشاك.. لتفتدي الأشرار

فوق الصليب يا حبيبي.. كم لقيت آلام

ممن تمادوا في إيذائك وقد غفرت آثام

هل كلّ هذا يا إلهي.. كي تعيدني

إلى حماك.. أحيا معك.. وتعزّيني

يا ليت قلبي.. يدنو منك.. فأفوز بك

أحيا لأجلك.. أمينًا.. خاضعًا لك

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for our departed who have left us and gone to you. Open for them, O Father, your spacious paradise, and make them sit at the banquet of the wedding of the Lamb, with the righteous and just. Amen.

### ▶ Psalm 31

In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

Since you are my rock and my fortress, for the sake of your name lead and guide me. Into your hands I commit my spirit; deliver me, Lord, my faithful God. I am the utter contempt of my neighbors, and an object of dread to my closest friends those who see me on the street flee from me.

I am forgotten as though I were dead; I have become like broken pottery. But I trust in you, Lord; I say, "You are my God."

My times are in your hands; deliver me from the hands of my enemies, from those who pursue me.

Let your face shine on your servant; save me in your unfailing love.



▶ Luke 23: 44 - 49

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

## The Word of God

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### Praise be to God



### Today's meditation

Father, into your hands I commend my spirit! How beautiful death is in the arms of the Father! How beautiful death is with Christ! Our journey in this world is nothing but a journey towards the true life, towards the eternal life, towards the eternal union. Help us Lord to live in a way that pleases you, so we die in your contentment and dwell in our house which you have prepared for us. Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

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including Saturday of the light  
Our Lady of Lebanon Co-Cathedral, Sydney



7

Saturday 11 April | Day 7

*“It’s finished!”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Resurrection of Jesus”**
- ◀ A hymn.
- ◀ The day’s intention: **All the Missionary: Physicians, nurses, paramedics, priests...**
- ◀ The Word of God: Psalm 68 | John 19: 28 - 30
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Resurrection of Jesus”**

Spiritual Fruit: Faith

**One Our Father**

10 Hail Mary

**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**

O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen

# القبر فارغ: Hymn

القبر فارغ! أين أخذتم سيدي؟ أين وضعتم حبيبي؟ أيها الحراس أيها الملاك أيها

البستاني، يا بطرس والرسل الحجر مدجرج! القبر فارغ!

السيد ليس في القبر ما هذا الضياء! السيد ليس في القبر ما هذا البهاء!

حبيبي ليس هنا أين أخذتموه؟ حبيبي ليس هنا ما هذا الضياء!

يا حبيبي في تلك المسايا دهنوا جسدك بالطيب، وعلى قدميك بقايا من شعري

وطيبي، رحمتك غفرت لي الخطايا يا حبيبي، القبر فارغ...

إحتواك القبر وأنت العطر والنقاء وكل القناديل، تنير دروب أورشليم وأرض

الجليل، بيت عنيا والناصرية اليهودية والسامرة وصحراء حياتي بالحب بالنقاء

تُجَمِّل بالطهر كل النساء توقع الحجارة من عيون الزناة، توقف نرف دمي ومن

خبزك تعطي فتات فتشفي إبنني في صور وصيدا وإليّ تمد يداك على البئر

تسقني ماء الحياة تحوّل الماء خمراً في قانا تكثر الخبز لمن كان جوعان القبر

فارغ...

رابوني قام نزل إلى الجحيم، خلّع أبواب الموت فتح أبواب النعيم شال آدم

والأنقياء لا تسألوه، لم ثيابه مخضوبة بالدماء، إنه سرّ الحب إنه سرّ الفداء، قام

الرب فتح لنا باب الرجاء، لا موت بعد ولا إنتهاء محبة هو والحب خلود ولقاء

<https://www.youtube.com/watch?v=NU7NnVvHDdo>

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for all those who are being sent out to work on alleviating this distress: physicians, nurses, paramedics and priests. May you be pleased with everything they do. Amen.

### ► Psalm 68

May God arise, may his enemies be scattered; may his foes flee before him. May the righteous be glad and rejoice before God; may they be happy and joyful.

Sing to God, sing in praise of his name, extol him who rides on the clouds; rejoice before him his name is the Lord.

When you, God, went out before your people, when you marched through the wilderness,

The earth shook, the heavens poured down rain, before God,  
Our God is a God who saves; from the Sovereign Lord comes escape from death. Sing to God, you kingdoms of the earth, sing praise to the Lord, To him who rides across the highest heavens, the ancient heavens, who thunders with mighty voice. You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!



▶ John 19: 28 - 30

Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.

## The Word of God

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### Praise be to God



### Today's meditation

It is finished! And he gave up his spirit. Yes, it is finished! All the prophecies have been fulfilled. The long awaited Christ has come! The Son of God has come to save the image of God that has been worn out by sin! Everything is finished and everyone thought that death had the final word! But no! The final word is for life! For the life that has no beginning or end! The last word is for the Divine who took flesh to make us divine! O Jesus, we truly believe that you have chosen death on the cross, and in glory was your resurrection! Christ is risen, He is truly risen! Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

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# Prayer of Pope Francis

## to the Virgin Mary



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Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.