

The Ignatian Spirituality Center welcomes you to a

NOVENA OF GRACE

A Lenten retreat in everyday life

*“Heal our Hearts
for a Mission of Mercy”*

March 9-17, 2021



Retreat Team: Fr. Peter Henriot, S.J.,
Barbara Henderson & Corbin Johnson

WELCOME TO THE NOVENA OF GRACE!

Francis Xavier was sent forth by Ignatius of Loyola, founder of the Jesuits, to “set all afire” 480 years ago. The Novena began in 1633 when Saint Francis Xavier appeared to the priest Marcellus Mastrilli in a healing vision and promised that all who would earnestly ask his intercession with God for nine days would experience profound grace.

This nine-day Lenten retreat is open to persons of any faith tradition or spiritual background. It affords time for prayer, reflection, intercession, opening oneself to God’s Spirit, and experiencing the grace that rejuvenates and transforms our lives. We are invited to remember that God meets each of us just where we are, and we can ask God for what we need.

People coming to the Novena of Grace often pray for spiritual and physical healing, for reconciliation in their relationships, as well as for a deeper sense of discerning one’s call in life. At its essence, these nine days are about deepening our relationship with God and opening to the healing love and mercy that God offers.

The use of relics to bless participants after the end of our liturgy can be understood as a visible means of connecting us to the saints who continue to be present to us. When we have lost a loved one, going to their places or touching their favorite things evokes reverence, affection and connection to them. In a similar way, we pray with the physical remains as a tangible reminder of the communion of saints.

SCHEDULE FOR MARCH 9-17, 2021

Attend any or all of the days online, or pray the retreat on your own. (See p. 9)

Weekdays:

6:30 pm PST on Zoom Webinar

Sat, Mar 13 & Sun, Mar 14:

11:00 am PST on Zoom Webinar

Each contemplative prayer service will last 45-60 minutes.

DAILY READINGS AND GRACES 2021

1

Tuesday, March 9

Daniel 3: 25, 34-43
Psalm 25: 4-5ab, 6, 7bc, 8-9
Matthew 18: 21-35

*We pray for the grace
to heal, forgive and repair,
letting our hearts be merciful.*

4

Friday, March 12

Hosea 14: 2-10
Psalm 81: 6c-11ab, 14 and 17
Mark 12: 28-34

*We pray for the grace to have
compassion for our neighbors,
opening our hearts
to loving them.*

7

Monday, March 15

Isaiah 65: 17-21
Psalm 30: 2, 4-6, 11-12a, 13b
John 4: 43-54

*We pray for the grace to
open our hearts to the bountiful
possibilities of God's love.*

2

Wednesday, March 10

Deuteronomy 4: 1, 5-9
Psalm 147: 12-13, 15-16, 19-20
Matthew 5: 17-19

*We pray for the grace to
recognize and live God's love,
letting our hearts
be courageous.*

5

Saturday, March 13

Hosea 6: 1-6
Psalm 51: 3-4, 18-21ab
Luke 18: 9-14

*We pray for the grace to rest
in God's merciful embrace,
letting our hearts be softened.*

8

Tuesday, March 16

Ezekiel 47: 1-9, 12
Psalm 46: 2-3, 5-6, 8-9
John 5: 1-16

*We pray for the grace
to share the heart of Jesus
with those most in need.*

3

Thursday, March 11

Jeremiah 7: 23-28
Psalm 95: 1-2, 6-7, 8-9
Luke 11: 14-23

*We pray for the grace
to open our hearts to the many
social problems around us.*

6

Sunday, March 14

2 Chronicles 36: 14-16, 19-23
Psalm 137: 1-6
Ephesians 2: 4-10
John 3: 14-21

*We pray for the grace
to let our hearts be touched
by God's ever present mercy.*

9

Wednesday, March 17

Isaiah 49: 8-15
Psalm 145: 8-9, 13cd-14, 17-18
John 5: 17-30

*We pray for the grace
to comfort and show mercy
with the heart of a mother.*

You are invited to find paper & writing or art supplies to be used for reflection later.
You may also wish to find matches and a candle to be lit at the end of the service.
Finally, feel free to introduce yourself using "CHAT" before the service begins.

+ + +

THE INTRODUCTORY RITES

Story of St. Francis Xavier & Prayer for Daily Grace

Gathering

Have Mercy on Me

David Gungor, Latifah Alattas,
Madison Cunningham

1. The goodness of the Lord is the kindness of the Lord
With ev'ry breath we take, the gift of life and grace...
The power of the Lord is the meekness of the Lord
Who bore humanity with brave humility.

Please join in singing the Refrain:

The musical notation is for the refrain of the song. It consists of two staves of music in the key of G major (one sharp). The first staff starts at measure 9 and ends at measure 12. The second staff starts at measure 13 and ends at measure 16. The lyrics are written below the notes. The notes are quarter notes and eighth notes. The lyrics are: mer - cy flow through us, Your mer - cy, Your mer - cy, Let Your mer - cy flow through us, Your mer - cy, Your mer - cy.

Let Your

mer - cy flow through us, Your mer - cy, Your mer - cy, Let Your

mer - cy flow through us, Your mer - cy, Your mer - cy

2. The beauty of the Lord is the suffering of the Lord,
Is Christ upon a tree, stripped of dignity,
The glory of the Lord is the mercy of the Lord,
Gives life for us to see a new humanity (*to Refrain*)

Bridge: When they see us, may they see Your mercy, Your mercy
When they know us, may they know Your mercy, Your mercy
When they see us, may they see Your mercy, Your mercy
When they know us, may they know Your mercy, Your mercy (*to Verse 1...*)

HAVE MERCY ON ME

By David Gungor, Latifah Alattas, and Madison Cunningham

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Greeting

Please respond "Amen!"

If the Presider ends with "Blessed be God forever," please respond, "Blessed be God forever!"

Penitential Act

Please respond "Lord, have mercy....Christ, have mercy...Lord, have mercy."

Opening Prayer

THE LITURGY OF THE WORD

First Reading

Please respond "Thanks be to God!"

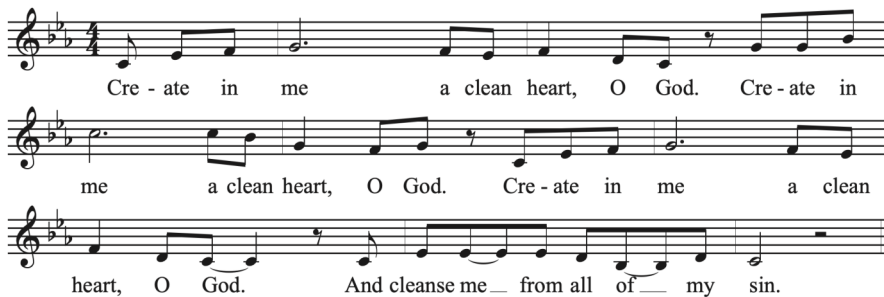
Responsorial Psalm

Please join in singing one of the following refrains:

Psalm 51

Create in Me

Robert McCaffery-Lent



Cre - ate in me a clean heart, O God. Cre - ate in
me a clean heart, O God. Cre - ate in me a clean
heart, O God. And cleanse me from all of my sin.

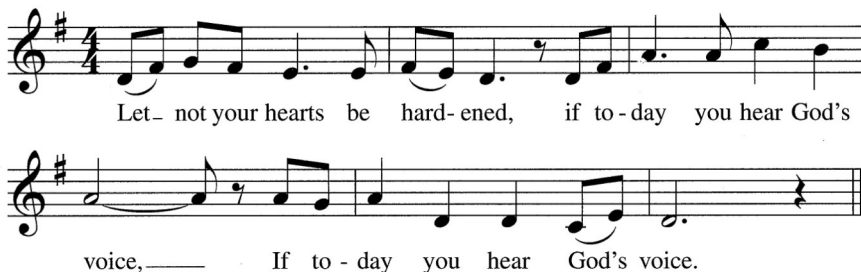
Copyright © 1991, Robert McCaffery-Lent

Psalm 95

Let not your hearts be hardened

Steven C. Warner

REFRAIN



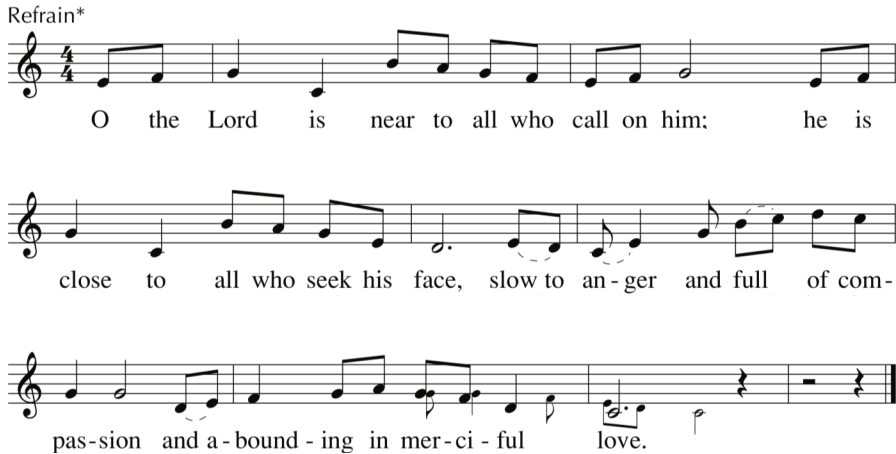
Let - not your hearts be hard - ened, if to - day you hear God's
voice, If to - day you hear God's voice.

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Music copyright © 1990, World Library Publication.

Please join in singing the refrain:

Refrain*



O the Lord is near to all who call on him: he is
close to all who seek his face, slow to an-ger and full of com-
pas-sion and a-bound-ing in mer-ci-ful love.

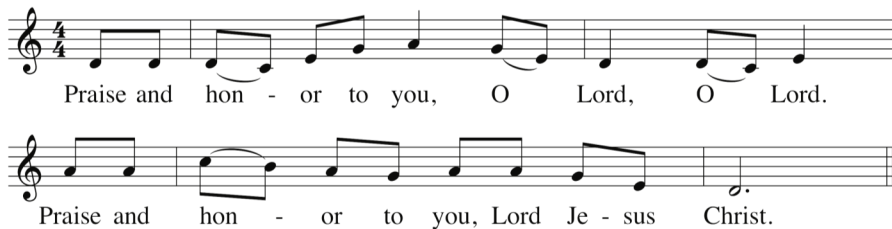
Text: Psalm 27; Michael Joncas, b.1951
Tune: Michael Joncas, b.1951
© 1979, OCP

Second Reading *(Sunday only)*

Lenten Gospel Acclamation *(Sunday only)*

Stephen Pishner

Please join in singing the refrain after the cantor:



Praise and hon - or to you, O Lord, O Lord.
Praise and hon - or to you, Lord Je - sus Christ.

Text: ICEL, © 1969
Music: Based on WONDROUS LOVE, Stephen Pishner, © 1998, GIA Publications, Inc.

Gospel

Presenter's Reflection

Personal Reflection

You will have several minutes for reflection accompanied by quiet music. You may wish to use a journal or notebook & writing or art supplies. In addition to the presenter's question/s, you may wish to use the following questions to guide your reflection. Choose one or two that speak most strongly to you.

What is stirring in my heart? What is challenging me?

OR

In what ways do I harden my heart to God's graces offered each day?

In what ways does my heart need healing and/or mercy?

How - and for whom - am I being invited to join Christ's mission of mercy?

Universal Prayer

O Lord, Hear My Prayer

Jacques Berthier

You may submit petitions at www.ignatiancenter.org/novenaofgrace. Some may be read aloud another day. Please join in singing the refrain as the cantor indicates:

Ostinato Chorale

O Lord, hear my prayer, O Lord, hear my prayer:

when I call an - swer me. O Lord, hear my prayer, O

Lord, hear my prayer. Come and lis - ten to me. O

Text: Psalm 102; Taizé Community, 1982
Tune: Jacques Berthier, 1923-1994
© 1982, Les Presses de Taizé, GIA Publications, Inc., agent

Novena Prayer with Saint Francis Xavier

Presider: Francis, you offer to be our companion
as we bring our needs to God, and so we pray:

All: **Gracious and loving God,
we join with our brother Francis
to give you thanks and praise.**

**We ask that we might live as he did,
loving so completely those who are sick,
forgotten, foreign or who feel alone.**

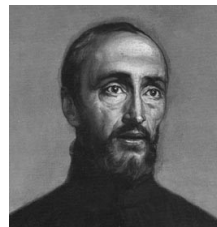
**We pray that our hearts be united with you
through all our days.**

**And because you have told us to ask, to seek and to knock,
once again with Francis we come to you
with our hopes and longings.**

(pause for silent personal prayer)

**Loving God, hear our prayers and answer us
according to your wisdom and compassion,
for you make all things work together for good.**

Amen.



CONCLUDING RITES

Announcements

Blessing and Dismissal

Closing Song

We Walk with God

Swaziland* trad'l; tr. John L. Bell

At this time, you are invited to light a candle as a symbol of the light of Christ present with you, the Novena community and the world. When the song is over, you may leave the Zoom webinar.

The musical score is written in 4/4 time with a key signature of one flat (Bb). It consists of three systems, each with a vocal line and a piano accompaniment line. The lyrics are: 'We will walk with God, my brothers, we will walk with God. We will walk with God, my sisters, we will walk with God. We will go rejoicing till the kingdom has come. We will go rejoicing till the kingdom has come.'

Text: Swaziland traditional; transcribed by Swedish Youth Exchange Project. ©; tr. by John L. Bell, b.1949. © 2002, Iona Community, GIA Publications, Inc., agent

Tune: Swaziland traditional; transcribed by Swedish Youth Exchange Project, ©

**In 2018, Kingdom of Swaziland renamed itself the Kingdom of Eswatini.*

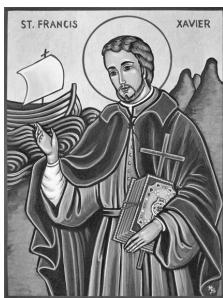
Individual Prayer (optional)

If you would like to offer a prayer intention and receive a blessing from a prayer minister, you are invited to join another Zoom meeting using the separate link found at: www.ignatiancenter.org/novenaofgrace.

Share clearly with the minister your prayer intention/s. The minister will say a prayer or blessing to lift up your intention/s to God. Some of the ministers will have relics as a visible means of connection with the communion of saints.



WHO WAS ST. FRANCIS XAVIER?



Francis Xavier traveled thousands of miles under the most harrowing conditions to India, Malaysia, Indonesia and finally Japan. He sought out the poor and sick, ministering to their needs, teaching the faith, and spending much of each night in prayer. His life of service, preaching the word of God's love, as well as personally helping those in need, made an enduring impact. He experienced the great disillusionment and discouragement of having to work alone, experiencing much of the same challenges we do in trying to live a faithful life. St. Francis Xavier is the Patron of Foreign Missions.

PRAYING THE NOVENA OF GRACE ON YOUR OWN

You do not have to be present in person to pray with the community of faith during this Novena of Grace. You are invited to pray at any time intentionally as part of the communion of saints.

Our theme this year is “Heal our Hearts for a Mission of Mercy.” In the spirit of Ignatian retreats, this nine-day Lenten retreat offers graces to be prayed for to support the theme of the daily readings (see p. 1) and as a foundation for the presenters' reflections. You can also find links to recordings of each prayer service online at www.ignatiancenter.org/novenaofgrace.

You may want to include the following suggestions as they are helpful:

- + Be aware of God's presence; acknowledge your personal journey with God.
- + Pray for the grace of the day. Pray to receive what you most truly need and desire. Expect a response to prayer. Be open to God's surprise!
- + “Pray twice” by singing and/or reflecting on the songs.
- + Reflectively read the daily scripture.
- + Listen to or read the presenters' daily reflection online. Savor what stirs in your heart.



“Prodigal Son” by Sadao Watanabe
(Color stencil, 1973)

- + Offer your own prayer intentions. Pray for peace within and without. Pray for others, for friends and relatives, the community, and for yourself. Pray for a right relationship with all of God's creation.
- + Pray the Novena Prayer with St. Francis Xavier (p. 6).
- + Take silent listening time or reflect in a journal. Use the reflection questions on p. 5, or pray a simple Examen— *What moment today was most life-giving? What moment today was the most life-draining?*

GOODWILL OFFERING

We rely on the generosity of all those who have been touched by this Novena of Grace to ensure its continuation from year to year. Throughout the nine days, there will be an opportunity to give a goodwill offering. Please consider making a donation that reflects your ability to give and your gratitude for this special nine-day retreat.

Some of you may be able to give a few dollars each day, while some may be able to give \$50 or more for each day. Every gift is appreciated and supports this Lenten retreat in everyday life, and the important work of the Ignatian Spirituality Center.

Novena donations may be sent directly to the **Ignatian Spirituality Center, 732 18th Avenue East, Seattle, WA 98112** or you can submit your donation securely online through PayPal. Visit <https://www.ignatiancenter.org/novenaofgrace> for more info.

The work of the ISC depends on your donations. Thank you for prayerfully considering a gift to the Ignatian Spirituality Center!



Ignatian Spirituality Center

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