

Private Lenten Retreat 2020 *Praying in the Pandemic*

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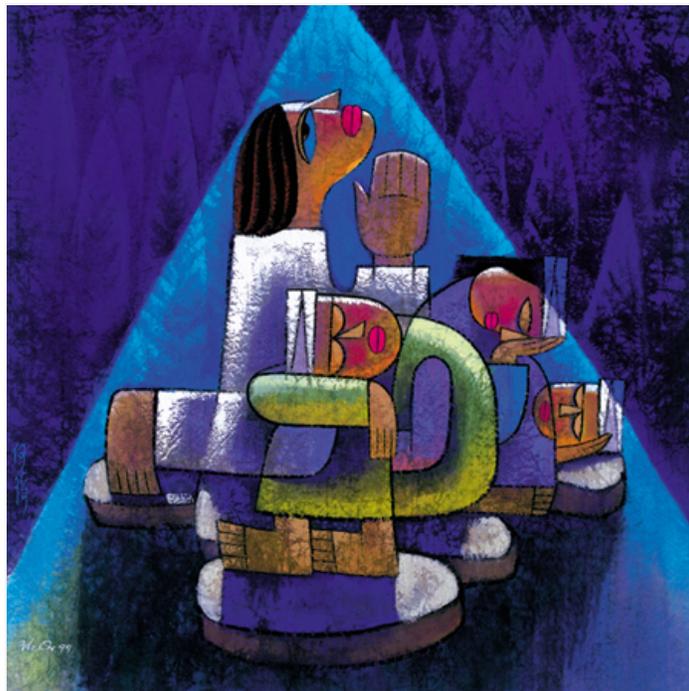
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Join us for a prayerful pause as the momentum of the 2020 pandemic accelerates, and we witness and, also, strive to prevent suffering. As you shelter in your homes, feel free to pray with these words, images, and songs, seeking to draw close to God in this season.

Lent is a time of reflection and soul-searching as we consider God's great love for us. As we receive that gift in our hearts, we also discover how grace flows through our hearts and hands to the world, this world which God so loved that he gave us his only begotten son.

Come on retreat for Lent, even in this ominous time.



He Qi, *Praying in Gethsemane*

1. Stay with Me—Stop

³⁶ Then Jesus went with them to a place called Gethsemane; and he said to his disciples, “Sit here while I go over there and pray.” ³⁷ He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. ³⁸ Then he said to them, “I am deeply grieved,

even to death; remain here, and stay awake with me.” 39 And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.” 40 Then he came to the disciples and found them sleeping; and he said to Peter, “So, could you not stay awake with me one hour? 41 Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” 42 Again he went away for the second time and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” 43 Again he came and found them sleeping, for their eyes were heavy. 44 So leaving them again, he went away and prayed for the third time, saying the same words. 45 Then he came to the disciples and said to them, “Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Get up, let us be going. See, my betrayer is at hand.” (Matthew 26, NRSV)

Hymn: *Stay with Me* (Jacques Berthier and Taize © 1984)

159 Stay with Me

Stay with me, re-main here with me; watch and
 pray, watch and pray.

Repeat as desired

Reflection:

What's it like to come to a full stop in prayer?

What interferes with doing so?

What helps you stop?

2. Remain Here with Me



Sadao Watanabe, *Jesus in a Garden*

Longing, Lenten by Brett Foster (1973 —)

The walk back, more loss. When I open the door
it's over, so I set to piddling: tidy
end tables, check the mail, draw a bath.
The restless energy finally settles
as I pass the mirror. I peer into it.
My nose touches glass. Not much left,
already effaced, not even a cross
to speak of. A smudge. A few black soot stains
like pin points on the forehead. The rest
of the blessed ash has vanished to a grey
amorphousness, to symbolize... not much.
Except a wish for those hallowed moments
to be followed by sustaining confidence.
Except spirit, which means to shun its listless
weight for yearning, awkward if not more earnest
prayer and fasting in the clear face of dust.

Hymn: Spirit of God, Dwell within My Heart

PENTECOST AND HOLY SPIRIT

Spirit of God, Who Dwells within My Heart 419

Capo 3: ♭ B♭(G) F⁷(D⁷) B♭(G) E♭(C) Cm⁷(Am⁷) B♭(G) 7

1 Spir - it of God, who dwells with - in my heart,
 2 I ask no dream, no proph - et ec - sta - sies,
 3 Did you not bid us love you, God and King,
 4 Teach me to feel that you are al - ways nigh;
 5 Teach me to love you as your an - gels love,

Gm(Em) A(F⁷) Dm(Bm) G⁷(E⁷) F/C(D/A) C⁷(A⁷) F(D)

wean it from sin, through all its puls - es move.
 no sud - den rend - ing of the veil of clay,
 ▶ love you with all our heart and strength and mind?
 teach me the strug - gles of the soul to bear;
 one ho - ly pas - sion fill - ing all my frame:

F⁷(D⁷) E♭(C) F⁷(D⁷)

Stoop to my weak - ness, might - y as you are,
 no an - gel vis - i - tant, no o - pening skies;
 ▶ I see the cross— there teach my heart to cling,
 to check the ris - ing doubt, the reb - el sigh;
 the full - ness of the heaven-de - scend - ed Dove;

♭ B♭(G) E♭(C) B♭(G) F⁷(D⁷) B♭(G) 7

and make me love you as I ought to love.
 but take the dim - ness of my soul a - way.
 ▶ O let me seek you and O let me find!
 teach me the pa - tience of un - ceas - ing prayer.
 my heart an al - tar, and your love the flame.

Text: George Crosby, 1867, alt.
 Tune: Frederick C. Atkinson, 1870

10 10 10 10
 MORECAMBE

Reflection:

The word “remain” means to dwell, and is related to the word “mansion.”

What’s it like to dwell with Jesus, even in the midst of suffering, especially in this public health crisis that calls us to take distance from one another?

What disciplines in your life are structures erected to enable you to be in the mansion of God’s grace? (Possibly draw that mansion which you imagine.)

3. Watch: Turn Toward



Sadao Watanabe, *Christ Carrying His Cross*

Lenten Prayers, Week 2

From Thomas Hopko, *The Lenten Spring* (Crestwood, NY: St. Vladimir's Press, 1983), p. 90:

You manifested humility, O Christ,
as the way of genuine nobility
by emptying Yourself and taking the form of a slave.
You did not hear the self-praising prayers of the Pharisee,
but you received the broken sighs of the publican as a blameless sacrifice.
Therefore I cry out to you:
"Have mercy on me, O God, have mercy on me,
and save me, O Savior."

Hymn: Tree of Life (Marty Haugen)

LENT

334 Tree of Life and Awesome Mystery



1 Tree of Life and awe - some mys - t'ry, in your
2 We re - mem - ber truth once spo - ken, love passed
3 Christ, you lead and we shall fol - low, stum - bling



death we are re - born; though you die in all of
on through act and word; ev - 'ry per - son lost and
though our steps may be; one with you in joy and



his - t'ry, still you rise with ev - 'ry morn, still you
bro - ken wears the bod - y of our Lord, wears the
sor - row, we the riv - er, you the sea, we the



rise with ev - 'ry morn.
bod - y of our Lord.
riv - er, you the sea.

Reflection:

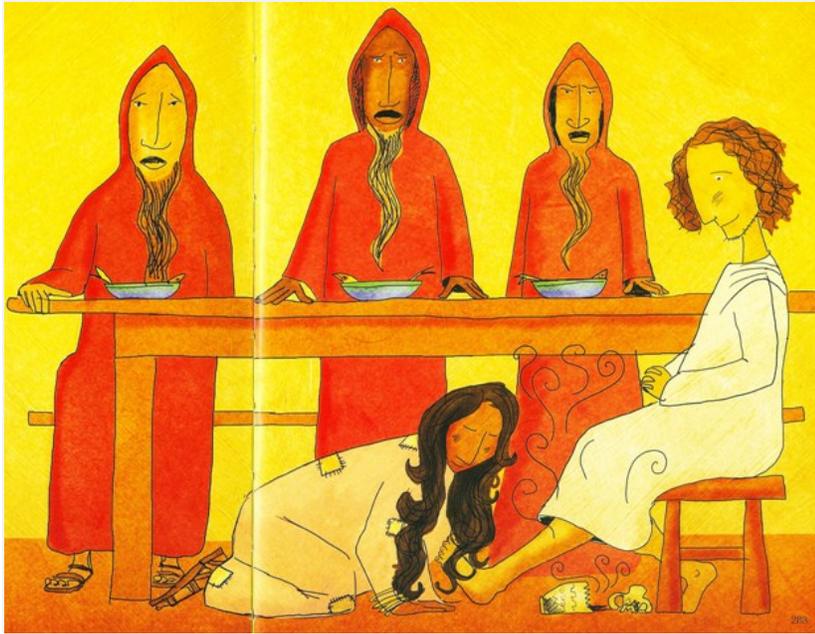
What is it like to watch for God?

Are you aware of where you are most likely to notice God, to seek grace?

Are there corners of your life in which you don't look for grace?

Are there aspects of God or Jesus that you have difficulty looking at?

4. Pray—Feast



Sam Luce, *Anointing Jesus' Feet*

Called to Say Yes—Edwina Gateley (from *There Was No Path So I Trod One* (1996, 2013))

We are called to say yes.
That the kingdom might break through
To renew and to transform
Our dark and groping world.

We stutter and we stammer
To the lone God who calls
And pleads a New Jerusalem
In the bloodied Sinai Straights.

We are called to say yes
That honeysuckle may twine
And twist its smelling leaves
Over the graves of nuclear arms.

We are called to say yes
That children might play
On the soil of Vietnam where the tanks
Belched blood and death.

We are called to say yes
That black may sing with white
And pledge peace and healing
For the hatred of the past.

We are called to say yes
So that nations might gather

And dance one great movement
For the joy of humankind.

We are called to say yes
So that rich and poor embrace
And become equal in their poverty
Through the silent tears that fall.

We are called to say yes
That the whisper of our God
Might be heard through our sirens
And the screams of our bombs.

We are called to say yes
To a God who still holds fast
To the vision of the Kingdom
For a trembling world of pain.

We are called to say yes
To this God who reaches out
And asks us to share
His crazy dream of love.

Hymn: We Fall Down (Chris Tomlin © 1998)

The musical score for "We Fall Down" is presented in six systems. Each system consists of a musical staff with a treble clef and a 4/4 time signature. Chords are indicated above the staff, and lyrics are placed below the staff. The lyrics are: "WE FALL DOWN, WE LAY OUR CROWNS AT THE FEET OF JE - SUS; THE GREAT-NESS OF MER-CY AND LOVE AT THE FEET OF JE - SUS. AND WE CRY HO - LY, HO - LY, HO - LY; AND WE CRY HO - LY, HO - LY, HO - LY IS THE LAMB." The chords used include C, G, Am7, F, Dm, C, G, Am7, F, G, C/E, CHANNEL FMAJ7, C/E, Dm, C/E, FMAJ7, C/E, Dm, Am7, G, FMAJ7, C/E, Dm, Gsus, G, C, F/C, C, Bb2, and C.

Reflection:

What is your most familiar and comfortable prayer posture...form...practice?

How do you find yourself praying in this ominous Lenten season?

Ending the Private Retreat

As you come to the end of this personal retreat, pray the words of *Stay with Me*, remembering that they were the words Jesus prayed as he experienced threat and fear. Remember, too, that today we live in post-Resurrection days and know that he is with us, even through Lent, even through this pandemic.

Hymn: *Stay with Me* (Taize)

Stay with me,
Remain here with me
Watch and pray,
Watch and pray.

Stay with me,
Remain here with me
Watch and pray,
Watch and pray.

Receive this Benediction:

The light shines in the darkness, and the darkness has not overcome it. (John 1:5, NIV)