



CONCEPTION

Living the Benedictine Tradition
ABBAY GUEST CENTER

Retreat: Entering the Sacred Mysteries

January 22-24, 2021 (VIRTUAL ONLY)

Reflections on and analysis/explanation of the various elements that make up the Liturgy of the Word and the Liturgy of the Eucharist, so as to enhance and deepen our full and active participation in the Sacred Mysteries.

Led by Br. Cyprian Langlois, OSB

Sessions will be in ZOOM we will open the session from 15 to 30 minutes before for informal gathering of the participants.

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| <u>Friday</u> | |
| 5:15 PM | Evening Prayer with the Monks* ¹ (Please visit www.conceptionabbey.org/live to connect to the live stream for all the prayer times.) |
| 7:00 PM | Welcome and instructions - follow by 1 st Session |
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| <u>Saturday</u> | |
| 7:15 AM | Morning Prayer with the Monks, www.conceptionabbey.org/live |
| 9:00 AM | Rosary |
| 9:30 AM | 2 nd Session |
| 11:45 AM | Eucharist with the Monks, www.conceptionabbey.org/live |
| 12:30 PM | to 3:00 PM is Free Time |
| 3:00 PM | Divine Mercy Chaplet follow by 3 rd Session |
| 5:30 PM | Evening Prayer with the Monks, www.conceptionabbey.org/live |
| 7:15 PM | Night Prayer with the Monks, www.conceptionabbey.org/live |
| 7:45 PM | Prayers followed by Group Sharing of the retreat talks with Br. Cyprian. (Will not be recorded) |
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| <u>Sunday</u> | |
| 7:45 AM | Morning prayer with the Monks, www.conceptionabbey.org/live |
| 9:00 AM | Prayer followed by Sunday Lectio Divina (Will not be recorded) |
| 10:30 AM | Eucharist with the Monks in the Basilica, www.conceptionabbey.org/live |
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*All prayers with the Monks are in the Basilica.



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Coming Together for Prayer

The Community gathers together throughout the day in order to make holy the passage of time and to worship our God.

Upon rising from bed in the morning, our Community gathers in the choir area of our place of worship to pray **Vigils**. In this early morning contemplative prayer of psalms and readings, we turn to our God asking God to consecrate our entire day.

As the sun rises, we monks gather for **Morning Prayer** (Lauds). The psalms of Morning Prayer are generally psalms of praise for God's creation. As the sun rises, we are reminded of Jesus Christ's rising from the dead to lead us to victory over sin and death.

At mid-day, we gather to celebrate **Eucharist**. Eucharist is the focal point of our day. All we do and pray before leads up to Eucharist, and all we do and pray after flows from Eucharist. We gather for the nourishment of our Daily Bread both from the Table of the Word and the Table of Eucharist. Eucharist is a memorial of the great and indispensable Paschal event of our Salvation and a commitment to live as a loving Pilgrim Community of God's People.

Daytime Prayer, after lunch, is a brief prayer that enables us to pause and ask God to bless the second half of our day with God's presence.

Around the time of the setting sun, we gather for **Evening Prayer** (Vespers) to give thanks for all that has been given to us throughout this day. In this prayer, we also give praise to God for our redemption in Jesus Christ, the Evening Star.

As we close our day with **Night Prayer** (Compline), we begin by asking forgiveness for our failings during the day. The psalms of this hour help us express confidence in our Lord and ask for protection throughout the night.