

## Day Three Calgary Retreat

### Day Three

#### **My humanity and the humanity of the Church – priesthood under a microscope**

- “By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity”
- “With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God.”
- “Wash me, O Lord, from my iniquity and cleanse me from my sin.”

St. Leo – “during these days the Lord joined two of his disciples as their companion on the road, and by chiding them for their timidity and hesitant fears he swept away all the clouds of our uncertainty. Their lukewarm hearts were fired by the light of faith and began to burn within them as the Lord opened up the Scriptures. And as they shared their meal with him, their eyes were opened in the breaking of bread, open far more happily to the site of their own glorified humanity than were the eyes of our first parents to the shame of their sin” (*Sermo 1 de Ascensione*)

**P.** Receive, O Holy Father, Almighty and eternal God, this spotless host, which, thine unworthy servant, offer unto the, my living and true God, for my innumerable sins, over fences, and negligences, and for all here present; and also for all faithful Christians both living and dead, that it may profit me and them for salvation unto life everlasting. Amen.

#### **At the right side of the altar**

**P.** O God, who wonderfully formed the dignity of human nature, and more wonderfully restored it, grant us through the mystery of this water and wine, to be made participants of His divinity, Who condescended to become a partaker of our humanity, Jesus Christ, Thy Son, our Lord, who with the, lives and reigns in the unity of the Holy Spirit, God, for ever and ever. Amen

#### **At the centre of the altar**

**P.** We Offer Thee, O Lord, the chalice of salvation, pleading thy clemency, that it may ascend in the sight of thy divine majesty, with the sweet fragrance, for our salvation and for that of the whole world. Amen. In a humble spirit and contrite heart may we be received by Thee, O Lord, and let our sacrifice be so made in Thy sight this day that it may please Thee, O Lord God. Come O Sanctifier, Almighty and Eternal God, and bless the sacrifice prepared for Thy holy name.

#### **(Only at High Mass when incense is used)**

**P.** By the intercession of Blessed Michael the Archangel, who stands at the right hand of the altar of incense, and of all his elect, may the Lord deigned to bless this incense, and to receive it is a sweet fragrance, through Christ our Lord.

**P.** May this incense, blessed by Thee, ascend to Thee, O Lord, and may Thy mercy descend upon us.

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*P. Let my prayer be directed, O Lord, as incense in Thy sight, the lifting up of my hands as an evening sacrifice. Set a watch O Lord before my mouth: and the door round about my lips: that my heart may not inclined to evil words: to make excuses in sins.*

### At the right side of the altar

*P. I will wash my hands among the innocent, and I will compass thine altar, O Lord, that I may hear the voice of praise; and tell of all Thy wondrous deeds. I have loved, O Lord, the beauty of Thy house in the place where Thy glory dwell it. Destroy not my soul, O God, with the wicked, nor my life with men of blood. It is who in whose hands are iniquities, their right hand is full with gifts. But I have walked in my innocence: redeem me, and have mercy on me. My foot has stood on the right path; in the churches I will bless thee, O Lord. 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.*

### At the centre of the altar

*P. Receive, O Holy Trinity, this oblation which we offer to Thee in remembrance of the passion, resurrection, and ascension of our Lord Jesus Christ, and in honour of Blessed Mary, ever virgin, blessed John the Baptist, the holy Apostles Peter and Paul, and of these and of all the saints; that it may avail unto their honour and our salvation, and may they deigned to intercede in heaven for us who honour their memory here on earth. Through the same Christ our Lord. Amen*

*P. Pray brethren, that my sacrifice and yours may be acceptable to God the Father Almighty.*

*S. May the Lord receive the sacrifice from your hands, to the praise and glory of His name, to our benefit, and that of all His holy church.*

*P. Amen*

Psalm 139 -