PALM SUNDAY

We are beginning this Holy Week 2020.

We want to live it in **communion with God Trinity** and in special synthony with Jesus. We want to contemplate, accompany, allow us to be confronted by his way of understanding and assuming life.

We want to learn from Him, who discovered in the most profound of his being human the best image of God the Father.

And... we want to do it in community and as community. In family.

The majority of us, we have already lived many Holy Weeks and other things. Let's not allow this to be an obstacle to **welcome the NOVELTY** that in this moment God wants to bring in our lives.

The Spirit makes all things new. "Do you believe it? Believe and it will become true". We live in complicated times. Like any other times. We are occupied and worried by corona virus - and that's normal - but we cannot forget that in our world every day thousands of children are dying due to pure hunger; we cannot forget that thousands of persons - specially women and children - suffer from all kinds of exploitation; we cannot forget so many of our brothers and sisters who have to abandon their countries looking for some better future for themselves and their children; we cannot forget so much suffering... We cannot forget and we have to recognize the part of responsibility that is ours in all what is happening in the world, near and far. Dare you to ask yourself in every one of these situations:

"Lord, what would You do if you were me?" (Alberto Hurtado).

He came to "give us life and the abundant one", although his commitment with life supposed for Him to walk through death.

Let us not allow be distracted by other words, other noises, other news. Let us disconnect our cellphones, let us forget about whatsapp... allow it to rest until Easter. Let us recover, at least during this week, the values that religious life has maintained for so long: austerity, silence, prayer... and all of this to strengthen the **encounters**, but encounters in depth where we share from inside, where we give life, where God enjoys and expresses Himself. Let us focus on what we celebrate, seriously and profoundly. Let us make silence allowing God's voice - who always speaks to us - to reach our heart. Let us welcome the solitude as preparation of a place of encounter and communion. And let us put our sight in Him and in whom He will invite us during these days.

Let us submerge in His mystery.

Let us celebrate with no hurry, in depth, the liturgy of these days.

I VISPERS

This hymn introduces us in the mystery of Jesus Christ. United with whole Church, let us sing with devotion.

https://www.youtube.com/watch?v=1YE-VafShp4

Com
He
Lit

Come let us sing to every nation: "Great is our God and King! He is the Rock of our salvation! Lift up your hearts and sing!" So sing, for we are God's people; For he has shown us his ways, He gathers us to his table, To partake of his grace. Come let us sing to every nation: "Great is our God and King! He is the Rock of our salvation! Lift up your hearts and sing!" So when the Lord's voice you hear, Don't fear or harden your hearts. We know that our God is near, By the Word He imparts. Come let us sing to every nation: "Great is our God and King! He is the Rock of our salvation! Lift up your hearts and sing!" Great is our God and King!

He, Jesus, is the Word, the Word that illuminates every person.

His way of living and facing the consequences

should illuminate our steps, our decisions, our whole life.

He is the one who "for the price of his death" buys peace and sets the prisoners free.

What price are you paying to maintain peace,

to set free who, close to you live in prison of so many things?

Are you ready to pay the highest price to make life that surrounds you more human?

To sew peace, fruit of justice and truth,

not of "I don't touch you so leave me in peace too"?

"The world is on fire", as Saint Therese used to say,

it's not a time for living in mediocrity, but to be determined.

Not of good intentions, but of real options that will compromise our life.

Are you ready to play this same?

If you are, Let's Legis. He will be your strength.

In contrary, what for to continue?

After each psalm we can give ourselves time for silence of interiorization.

Ant. 1. Day after day I sat teaching you in the temple and you did not lay hands on me. Now you come to scourge me and lead me to the cross.

Salmo 119, 105-112

Your word is a lamp for my steps and a light for my path. I have sworn and have made up my mind to obey your decrees.

Lord, I am deeply afflicted: by your word give me life. Accept, Lord, the homage of my lips and teach me your decrees.

Though I carry my life in my hands, I remember your law.
Though the wicked try to ensnare me I do not stray from your precepts.

Your will is my heritage for ever, The joy of my heart. I set myself to carry out your will In fullness, for ever. Glory... "I give you all that I am, that I have and I love, and all that I could have. I give myself to You, O Holy Church, in love, obedience, chastity and poverty, in faith and hope."

(MR 844)

To the point of giving your life? Of risking it?

For whom and for what are you being light?

Ant. 1. Day after day I sat teaching you in the temple and you did not lay hands on me. Now you come to scourge me and lead me to the cross.

Ant. 2. The Lord God is my help; no shame can harm me

Psalm 15

Preserve me, God, I take refuge in you. I say to the Lord: "You are my God. My happiness lies in you alone."

He has put into my heart a marvellous love For the faithful ones who dwell in his land. Those who choose other gods increase their sorrows. Never will I offer their offerings of blood. Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup; It is you yourself who are my prize. The lot marked out for me is my delight: Welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel, Who even at night directs my heart. I keep the Lord ever in my sight: Since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad; Even my body shall rest in safety. For you will not leave my soul among the dead, Nor let your beloved know decay. Don't let fame, power, commodity, security, knowledge... become your idols.

Don't sell yourself nor your brethren.

You will show me the path of life, The fullness of joy in your presence, At your right hand happiness for ever. Glory...

Prayer: Protect, Lord, all who take refuge in you. Protect us when we commit our life, our fame, to collaborate in your work. Thank you, Lord, because we know that you protect in a special way those who have no one to protect them, no one to remember them. We can pray for those who we bear in our heart, and especially for those who no one remembers, but who are the favorite of God.

Ant. 3. The Lord Jesus humbled himself by showing obedience even when this meant death, death on a cross.

Canticle (Flp 2, 6-11)

Though he was in the form of God, Jesus did not deem equality with God Something to be grasped at.

Rather, he emptied himself And took the form of a slave, Being born in the likeness of men.

He was known to be of human estate, And it was thus that he humbled himself, Obediently accepting even death, Death on a cross.

Because of this, God highly exalted him And bestowed on him the name Above every other name.

So that at Jesus' name Every knee must bend In the heavens, on the earth, And under the earth, And every tongue proclaim To the glory of God the father: JESUS CHRIST IS LORD! Glory... "Make yourselves servants, slaves, maids of one another; take from others all that is vil and painful" (Ltr. 7)

Let's make silence: Let us pause this evening and let each sentence of this hymn permeate our heart and confront our life. This is the way Jesus choose to live. Majority of us, we are far from this way. Let us take conscience of our reality and let us ask God to convert us to his ways and style.

Your way (Cristóbal Fones)

Jesus, when I contemplate your life,
The way you treat others,
I allow myself being questioned
By your tenderness.
Your way of loving moves us to love.
Your treatment is like a pure water
That cleanses and accompanies our path.

Jesus, teach me your way Ta make other feel more human. May your steps be my steps, My way of proceed. https://www.youtube.com/watch?v=gSpnq6dNk-U

Jesus, make me feel with your feelings, See with your sight, Commit my actions, Give myself up to death for the Kingdom, Defend life up to the cross. Love everyone as my friend And bring light to darkness.

Jesus, teach me your way...

Jesus, I want to be compassionate with those who suffer Searching for justice, sharing our faith May I find the authentic harmony Between what I believe and what I want to be. May my eyes be the source of joy That embraces your way of life.

Jesus, teach me your way...

I would like to know you the way you are Your image upon me is what transforms My heart in the one like yours That goes out to give Able to love father and te brethren That serves to the Kingdom of freedom.

- We share our prayer.
- > We finish praying together **Jur father.**

LAUDES

We dispone ourselves this morning to praise the Lord with our whole heart. As community, the image of the Church, we land our voice to each person and we unite in prayer with whole creation.

V. God, come to my assistance.

R. Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and will be forever and ever. Amen.

Hymn: Hosanna to the highest https://youtu.be/p8xHr8krAII

Ant. 1. The great crowd that had gathered for the feast cried out to the Lord: Blessed is he who comes in the name of the Lord. Hosanna in the highest.

We unite ourselves to the thanksgiving to the Just One and in Him to all the suffering in the history, to all who can put their hope only in the Lord, because they have no other support, to all who trust fully in Him. To all who suffer the consequences of continuing the works of God. Before them, we begin our procession with palms.

Salmo 118

Give thanks to the Lord for he is good, For his love endures forever. Let the sons of Israel say: "His love endures forever". Let the sons of Aaron sav: "His love endures forever". Let those who fear the Lord say: "His love endures forever".

Jesús al contemplar en tu vida El modo que tú tienes de tratar a los demás Me dejo interpelar por tu ternura Tu forma de amar nos mueve a amar Tu trato es como el agua cristalina Que limpia y acompaña el caminar Jesús enséñame tu modo De hacer sentir al otro más humano Que tus pasos sean mis pasos Mi modo de proceder

Jesús hazme sentir con tus sentimientos Mirar con tu mirada Comprometer mi acción Donarme hasta la muerte por el reino Defender la vida hasta la cruz Amar a cada uno como amigo Y en la oscuridad llevar tu luz Jesús enséñame tu modo...

Jesús yo quiero ser compasivo con quien sufre Buscando la justicia, compartiendo nuestra fe Que encuentre una auténtica armonía Entre lo que creo y quiero ser Mis ojos sean fuente de alegría Que abrace tu manera de ser Jesús enséñame tu modo...

Quisiera conocerte, Jesús tal como eres Tu imagen sobre mi es lo que transformará Mi corazón en uno como el tuyo Que sale de sí mismo para dar Capaz de amar al padre y los hermanos Que va sirviendo al reino en libertad Jesús enséñame tu modo...

Enséñame tu modo Señor





The nations all encompassed me;
In the Lord's name I crushed them.
They compassed me, compassed me about;
In the Lord's name I crushed them.
They compassed me about like bees;
They blazed like a fire among thorns.
In the Lord's name I crushed them.

I was hard-pressed and was falling
But the Lord came to help me.
The Lord is my strength and my song;
He is my savior.
There are shouts of joy and victory
In the tents of the just.

I called to the Lord in my distress; He answered and freed me.

I shall look down on my foes.

Than to trust in men;

Than to trust in princes.

The Lord is at my side; I do not fear.
What can man do against me?
The Lord is at my side as my helper:

It is better to take refuge in the Lord

It is better to take refuge in the Lord

The Lord's right hand has triumphed; His right hand raised me. The Lord's right hand has triumphed; I shall not die, I shall live And recount his deeds. I was punished, I was punished by the Lord, But not doomed to die.

Open to me the gates of holiness:

I will enter and give thanks.

This is the Lord's own gate

Where he just may enter.

I will thank you for you have answered

And you are my savior.

The stone which the builders rejected Has become the corner stone. This is the work of the Lord, A marvel in our eyes. This day was made by the Lord; We rejoice and are glad.

O Lord, grant us salvation;
O Lord, grant us success.
Blessed in the name of the Lord
Is he who comes.
We bless you from the house of the Lord;
The Lord God is our light.

Go forward in procession with branches Even to the altar.
You are my God, I thank you.
My God, I praise you.
Give thanks to the Lord for he is good;
For his love endures for ever. Glory...

Ant. 1. The great crowd that had gathered for the feast cried out to the Lord: Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Rejoice, O daughter of Sion; sing, o daughter of Jerusalem; Look at your king coming to you, just and triumphant; Humble and riding an oxen.

(Za 9,9)

PALMS BLESSING AND PROCESSION

It can begin in a chapel or another place.

Today, Palm Sunday, we commemorate the entrance of Jesus to Jerusalem riding the oxen and being welcomed by his people with palms and shouts of joy. The Bible tells us how Jesus arrived accompanied by his disciples and how the people praised him saying: "Blessed is the one who comes in the name of the Lord!"

With the branched of olive tree, people recognized him as **a man of peace**, peace that comes from justice; a man to whom respect and adore; a palm was for the Jews a symbol of **wealth and fertility**, marking the doble symbolism of Jesus as king and "fisher of men" (MT 4: 18-20).

With palms Jesus is recognized as a king over all the people and as a guide of Christians' hearts.

To accompany Jesus in this procession **implies also to go with him in his Passion**, in his full offering of himself to the will of God. All Christians, if we truly want to be it, have to walk the same path as their Master did.

"This is our life: to believe and to walk the path, as Abraham did, who trusted in the Lord and walked even in difficult times. This is Christian life: to walk towards the promises.

Christian life means hope. There are many who choose not to walk.

There is a temptation to stop, to consider ourselves a good Christian only because we take part in eclesial movements - o religious congregations! - and we feel there at home, and we feel tired of walking. Yes, we believe that there is heaven, but we don't look for it. And this is the problem: the immobile. While walking in this procession, let us ask Jesus the grace to begin walking again, to start walking towards the promises.

(Cf. Papa Francisco 31-3-2014)

Write in a paper what incoherence you recognize in yourself and you need to change (between "Blessed is he" and "Crucify him"; between walking and having stopped...)

Tie it to your palm or branch as a sign of your offering and need for conversion.

Now we go to the place where we will bless the palms and start the procession.

BLESSING of PALMS:

Are you ready?

At the beginning of the Holy Week, in which we are going to contemplate the central mysteries of our christian faith, we come to you, our God and Father, to ask your blessing over us, the way we can remain always united to Jesus, our Lord, and we can show it - in concrete way - being close to all those who need our christian commitment. Bless # also this Palms, which express the beginning of the celebration of these days and our sincere desire to follow you. **Through Jesus Christ our Lord.**

READING before procession:

Do you want to be like Him?

Jesus enters Jerusalem in ambience of triumph and popular acclamation. We also proclaim him now as our glorious King, but his authentis kingdom is the one of the Servant of God and of his people, who died so to bring us life.

Francisco Palau says to us:

"...in the first one, a souls looks at God as a wife to her Spouse, as a lover at a beautiful an amiable object; in the other one, she looks at him as a Head of a moral body. Look at him in this body that is the Church, wounded and crucified, indigenous, persecuted, despised and laughed at. And under this consideration, offer

yourself to take care of her with all the services that are at your hand". (Ltr. 42)

Do you want to see Him and accept Him in this wounded body?

If it is so, let us honor Jesus as our Lord and continue singing our praises, while we walk after him. We sing: Laudate omnes gentes, laudate Dominum. or I will worship.

When they were near Jerusalem and had come in sight of Bethphage on the Mount of Olives, Jesus sent two disciples, saying to them: "Go to the village facing you, and you will immediately find a tethered donkey and a colt with her. Untie them and bring them to me. If anyone says anything to you, you are to say, 'The Master needs them and will send them back directly'".

This took place to fulfill the prophecy: Say to the daughter of Zion: Look, your king comes to you: he is humble, he rides on a donkey and on a colt, the foal of a beast of burden.

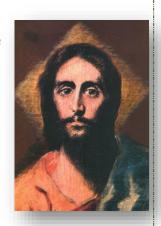
So the disciples went out and did as Jesus had told them. They brought the donkey and the colt, then they laid their cloaks on their backs and he sat on them. Great crowds of people spread their cloaks on the road, while others were cutting branches from the trees and spreading them in his path. The crowds who went in front of him and those who followed were all shouting 'Hosanna to the Son of David! Blessings on him who comes in the name of the Lord! Hosanna in the highest heaven!'

And when he entered Jerusalem, the whole city was in turmoil. 'Who is this?' people asked, and the crowds answered, 'This is the prophet Jesus from Nazareth in Galilee'.

Wonderful, merciful Savior (Selah)

Wonderful, merciful Savior
Precious Redeemer and Friend
Who would have thought that a Lamb
Could rescue the souls of men
Oh, You rescue the souls of men
Counselor, Comforter, Keeper
Spirit we long to embrace
You offer hope when our hearts have
Hopelessly lost our way
Oh, we've hopelessly lost the way
You are the One that we praise
You are the One we adore
You give the healing and grace
Our hearts always hunger for
Oh, our hearts always hunger for

Almighty, infinite Father
Faithfully loving Your own
Here in our weakness You find us
Falling before Your throne
Oh, we're falling before Your throne
You are the One that we praise
You are the One we adore
You give the healing and grace
Our hearts always hunger for
Oh, our hearts always hunger for
You are the One that we praise
You are the One we adore
You give the healing and grace
Our hearts always hunger for
Oh, our hearts always hunger for
Oh, our hearts always hunger for.



https://www.youtube.com/watch?v=S9qtzwYe2qY

After listening to the song, we make some moments of silence to reflect who is the real king, the God in whom we believe.

LET US PRAY:

God and our Father, we ask that you may give us strength to know to accompany Jesus with our life of offering and commitment in favor of our brothers and sisters who suffer and need someone to help them carry their cross. **Through the same Christ our Lord.**

We continue the celebration of the Word

The reading from the Book of Isaiah describes how the prophet listens and meditates every day the Word to transmit it as a messenger to the people. He presents the figure of the Servant of Yahweh who has a mission to be help for the wearied, and that God himself is present in the suffering of a Servant and this suffering will become redemption.

ISAIAH 50, 4-7

"The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied he provides me with speech. Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be ashamed"

The text from the letter to the Philippians gives us some clues for fundamental interpretation of the passion of Jesus: it is the ultimate consequences of his true human condition. Human as we are, accepting the persecution of evil and called to give his life as a definitive offering; and a man filled with the Holy Spirit, whom this Spirit leads to live his passion and death with full meaning.

The history is not that a divine being would empty himself from his divinity and make himself similar to men. It is that a man is filled with the Spirit of God.

PHILIPPIANS 2, 6-11

"His state was divine, yet Christ Jesus did not cling to His equity with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on the earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father"

Reading of the Passion: Mathew 26:14-27:66

Contemplation (Cecilia Rivero)

https://www.youtube.com/watch?v=JkH2m55syg0

Jesus, trespassed heart
Loving, you have offered to us
The last drop of life,
A lance that opens a wound,
Mystery of love and pain,
Offering of salvation.

Jesus, trespassed heart
Loving, you have offered to us
The last breath of life
Teach us to give our life
Mystery of love and pain
Offering of salvation.



OFFERING

We express our journeying as family-community in this time:

OFFERING AT THE END OF LIFE

Made by one of the elder members of community or family.

Look, Lord, here I am, with life already behind me. You have been generous in giving me so many days. Today I would like to offer you not only my life, but also my death. I want to ask you to unite it with the death of your Son, Jesus Christ, because only this way it will be meaningful, and will open us to a hope of participating in his Resurrection.

OFFERING OF MARGINALIZATION

Made by one of the younger members of community or family, although she may not be a victim of some of these many problems.

Lord, I bring to you the struck of pain suffered today by so many young people, my fellows, although it may be only because of age. Here they are: unemployment and lack of illusion facing dark future, drugs, AIDS, marginalized groups, addiction to alcohol. In a special way we present to you the young and children who are victims of human trafficking. In the name of all, I ask you to unite our suffering to those of your Son, Jesus Christ, and to give us a heart committed to their liberation.

OFFERING OF THE SICK

Made by a member of a family or community in the name of all who suffer any kind of disease. Lord, I bring to you all he persons who suffer from any kind of disease. We remember all those suffering from COVID-19, also their families who live in pain of not being able to accompany their beloved ones in these moments. Also, the effort and compassion of all who accompany and console in their pain. Unite their sufferings to those of Jesus Christ.

OFFERING FROM THE 3RD WORLD

Made by another member of community or family.

It's my turn, Lord, to bring unto you another pain that breaks your heart of Father, because it implies a big part of humanity. I offer to you the hunger, misery and underdevelopment of the 3rd World. I also bring to you the seeds of hope of so many persons from the 1st World who are sensible with the problems of the poorest of this world. May them increase, those who commit themselves in the change of society and world.

OFFERING OF THE COMMUNITY OR FAMILY

I present to you, Lord, our family-community, with all that it has of fraternity, and also with our limitations, our egoism that isn't allowing us to see further then our own pain, our lack of gratitude that makes us live as if we deserve anything... and also with all the gestures of personal offering, of collaboration. Receive it all and touch our hearts to make it similar to Jesus'.

10

FINAL PRAYER

Let us unite in thanksgiving,
Don't silence your voices,
Don't make your words polite,
For our Lord, Jesus Christ
The firstborn of God,
The Eternal Word
Who made himself one of us
And obeyed the will of God
Without resistance.
R/.CHRIST FOR US ACCEPTED

THE DEATH ON A CROSS

His whole life, since the beginning,
Was preparation for this hour
The definitive moment choosing
Between asking God to take away the chalice
And offering oneself to his will.
And winning over the shadow of temptation
Nothing could stop him from going to Jerusalem
And, after that, facing Passion and Death
Until the very moment of putting his spirit
In the hands of God.
R/. CHRIST FOR US...

Grown in the closeness to the heart of the Father He knew, since ever, his plan of salvation The craziness of love That didn't allow him to leave behind None of his creatures That he dreamt of since the beginning As a mirror of his being in the world.

And this was his fortitude
That kept him in the hard moments of desolation
When alone
Feeling like being abandoned by God
Had to suffer in his own body
The prints and marks of this love.
R/. CHRIST FOR US...

With his hands on the cross
Spread in unending embrace
He gave his his mother
As a mother fo all
Reminding us of our committed fraternity.
From then, we are stingy
When we close our heart to anyone
Or we close our fists
And do not open our hands
To form a circle of love.
R/. CHRIST FOR US...

May our worship and thanksgiving
Become also a responsible struggle
To achieve that never again
None of men nor women
Would suffer under the empire of injustice
Nor that our hands would be stained by blood
Nor we would make our welfare
A cause of underdevelopment for others.
Since you didn't allow your Son to die forever,
We have right to dream of a better world
And obligation to make it come true.
R/. CHRIST FOR US...

(Bidean)

We have been strengthen with the Word and the Eucharist. Hopefully we are ready to go up to Jerusalem and make present the event and message of Jesus in the middle of our world. During these sacred days, may we know how to accompany our Lord and Master, and we learn to stay close to our brothers and sisters that suffer from anxiety, loneliness, misunderstandings, injustices. Deep and "Christian" Holy Week!

II VISPERS

- V. God, come to my assistance.
- R. Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and will be forever and ever. Amen.

THE EVIDENCE (Cecilia Rivero)

Now we know that we deserve to live, not only survive,
But no one warned us that it is a risk to choose.

Today we sew without knowing when the rain will come and
Hoping that a leaf will grow, trusting is a vital challenge.

A day hasn't be the easiest one, the evidence is not here to be shine, It seems that the evidence is the last feature revealed to us.

It is to sing anew after great pain,
It is these feet and hands that begin a new day trying to love.

The evidence is your voice that consoles and touches our hearts

And embraces our being and whispers in our ears, this is not the end.

Now we know that constructing means to bet without security
Of being able to see the land of signs of life and dignity.
We commit our life and breath to achieve to see in reality
The new signs of love and justice, conquered greater liberty.
A day hasn't be the easiest one, the evidence is not here to be shine...
And embraces our being and said: "Don't give up, continue your journey".

We pause for a moment of silence and make an echo of what resounded in our heart.

Ant.1. Christ was scourged and treated with contempt, but God's right hand has raised him up.

Psalm 110

You are a priste and not a priest, o Christ. You are not a priest like Levi, separated priest, Dedicated to "the sacred": temples and sacred times, Sacred offerings and sacrifices.

You are a priest incarnated and muddy,
Priest from street and field,
From house and encounter, from hospital and prison,
From factory and groove, from school and laboratory,
Priest of life!

You are not a priest of God Almighty and distant, nor of God Just and Holy.

You are a priest of God close and compassionate,
Of God who reaches out his hand and looks tenderly
On all human beings.

A priest who comes to break the veil of temple, To destroy some temples, and construct others, As a live tents in the middle of the people. There are no sacrifices, but friendship and feast,
Banquets of life and love,
Offerings that please God.

There we will be priests, just like Christ, Offering works and sufferings of every day, Blessings and hopes of every day, Life and death of every day.

ALL LIKE CHRIST,
ETERNAL PRIEST,
ACCORDING TO THE LAW OF SPIRIT OF LIFE.

Ant.1. Christ was scourged and treated with contempt, but God's right hand has raised him up.

Salmo 115

Not to us, Lord, not to us, But to your name give the glory For the sake of your love and your truth, Lest the heathens say: "Where is their God?"

But our God is in the heavens, He does whatever he wills. Their idols are silver and gold, The work of human hands.

They have mouths but they cannot speak; They have eyes but they cannot see; They have ears but they cannot hear; They have nostrils but they cannot smell.

With their hands they cannot feel; With their feet they cannot walk. No sound come from their throats. Their makers will come to be like them And so will all who trust in them.

Sons of Israel, trust in the Lord; He is their help and their shield. Sons of Aaron, trust in the Lord; He is their help and their shield. You who fear him, trust in the Lord; He is their help and their shield. He remembers us, and he will bless us; He will bless the sons of Israel. He will bless the sons of Aaron.

The Lord will bless those who fear him, The little no less than the great; To you may the Lord grant increase, To you and all your children.

May you be blessed by the Lord, The maker of heaven and earth. The heavens belong to the Lord But the earth he has given to men.

The dead shall not praise the Lord, Not those who go down into the silence. But we who live bless the Lord Now and for ever. Amen. Glory...

Ant. 2. The blood of Christ washes away our sins and makes us worthy to serve the living God.

Ant. 3. Christ bore our sins in his own body on the cross so that we might die to sin and be alive to all that is good.

Canticle 1P 2,21b-24

Christ suffered for you, And left you an example To have you follow in his footsteps.

He did no wrong; No deceit was found in his mouth. When he was insulted, He returned no insult.

When he was made to suffer, He did not counter with threats. Instead he delivered himself up To the One who judges justly. In his own body He brought your sins to the cross, So that all of us, dead to sin, Could live in accord with God's will.

By his wounds you were healed. Glory...

"Staying on the part of the criminals, dying outside the city, as one of the excluded, making himself a slave and hung on the cross, Jesus unites himself to the lowest, the poorest, the most excluded, the weakest, the most abandoned of his breathren. It is a way down, the only one that makes all the works bear fruit"

(The way of imperfection. André Daigneault)

Which way are you journeying?

Think about the steps that you have made "going down" in your life. Have you chosen them voluntarily like your Master? Or have your at least accepted them integrating in your process of growing in faith?

