



# Apostoli Viae Sojourner Cenacle

Saturday, February 25<sup>th</sup> - 8:00 AM to 9:00 AM Central  
Saturday after Ash Wednesday

## [8:00] Welcome and Opening Prayer:

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### Collect for the Mass of the Day (Ordinary Form)

*Almighty ever-living God, look with compassion on our weakness and ensure us your protection by stretching forth the right hand of your majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.*

*Leader: Saints Teresa of Avila and John of the Cross All: Pray for us. Our Lady of Mount Carmel All: Pray for us.*

*Heads Bowed: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

## [8:00 – 8:05] Housekeeping/Misc. Updates:

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- Upcoming Meeting Schedule: February 25<sup>th</sup>, March 11<sup>th</sup>, 25<sup>th</sup>, April 8<sup>th</sup>, 29<sup>th</sup>**
- Gospel Encounter Groups:** Our vision is to serve the Church and expand the Kingdom of God apart from any personal or community benefit. If you start or find an existing group, go to: [ApostoliViae.org/study-groups](http://ApostoliViae.org/study-groups). Reach out to **Cathleen Ludlow** if you desire support, training, and resources to enable you to start or lead a group.
- All Who Desire or May Desire Formal Association with Apostoli Viae in the Future:** Please take the Mental Prayer Mini-Course and listen to “The Examen Prayer – Liberation – Healing – Gratitude” in Reflections from the Heart of the Charism.
- SpiritualDirection.com Shop** - SpiritualDirection.com shop tab – recommended books. Also, please continue to support St. Paul’s in Memphis through the “Shop” tab on ApostoliViae.org

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## Apostoli Viae Liturgical and Activity Calendar:

- March 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> – Lenten Ember Days (\*See below for explanation)
- March 26<sup>th</sup> – Passion Sunday
- April 2<sup>nd</sup> – Palm Sunday
- April 6<sup>th</sup> – Holy Thursday
- April 7<sup>th</sup> – Good Friday
- April 7<sup>th</sup> – Divine Mercy Novena Begins
- April 8<sup>th</sup> – Holy Saturday
- April 9<sup>th</sup> – Easter Sunday
- April 16<sup>th</sup> – Divine Mercy Sunday – Novena Ends

## **\*Lenten Ember Days**

The Lent Ember Days fall on Wednesday, Friday and Saturday in the first week of Lent. Four intentions are common to Ember days but each group of days has a different emphasis according to the corresponding liturgical season.

Since the Lenten season already had fasting and abstinence, observing Ember Days in Lent only added a little extra in penance to the already formerly strict laws of Lent.

### **The focus of the Lenten Ember Days:**

1. Consecration of the New Season: The other Ember Days marked thanksgiving for different harvests, but the Lent Ember Days did not. Instead, this was a time of consecrating the new spring and growing season to God and asking for His blessing. This was also a time of thanksgiving for the gift of light. Instead of harvest offerings on Ember Wednesday, flowers were usually presented and blessed. The symbol of the Lenten Ember Days is the Paschal and baptismal candles.
2. Days of Spiritual Renewal: Holy Mother Church provides us so many opportunities to redirect, refresh and renew. The Lenten Ember Days blends with the season of Lent, providing reminders to continue and persevere in the spirit of conversion and penance.
3. Praying for Priests: The Church no longer regularly ordains priests during the Quarterly Ember Days, but this is a special time, particularly Ember Saturday, to pray for priests and for seminarians, particularly the ones who are about to be ordained within the year.
4. Reflecting the Spirit of the Season: Each set of Ember Days reflect the season of the Liturgical Year in which they occur. The Lenten season focuses on conversion of heart, and on the supernatural life we receive at baptism, whether it be as a catechumen or a renewal of baptismal promises.

The current missal has no particular liturgy for Ember Days, but the use of votive Masses for various needs and occasions. The 1962 liturgy has Ember Wednesday's Gospel with Jesus foretelling His Resurrection, in the symbolism of Jonah in the whale. Ember Friday presents the curing of the paralyzed man at the Pool of Bethesda, and Ember Saturday features the Transfiguration of our Lord, all Gospels that remind us of the upcoming resurrection of our Lord.

The Lenten Ember Days can provide some additional focus and redirection in these early days of Lent for our prayers of thanksgiving and petition. Even just learning about the ancient traditions of the Church can help deepen our faith and love of our holy Mother Church.

- ❑ **Mystagogy:** Introduction to the Devout Life - Tan Books – You can use other versions but we are unable to provide page conversions for you. No Assigned Reading but We Recommend You Read From Where We Left Off at the Last Meeting.
  - **Metanoia: – Yield - Encounter – Act – Cooperate – Fall – Rise – Encounter - Advance**
  - Those who encounter love and come to know love, live in a covenant of love in a way that is consistent with that love. (John 14)
  - Those who hear but don't do, are self-deceived (James 1:22)
  - Whoever does not carry the cross and follow Jesus cannot be His disciple. (Luke 14:27)
  - We can do all things through Christ who strengthens us. (Philippians 4:13)
  - Those who hear and strive in His power, are not deceived, but are authentic disciples of Jesus and have an authentic living faith (James 2: 14-17)
- ❑ **The Process:**
  - Awareness of and openness to the inspirations of the Holy Spirit
  - Inspirations emerge that lead to conviction – reinforcement - encouragement
  - Engage with the inspirations in a meaningful or tangible way

## Opening Prayer:

### **- Pause for a moment of recollection before the Lord -**

*Our Intentions:*

- *For the Pope's holiness and constant conversion.*
- *That the Synod on Synodality would be consumed by the Holy Spirit and an Authentic Renewal of the Holy Spirit.*
- *For all the needs and intentions expressed in the Rick Hartley Chapel.*
- *For blessings on and exceptional relationships with Archbishop Rodi, Bishop Raica, and the future Bishop of the Archdiocese of Mobile. That the Lord would provide a Bishop that will be eager to support us. That Bishops would be inspired to submit names of holy and faithful priests.*
- *For Cardinals, Bishops, Religious, Priests, Deacons and Lay leaders in the Church:*
  - *That those who are faithful would be encouraged, strengthened, protected, and their voices and prayers heard, and that they would have the courage to speak and act for the restoration of reverence and faithfulness in liturgy and doctrine.*
  - *That those in error and those who persecute the faithful will respond to the Holy Spirit's call to repentance.*
  - *That those who sow confusion, false doctrine, and division, but who will not repent, would be silenced, and made of no effect.*
  - *For the restoration of reverence and faithfulness in liturgy and that sacrilege and desecration of the Lord would end in the Holy Sacrifice of the Mass.*
- *For the financial needs of Apostoli Viae, especially for the Our Lady of Mount Carmel Retreat and Center for Spiritual Formation and our High Calling priestly discernment and formation programs.*

*Leader:* Let us pray. In the name of the Father, and of the Son, and of the Holy Spirit.

**All: Amen.**

*Leader:* Come Holy Spirit,

**All: fill the hearts of your faithful, and kindle in them the fire of your love.**

*Leader:* Send forth your Spirit and they shall be created,

**All: and you shall renew the face of the earth.**

*Leader:* O God, by the light of your Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to know what is truly right and always to rejoice in your consolation. We ask this through Christ our Lord.

**All: Amen.**

*Leader:* Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

**All: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

*Go to Collect on Page 1*

## Closing Prayer

**- Pause for a moment of recollection before the Lord -**

**\*\*\*What has the Lord revealed? How will you respond?\*\*\***

*Leader:* Let us pray.

**All: Our Father...**

*Leader:* We give you thanks for all thy benefits, Almighty God, who live and reign now and forever.

**All: Amen.**

*Leader:* Our Lady of Mount Carmel,

**All: Pray for us.**

*Leader:* Thank you for Your love and Your grace in allowing us this time of prayer and fellowship with You and one another.

**All: Help us to live, light and lead others to and through the path of union with You. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Notes: