

Lectio Divina

with **Cardinal Thomas Collins**



**Join us on Sundays at
St. Michael's Cathedral Basilica**

65 Bond Street, Toronto ON

Vespers (evening prayer): 7 p.m.

Lectio Divina: 7:30 to 8:15 p.m.



Archdiocese
of Toronto



Lectio Divina ("divine, or sacred, reading") is a 2,000-year-old spiritual tradition among Christians, in which they attentively and prayerfully read the word of God. We seek to be humbly attentive to God's Holy Word, to savour it, and to let it enter into our heart as much as our heads, so that it may transform us. Lectio Divina is intended to draw us closer to God, and to transform our attitudes and behaviour.

THEME FOR 2019-2020:

Men & Women of the Old Testament

We learn about God from the stories of how people encounter God, and make him present in their life. During Lectio Divina this year, we will prayerfully meditate on passages about men and women in the Old Testament who illustrate the human condition, with its temptations to sin, and its opportunity for the grace of repentance and salvation.

May 3, 2020

Elijah

I Kings 19:1-18



VESPERS – FOURTH SUNDAY OF EASTER

INTRODUCTION

Cardinal: God, + come to my assistance.

All: 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 for ever. Amen. Alleluia.

HYMN

- | | |
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| 1. Jesus Christ is ris'n today, Alleluia!
Our triumphant holy day, Alleluia!
Who did once upon the cross, Alleluia!
Suffer to redeem our loss, Alleluia! | 3. But the pains which He endured, Alleluia!
Our salvation have procured, Alleluia!
Now He rules eternal King, Alleluia!
Where the angels ever sing, Alleluia! |
| 2. Hymns of praise then let us sing, Alleluia!
Unto Christ, our heav'nly King, Alleluia!
Who endured the cross and grave, Alleluia!
Sinners to redeem and save, Alleluia! | 4. Praise to God the Father sing, Alleluia!
Praise to God the Son, our King, Alleluia!
Praise to God the Spirit be, Alleluia!
Now and through eternity, Alleluia! |

PSALMODY C = CANTOR A = ALL

Ant. 1 Seek the things that are above where Christ is seated at **God's** right hand, **alleluia**.

Psalm 110:1-5, 7

C: The Lord's revelation to my Master:
"Sit **on** my right:
your foes I will put be-**neath** your feet."

A: The Lord will wield from Zion
your scep-**ter** of power:
rule in the midst of **all** your foes.

C: A prince from the day of your birth
on the **holy** mountains;
from the womb before the dawn **I** begot you.

A: The Lord has sworn an oath he will not
change.
"You are a **priest** for ever,
a priest like Melchize-**dek** of old."

C: The Master standing at **your** right hand
will shatter kings in the day of **his** great wrath.

A: He shall drink from the stream **by** the wayside
and therefore he shall lift **up** his head.

C: Glory to the Father and **to** the Son
and to the **Holy** Spirit,

A: as it was in **the** beginning,
is now and will be fore-**ver**. Amen.

Ant. 1 (repeated by all) Seek the things that are above where Christ is seated at **God's** right hand, **alleluia**.

Ant. 2 In the darkness he dawns: a light for upright **hearts, alleluia.**

Psalm 112

C: Happy the man who fears the **Lord**,
who takes delight in **his** commands.
His sons will be powerful on **earth**;
the children of the **up-right** are blessed.

A: Riches and wealth are in his **house**;
his justice stands **firm** for ever
He is a light in the darkness for the **upright**:
he is generous, merci-**ful** and just.

C: The good man takes pity and **lends**,
he conducts his af-**fairs** with honor.
The just man will never **waver**:
he will be remem-**bered** for ever.

A: He has no fear of evil **news**;
with a firm heart he trusts **in** the Lord.
With a steadfast heart he will not **fear**;
he will see the downfall **of** his foes.

C: Open-handed, he gives to the poor;
his justice stands firm for **ever**.
His head will be **raised** in glory.

A: The wicked man sees and is angry,
grinds his teeth and fades a-**way**;
the desire of the wicked **leads** to doom.

C: Glory to the Father and to the **Son**
and to the **Holy** Spirit,

A: as it was in the be-**ginning**,
is now and will be fore-**ver**. Amen.

Ant. 2 (repeated by all) In the darkness he dawns: a light for upright **hearts, alleluia.**

Ant. 3 Alleluia, salvation, glory and power to our God, alleluia.

Canticle: See Revelation 19:1-7

Alleluia.

Salvation, glory, and power to our God:

R/ Alleluia.

his judgments are honest and true.

R/ Alleluia, alleluia.

Alleluia.

Sing praise to our God, all you his servants,

R/ Alleluia.

all who worship him reverently, great and small.

R/ Alleluia, alleluia.

Alleluia.

The Lord our all-powerful God is King,

R/ Alleluia.

let us rejoice, sing praise, and give him glory.

R/ Alleluia, alleluia.

Alleluia.

The wedding feast of the Lamb has begun,

R/ Alleluia.

and his bride is prepared to welcome him.

R/ Alleluia, alleluia.

Glory to the Father, and to the Son,
and to the Holy Spirit:

R/ Alleluia.

as it was in the beginning, is now,
and will be for ever. Amen.

R/ Alleluia, alleluia.

Ant. 3 (repeated by all) Alleluia, salvation, glory and power to our God, alleluia.

READING – Hebrews 10:12-14

Jesus offered one sacrifice for sins and took his seat forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

RESPONSORY

The Lord is risen, alleluia, alleluia.

R/ The Lord is risen, alleluia, alleluia.

He has appeared to Simon,

R/ alleluia, alleluia.

Glory to the Father and to the Son and to the Holy Spirit.

R/ The Lord is risen, alleluia, alleluia.

CANTICLE OF MARY

Ant. My sheep will hear my voice. I, their Lord, know them, alleluia.

C: My + soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

A: From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

C: He has mercy on those who fear him
in every generation.

A: He has shown the strength of his arm,
he has scattered the proud in their conceit.

C: He has cast down the mighty from their thrones,
and has lifted up the lowly.

A: He has filled the hungry with good things,
and the rich he has sent away empty.

C: He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

A: Glory to the Father, and to the Son,
and to the Holy Spirit:

C: as it was in the beginning, is now,
and will be for ever. Amen.

Ant. (repeated by all) My sheep will hear my voice. I, their Lord, know them, alleluia.

INTERCESSIONS

Cardinal: God the Father raised Christ from the dead and exalted him at his right hand. Let us pray to the Father, saying: Through Christ in glory, watch over your people, Lord.

R/ Through Christ in glory, watch over your people, Lord.

Reader: Righteous Father, you lifted Jesus above the earth through the triumph of the cross, may all things be lifted up in him. **R/ Through Christ in glory, watch over your people, Lord.**

Reader: Through your Son in glory send the Holy Spirit upon the Church, that She may be the sacrament of unity for the whole human race. **R/ Through Christ in glory, watch over your people, Lord.**

Reader: You have brought a new family into being through water and the Holy Spirit, keep them faithful to their baptism, and bring them to everlasting life. **R/ Through Christ in glory, watch over your people, Lord.**

Reader: Through your exalted Son help those in distress, free those in captivity, heal the sick, and by your blessings give joy to the world. **R/ Through Christ in glory, watch over your people, Lord.**

Reader: You nourished our deceased brothers and sisters with the body and blood of the risen Christ, raise them up at the last day. **R/ Through Christ in glory, watch over your people, Lord.**

THE LORD'S PRAYER

Cardinal: Let us pray with confidence in the words that Jesus taught us.
Our Father...

CLOSING PRAYER

Cardinal: Almighty ever-living God,
lead us to a share in the joys of heaven,
so that the humble flock may reach
where the brave Shepherd has gone before.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.
All: Amen

PONTIFICAL BLESSING

Cardinal: The Lord be with you.
R/ And with your spirit.
Cardinal: Blessed be the Name of the Lord
R/ Now and forever
Cardinal: Our help is in the Name of the Lord
R/ Who made heaven and earth
Cardinal: And may Almighty God bless you...

REGINA CAELI

Regina caeli, Laetare, alleluia,
quia quem meruisti portare, alleluia,
resurrexit sicut dixit, alleluia,
ora pro nobis Deum, alleluia.

Gaude et Laetare, Virgo Maria, alleluia.
Quia surrexit Dominus Vere, alleluia.

Elijah

I Kings 19:1-18

Ahab told Jez'ebel all that Eli'jah had done, and how he had slain all the prophets with the sword. Then Jez'ebel sent a messenger to Eli'jah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." Then he was afraid, and he arose and went for his life, and came to Beer-sheba, which belongs to Judah, and left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked that he might die, saying, "It is enough; now, O LORD, take away my life; for I am no better than my fathers." And he lay down and slept under a broom tree; and behold, an angel touched him, and said to him, "Arise and eat." And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank, and lay down again. And the angel of the LORD came again a second time, and touched him, and said, "Arise and eat, else the journey will be too great for you." And he arose, and ate and drank, and went in the strength of that food forty days and forty nights to Horeb the mount of God.

And there he came to a cave, and lodged there; and behold, the word of the LORD came to him, and he said to him, "What are you doing here, Eli'jah?" He said, "I have been very jealous for the LORD, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And he said, "Go forth, and stand upon the mount before the LORD." And behold, the LORD passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. And when Eli'jah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. And behold, there came a voice to him, and said, "What are you doing here, Eli'jah?" He said, "I have been very jealous for the LORD, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And the LORD said to him, "Go, return on your way to the wilderness of Damascus; and when you arrive, you shall anoint Haz'ael to be king over Syria; and Jehu the son of Nimshi you shall anoint to be king over Israel; and Eli'sha the son of Shaphat of A'bel-meho'lah you shall anoint to be prophet in your place. And him who escapes from the sword of Haz'ael shall Jehu slay; and him who escapes from the sword of Jehu shall Eli'sha slay. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Ba'al, and every mouth that has not kissed him."



Dates for 2019-2020 Lectio Divina Series

June 7, 2020

Jonah's Mission to Nineveh

Jonah 3 and 4

- Watch the livestream at www.stmichaelscathedral.com/live
- Tune in to Salt + Light TV! See broadcast schedule at www.saltandlighttv.org/lectiodivina
- Catch up on past reflections and learn more about Lectio Divina at www.archtoronto.org/lectio
- For links to suggested resources and to learn more about the Archdiocese of Toronto's response to COVID-19, please visit: archtoronto.org/covid19



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