



*St. James Cathedral*  
*Jubilee Year Pilgrimage to France and Italy*  
LITURGIES AND PRAYERS

10 March-20 March 2025

BRING THIS BOOK WITH YOU DAILY!

NAME: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

*My Pilgrimage Prayer Intentions*

For whom or for what special needs do I offer this pilgrimage of prayer?

## TABLE OF CONTENTS

<i>Little Prayers for Pilgrims</i> . . . . .	4
<b>Monday, March 10</b>	
<i>Departure from Seattle</i> . . . . .	5
<b>Tuesday, March 11</b>	
<i>Visit to Normandy Beaches and American Cemetery</i> . . . . .	6
<b>Wednesday, March 12</b>	
MASS AT THE BASILICA OF ST. THÉRÈSE, LISIEUX . . . . .	7
<i>Visit to Les Buissonets and Carmel of Lisieux</i> . . . . .	9
<b>Thursday, March 13</b>	
MASS AT ROUEN CATHEDRAL . . . . .	10
<i>Visit to the Church of St. Joan of Arc, Rouen</i> . . . . .	12
<b>Friday, March 14</b>	
MASS AT SACRÉ COEUR, PARIS . . . . .	13
<b>Saturday, March 15</b>	
MASS AT NOTRE DAME DE CHARTRES . . . . .	15
<i>Visit to Chartres</i> . . . . .	18
<b>Sunday, March 16</b>	
<i>Visit to Notre Dame de Paris</i> . . . . .	19
MASS AT THE CHURCH OF ST. SEVERIN, PARIS . . . . .	20
<b>Monday, March 17</b>	
<i>On the Way to Rome</i> . . . . .	24
<b>Tuesday, March 18</b>	
<i>Through the Holy Doors</i> . . . . .	25
MASS AT ST. PETER'S BASILICA . . . . .	26
<b>Wednesday, March 19</b>	
MASS AT SANTA MARIA IN TRASPONTINA . . . . .	27
<b>Thursday, March 20</b>	
<i>Departure</i> . . . . .	31
<i>Traveling Healthy</i> . . . . .	34

## *Little Prayers for Pilgrims*

### **Waking up**

Thank you, God,  
for this new morning!  
Thank you for all I will see  
and experience today.  
May my eyes be open  
to what you wish to show me.  
May my heart be open  
to what you teach me. Amen.

### **On the way**

God, you are here with me;  
I know you are always with me.  
Help me to remember  
that this is a pilgrimage of prayer,  
and keep me mindful  
of all who need my prayers.  
Make me aware of your presence  
now and always. Amen.

### **When I'm tired**

When I'm tired of waiting,  
tired of standing,  
tired of moving,  
tired of talking,  
be with me, my God,  
to give me patience  
and renew my spirit. Amen.

### **In a noisy place**

You are here, too, God!  
Bless everyone I see,  
everyone I hear.  
Help me love them as you love them.  
Amen.

### **In a quiet place**

Be still, my soul!  
May the peace and quiet around me  
fill my heart with peace  
and my mind with quiet,  
just for this moment. Amen.

### **In a beautiful place**

Thank you for this place, O God!  
Thank you for the hands that made it.  
May the beauty around me  
be a path that leads me to you,  
who are Beauty, Truth, Light, Love.  
Amen.

### **Going to bed**

For all that I have seen today,  
for all that I have heard today,  
for all that I have experienced today,  
thank you!  
May I sleep well tonight  
and rise, refreshed and joyful,  
to praise you through another day.  
Amen.

MONDAY, 10 MARCH

*Departure*

*Blessing of Pilgrims Before Their Departure*

ALL-POWERFUL GOD,

you always show mercy toward those who love you  
and you are never far away for those who seek you.

Remain with your servants on this holy pilgrimage  
and guide their way in accordance with your will.

Shelter them with your protection by day,  
give them the light of your grace by night,  
and, as their companion on the journey,  
bring them to their destination in safety.

Through Christ our Lord. *Amen.*

May the Lord guide us and direct our journey in safety. *Amen.*

May the Lord be our companion along the way. *Amen.*

May the Lord grant that the journey we begin, relying on him,  
will end happily through his protection. *Amen.*

from *The Book of Blessings*

TUESDAY, 11 MARCH  
*Visit to the Normandy Beaches  
and American Cemetery*

IN DAYS TO COME,  
The mountain of the LORD's house  
shall be established as the highest mountain  
and raised above the hills.  
All nations shall stream toward it.

Many peoples shall come and say:  
"Come, let us go up to the LORD's mountain,  
to the house of the God of Jacob,  
That he may instruct us in his ways,  
and we may walk in his paths."

For from Zion shall go forth instruction,  
and the word of the LORD from Jerusalem.

He shall judge between the nations,  
and set terms for many peoples.  
They shall beat their swords into plowshares  
and their spears into pruning hooks;  
One nation shall not raise the sword against another,  
nor shall they train for war again.

House of Jacob, come,  
let us walk in the light of the LORD!

*Isaiah 2:2-5*

*FOR REFLECTION:*

In this place of solemn remembrance,  
I pray for those who served and for all who died.  
This place reminds me never to take freedom for granted,  
and it challenges me to pray and work for peace in our times.

WEDNESDAY, 12 MARCH  
*Mass at the Basilica of St. Thérèse, Lisieux*

*The Introductory Rites*

ENTRANCE

*Living by love - a prayer of St. Thérèse*  
TALLIS CANON

O Word of God, you live for me  
Hid under signs of bread and wine;  
I want to live for you by love:  
To live by love is life divine.

To live by love - it means to give  
And not to count or calculate;  
I've given all, lightly I run!  
My little way is sure and straight.

To live by love, sweet martyrdom!  
Consumed by love of God above;  
And then at last by love to die:  
My heav'n will be to live by love.

PENITENTIAL ACT

*Cantor, then ALL*



Ky - ri - e e - le - i - son.

Chri - ste e - le - i - son.



Ky - ri - e e - le - i - son.

COLLECT

*The Liturgy of the Word*

FIRST READING

Micah 6:6-8

RESPONSORIAL PSALM

Psalms 131

*Cantor:*



Like a babe ——— in its mother's arms ———

**ALL:**



is my soul ——— with the Lord.

GOSPEL ACCLAMATION

Stratman

Lord, how won-drous is your wis - dom. wis - dom.

Detailed description: This block contains a musical score for a Gospel Acclamation. It features a treble and bass clef with a key signature of one sharp (F#) and a common time signature (C). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Lord, how won-drous is your wis - dom. wis - dom." There is a repeat sign followed by a second ending marked "2." which consists of a single note with a fermata.

GOSPEL

Matthew 18:1-4

HOMILY

Father Michael G. Ryan

PRAYER OF THE FAITHFUL Response: **Lord, hear our prayer.**

*The Liturgy of the Eucharist*

SANCTUS

chant

San - ctus, San - ctus, Sanc-tus Do-mi-nus De-us Sa-ba-oth.

Detailed description: This block shows the beginning of the Sanctus chant. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4. The lyrics are: "San - ctus, San - ctus, Sanc-tus Do-mi-nus De-us Sa-ba-oth."

Ple-ni sunt cae-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis.

Detailed description: This block continues the Sanctus chant. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. The lyrics are: "Ple-ni sunt cae-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis."

Be-ne-di-ctus qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

Detailed description: This block continues the Sanctus chant. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: C4, D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. The lyrics are: "Be-ne-di-ctus qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis."

MEMORIAL ACCLAMATION

When we eat this Bread and drink this Cup, we pro-claim your

Detailed description: This block shows the beginning of the Memorial Acclamation. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4. The lyrics are: "When we eat this Bread and drink this Cup, we pro-claim your"

Death, O Lord, un-til you come a-gain.

Detailed description: This block continues the Memorial Acclamation. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: D4, E4, F4, G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4. The lyrics are: "Death, O Lord, un-til you come a-gain."

AMEN

LORD'S PRAYER

AGNUS DEI

ALL:

1, 2. mi-se-re-re no-bis.  
3. do-na no-bis pa-cem.

Detailed description: This block shows the beginning of the Agnus Dei. It is written on a single treble clef staff with a key signature of one flat (Bb) and a common time signature (C). The melody consists of a series of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4. The lyrics are: "1, 2. mi-se-re-re no-bis. 3. do-na no-bis pa-cem."

COMMUNION

CONCLUDING RITES



WEDNESDAY, 12 MARCH  
*Visit to Les Buissonets, Home of St. Thérèse  
and to the Carmel of Lisieux*

SOON AFTER MY MOTHER'S DEATH, Papa made up his mind to leave Alençon and live at Lisieux, so that we might be near our uncle, my Mother's brother. I was pleased to come to Lisieux. I was charmed with the house my Father had taken - Les Buissonets, situated in a quiet part of the town. The large upper window from which there was an extensive view, the flower garden in front, and the kitchen garden at the back—all these seemed delightfully new to my childish mind; and this happy home became the scene of many joys and of family gatherings which I can never forget. Elsewhere, I cried and fretted for my Mother; but here my little heart expanded, and I smiled on life once more.

When I woke there were my sisters ready to caress me, and I said my prayers kneeling between them. Then Pauline gave me my reading lesson, and I remember that "Heaven" was the first word I could read alone. When lessons were over I went upstairs, where Papa was generally to be found, and how pleased I was when I had good marks to show. Every afternoon I went out for a walk with him, and we paid a visit to the Blessed Sacrament in one or other of the Churches. It was in this way that I first saw the Chapel of the Carmel: "Look, little Queen," Papa said to me, "behind that big grating there are holy nuns who are always praying to Almighty God." Little did I think that nine years later I should be amongst them, that in this blessed Carmel I should receive so many graces.

From *The Story of a Soul*, the Autobiography of St. Thérèse of Lisieux

*FOR REFLECTION:*

Visiting the childhood home of St Thérèse and her sisters,  
I reflect on my own memories of childhood and how they have shaped my life.  
I give thanks for those who brought me up, who cared for me,  
and who introduced me to God. In these special places,  
I ask God's blessings on my family members and friends,  
and I ask St. Thérèse to "send me a rose" so that I may live my faith  
with simplicity and love, as she did.

# THURSDAY, 13 MARCH

## *Mass at Rouen Cathedral*

### *The Introductory Rites*

ENTRANCE

*I heard the voice of Jesus say*

KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to  
 2. I heard the voice of Je - sus say, "Be - hold, I  
 3. I heard the voice of Je - sus say, "I am this



me and rest; Lay down, O wear - y one, lay down Your  
 free - ly give The liv - ing wa - ter; thirst - y one, Stoop  
 dark world's light; Look un - to me, your morn shall rise, And



head up - on my breast." I came to Je - sus  
 down, and drink, and live." I came to Je - sus,  
 all your day be bright." I looked to Je - sus,



as I was, So wea - ry worn and sad; I found in  
 and I drank Of that life - giv - ing stream; My thirst was  
 and I found In him my star, my sun; And in that



him a rest - ing place And he has made me glad.  
 quenched, my soul re - vived, And now I live in him.  
 light of life I'll walk Till trav - 'ling days are done.

PENITENTIAL ACT

COLLECT

### *The Liturgy of the Word*

FIRST READING

Wisdom 8:9-15

RESPONSORIAL PSALM

Psalm 138



In your great love, O Lord, an - swer me.

GOSPEL ACCLAMATION

Stratman

Lord, how won-drous is your wis - dom. wis - dom.

2.

GOSPEL

Matthew 16:24-27

HOMILY

Father Michael G. Ryan

PRAYER OF THE FAITHFUL Response: **Lord, hear our prayer.**

*The Liturgy of the Eucharist*

SANCTUS

chant

San - ctus, San - ctus, Sanc-tus Do-mi-nus De - us Sa - ba-oth.

Ple - ni sunt cae - li et ter - ra glo - ri - a tu - a. Ho-san-na in ex - cel - sis.

Be-ne-di-ctus qui ve-nit in no-mi-ne Do-mi-ni. Ho-san - na in ex - cel - sis.

MEMORIAL ACCLAMATION

When we eat this Bread and drink this Cup, we pro-claim your

Death, O Lord, un-til you come a-gain.

AMEN

LORD'S PRAYER

AGNUS DEI

ALL:

- 1, 2. mi - se - re - re no - bis.
- 3. do - na no - bis pa - cem.

COMMUNION

CONCLUDING RITES

## THURSDAY, 13 MARCH

### *Visit to the Church of St. Joan of Arc, Rouen*

“BEHOLD, I AM SENDING YOU LIKE SHEEP in the midst of wolves; so be shrewd as serpents and simple as doves. But beware of people, for they will hand you over to courts and scourge you in their synagogues, and you will be led before governors and kings for my sake as a witness before them and the pagans. When they hand you over, do not worry about how you are to speak or what you are to say. You will be given at that moment what you are to say. For it will not be you who speak but the Spirit of your Father speaking through you.” (Matthew 10:16-20)

#### WORDS OF ST. JOAN OF ARC FROM COURT RECORDS:

“If I am not [in God’s grace], may God place me there; if I am, may God so keep me. I should be the saddest in all the world if I knew that I were not in the grace of God.”

“Without the grace of God I should not know how to do anything.”

“Take care what you are doing; for in truth I am sent by God.”

“The poor folk came to me readily, because I never did them any unkindness: on the contrary, I loved to help them.”

“I rely upon God, my Creator, for everything. I love Him with all my heart.”

“God must be served first.”

“And that which God hath made me do, hath commanded or shall command, I will not fail to do for any man alive.”

“My words and deeds are all in God’s Hands: in all, I wait upon Him.”

“I believe firmly what my Voices have told me, that I shall be saved; I believe it as firmly as if I were already there.”

#### FOR REFLECTION:

In what ways do I hear the voice of God?  
What does God ask of me? How do I respond?  
Which of God’s saints ‘speak to me’ most powerfully?  
What is it that draws me close to these saints?

FRIDAY, 14 MARCH  
*Mass at Sacré Coeur, Paris*

*The Introductory Rites*

ENTRANCE

*There's a wideness in God's mercy*  
IN BABILONE

1. There's a wide-ness in God's mer- cy Like the wide-ness  
2. For the love of God is broad-er Than the meas- ures  
3. Trou- bled souls, why will you scat- ter Like a crowd of  
of the sea; There's a kind-ness in God's jus- tice  
of our mind, And the heart of the e- ter- nal  
fright- ened sheep? Fool- ish hearts, why will you wan- der  
Which is more than lib- er- ty. There is plen- ti- ful re- demp- tion  
Is most won- der- ful- ly kind. If our love were but more sim- ple  
From a love so true and deep? There is wel- come for the sin- ner  
In the blood that has been shed; There is joy for  
We should take him at his word, And our lives would  
And more grac- es for the good; There is mer- cy  
all the mem- bers In the sor- rows of the Head.  
be thanks- giv- ing For the good- ness of our Lord.  
with the Sav- ior, There is heal- ing in his blood.

PENITENTIAL ACT

COLLECT

*The Liturgy of the Word*

FIRST READING

Hosea 11:1, 3-4, 8c-9

RESPONSORIAL PSALM

Psalm 25

Re - mem - ber your mer - cies, O Lord.

GOSPEL ACCLAMATION

Stratman

Lord, how won-drous is your wis - dom. wis - dom.

Detailed description: A musical score for a Gospel Acclamation. It features a treble and bass clef with a key signature of one sharp (F#) and a common time signature (C). The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "Lord, how won-drous is your wis - dom. wis - dom." There is a repeat sign followed by a second ending marked with a "2." and a fermata over the final note.

GOSPEL

John 19:31-37

HOMILY

Father Michael G. Ryan

PRAYER OF THE FAITHFUL Response: **Lord, hear our prayer.**

*The Liturgy of the Eucharist*

SANCTUS

chant

San - ctus, San - ctus, Sanc-tus Do-mi-nus De - us Sa - ba-oth.

Ple - ni sunt cae - li et ter - ra glo - ri - a tu - a. Ho-san-na in ex - cel - sis.

Be - ne - di-ctus qui ve - nit in no-mi-ne Do-mi-ni. Ho-san - na in ex - cel - sis.

Detailed description: A musical score for the Sanctus. It is written in a single treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "San - ctus, San - ctus, Sanc-tus Do-mi-nus De - us Sa - ba-oth. Ple - ni sunt cae - li et ter - ra glo - ri - a tu - a. Ho-san-na in ex - cel - sis. Be - ne - di-ctus qui ve - nit in no-mi-ne Do-mi-ni. Ho-san - na in ex - cel - sis." The melody consists of a series of eighth and quarter notes.

MEMORIAL ACCLAMATION

When we eat this Bread and drink this Cup, we pro-claim your

Death, O Lord, un-til you come a-gain.

Detailed description: A musical score for the Memorial Acclamation. It is written in a single treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "When we eat this Bread and drink this Cup, we pro-claim your Death, O Lord, un-til you come a-gain." The melody consists of a series of quarter and eighth notes.

AMEN

LORD'S PRAYER

AGNUS DEI

*ALL:*

1, 2. mi - se - re - re no - bis.  
3. do - na no - bis pa - cem.

Detailed description: A musical score for the Agnus Dei. It is written in a single treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "1, 2. mi - se - re - re no - bis. 3. do - na no - bis pa - cem." The melody consists of a series of quarter and eighth notes.

COMMUNION

CONCLUDING RITES

SATURDAY, 15 MARCH  
*Mass at Notre Dame, Chartres*

*The Introductory Rites*

ENTRANCE

*Sing of Mary, pure and lowly  
PLEADING SAVIOR*

1. Sing of Mar - y, pure and low - ly, Vir - gin - moth - er  
2. Sing of Je - sus, son of Mar - y, In the home at  
3. Glo - ry be to God the Fa - ther; Glo - ry be to

un - de - filed, Sing of God's own Son most ho - ly,  
Naz - a - reth. Toil and la - bor can - not wea - ry  
God the Son; Glo - ry be to God the Spir - it;

Who be - came her lit - tle child. Fair - est child of  
Love en - dur - ing un - to death. Con - stant was the  
Glo - ry to the Three in One. From the heart of

fair - est moth - er, God the Lord who came to earth, Word made  
love he gave her, Though he went forth from her side, Forth to  
bless - ed Mar - y, From all saints the song as - cends, And the

flesh, our ver - y broth - er, Takes our na - ture by his birth.  
preach, and heal, and suf - fer, Till on Cal - va - ry he died.  
church the strain re - ech - oes Un - to earth's re - mo - test ends.

PENITENTIAL ACT

COLLECT

*The Liturgy of the Word*

FIRST READING

Deuteronomy 26:16-19

RESPONSORIAL PSALM

Psalm 119

Bless - ed are they who fol - low the law of the Lord!

GOSPEL ACCLAMATION

Stratman

Musical score for Gospel Acclamation. It features a treble and bass clef with a key signature of one sharp (F#) and a common time signature (C). The melody is written in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "Lord, how won-drous is your wis - dom. wis - dom." There is a repeat sign with a first ending and a second ending marked with a '2'.

GOSPEL

Matthew 5:43-48

HOMILY

Father Michael G. Ryan

PRAYER OF THE FAITHFUL Response: Lord, hear our prayer.

*The Liturgy of the Eucharist*

SANCTUS

chant

Musical score for Sanctus. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "San - ctus, San - ctus, Sanc-tus Do-mi-nus De-us Sa-ba-oth."

Musical score for Sanctus. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "Ple-ni sunt cae-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis."

Musical score for Sanctus. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "Be-ne-di-ctus qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis."

MEMORIAL ACCLAMATION

Musical score for Memorial Acclamation. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "When we eat this Bread and drink this Cup, we pro-claim your

Musical score for Memorial Acclamation. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "Death, O Lord, un-til you come a-gain."

AMEN

LORD'S PRAYER

AGNUS DEI

Musical score for Agnus Dei. It is a single-line melody in a treble clef with a key signature of one flat (Bb) and a common time signature (C). The lyrics are: "ALL: mi-se-re-re no-bis. do-na no-bis pa-cem."

1, 2. mi-se-re-re no-bis.  
3. do-na no-bis pa-cem.

COMMUNION

CONCLUDING RITES



ANTIPHON TO THE BLESSED VIRGIN MARY

A - ve Re - gí - na cæ - ló - rum, \* A - ve Dó - mi - na  
*Hail, Queen of the heavens Hail, Lady*

An - ge - ló - rum: Sal - ve ra - dix, sal - ve por - ta,  
*of the Angels: Hail root, Hail portal,*

Ex qua mun - do lux est or - ta: Gau - de Vir - go glo - ri - ó - sa,  
*From whom on earth light is risen. Rejoice, O Virgin glorious,*

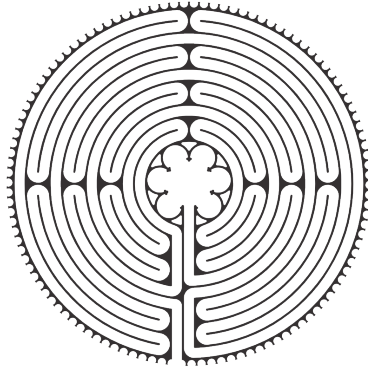
Su - per o - mnes spe - ci - ó - sa: Va - le o val - de  
*Above all beautiful: Prevail, O*

de - có - ra, Et pro no - bis Chri - stum ex - ó - ra.  
*most lovely, And for us Christ to pray.*

SATURDAY, 15 MARCH

*Visit to Chartres Cathedral*

AT THE THRESHOLD OF THE GREAT CATHEDRAL OF CHARTRES is the labyrinth, one of the best-known of the great labyrinths of the Middle Ages. As well-known and well-loved as these labyrinths are, their purpose remains enigmatic. They are sometimes called *chemin de Jerusalem*, "Jerusalem way," suggesting that they were seen as a symbolic pilgrimage to the Holy City. There is also evidence that the labyrinth was used for a sacred procession or even dance on Easter Sunday. Whatever their purpose, to walk the labyrinth prayerfully remains a powerful experience. It is not a maze to be solved, but a journey to be navigated - like the pilgrimage we are on now, or the journey of life itself.



*FOR REFLECTION:*

What is the pattern of my own life's journey?  
Have there been times I have lost sight of my ultimate destination and goal,  
life with God and in God?  
What are the moments that stand out to me when I felt very close to God?  
Where is my life leading me?

*Lead me, guide me along the way;  
For if You lead me, I cannot stray;  
Lord, let me walk each day with Thee.  
Lead me, O Lord, lead me.*

African American Gospel hymn, Doris Akers (1923-1995)

SUNDAY, 16 MARCH  
*Visit to Notre-Dame de Paris*

THE VIRGIN AT NOON by Paul Claudel (1868-1955)

IT IS NOON. I see the church, open. I must go in.  
Mother of Jesus Christ, I do not come to pray.

I have nothing to offer and nothing to ask.  
I come, Mother, only to look at you.

To look at you, to weep for happiness, knowing that  
I am your son, and that you are there.

Just one moment while everything stops.  
Noon!

To be with you, Mary, in this place where you are.

Not to say anything, but only to sing  
Because the heart is too full.

Because you are beautiful, because you are immaculate,  
The woman at last restored in Grace,  
Just as she came forth from God in the morning  
Of her original splendor.

Because it is noon,  
Because we are in this moment, today,  
Because you are there, always,

Simply because you are Mary,  
Simply because you exist,  
Mother of Jesus Christ, thanks be to you!

*FOR REFLECTION:*

It was in this holy place that the writer Paul Claudel, at the age of 18, experienced a conversion during the singing of the “Magnificat” at Christmas Vespers.

“It was then that the event happened which has dominated my entire life. In an instant, my heart was touched and I believed. I believed, with such strength... that ever since, no books, no reasonings, none of the vicissitudes of a restless life, have been able to shake my faith, nor, truth to tell, even to touch it.”

Look for the plaque in the floor with Claudel’s name, and look at the beloved statue of Our Lady of Paris as he did on that Christmas night of 1886.

What are the sacred places of my life,  
where my heart was touched and I believed?

SUNDAY, 16 MARCH  
*Mass at St. Severin, Paris*

*The Introductory Rites*

ENTRANCE

*Introit for the Second Sunday of Lent*  
chant, adapt. Stratman

O Lord, I long to see your face.

PENITENTIAL ACT

COLLECT

*The Liturgy of the Word*

FIRST READING

Genesis 15:5-12, 17-18

RESPONSORIAL PSALM

Psalm 27

The Lord is my light and my sal - va - tion.

SECOND READING

Philippians 3:20-4:1

GOSPEL ACCLAMATION

Stratman

Lord, how won - drous is your wis - dom. wis - dom.

GOSPEL

Luke 9:28b-36

HOMILY

**Father Michael G. Ryan**

CREED

I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God, begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

*All BOW*

and by the Holy Spirit was incarnate  
of the Virgin Mary, and became man.

*All STAND UPRIGHT*

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic  
and apostolic Church.

I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL



Lord, we ask you, hear our prayer.

# The Liturgy of the Eucharist

## SANCTUS

Holst, adapt. Ryan

Ho - ly, Ho - ly, Ho - ly Lord God of Hosts,  
heav'n and earth are full of your glo - - - ry.  
Ho - san - na in the high - est, ho - san - na in the high - est.  
Blest is he who comes in the name of the Lord.  
Ho - san - na, ho - san - na in the high - - - est.

## MEMORIAL ACCLAMATION

Save us, Sa - vior of the world, for by your cross and res-sur -  
rec - tion you have set us free, you have set us free.

## AMEN

A - men, a - men, a - - - men.

## LORD'S PRAYER

## AGNUS DEI

*ALL:*

- 1, 2. mi - se - re - re no - bis.
3. do - na no - bis pa - cem.

## COMMUNION



- 1. 'Tis good, Lord, to be here! Your
- 2. 'Tis good, Lord, to be here, Your
- 3. Ful - fill - er of the past! Prom -
- 4. Be - fore we taste of death, We
- 5. 'Tis good, Lord, to be here! Yet



glo - ry fills the night; Your face and gar - ments,  
 beau - ty to be - hold, Where Mo - ses and E -  
 ise of things to be! We hail your bod - y  
 see your king - dom come; We long to hold the  
 we may not re - main; But since you bid us



like the sun, Shine with un - bor - rowed light.  
 li - jah stand, Your mes - sen - gers of old.  
 glo - ri - fied, And our re - demp - tion see.  
 vi - sion bright, And make this hill our home.  
 leave the mount, Come with us to the plain.

PRAYER AFTER COMMUNION

CONCLUDING RITES

MONDAY, 17 MARCH

*On the Way to Rome*

WHAT, THEN, IS THIS CITY OF ROME, so profane and at the same time so mysteriously sacred? Rome is perhaps the most astonishing result of the union between our Christian faith and the physical reality of history. In Rome, almost every corner bears witness both to human wretchedness and to our capacity to be inspired by what is eternal. Why? Because Rome is the seat of the head of the Catholic Church the Vicar of Christ, as ordered by Divine Providence.

This Mother Church of ours, without which we would not be Christians, has its very centre here in Rome. That is why the city of Rome represents to the highest degree the mysterious synthesis of heaven and earth.

Sisters and brothers, you who believe in Christ, when you arrive in this city, you will be able almost to touch with your own hand the wonderful miracle of your being a Christian, of your belonging to the Church.

*Cardinal Roger Etchegaray*

*FOR REFLECTION:*

As a pilgrim to Rome, I am walking in the footsteps  
of countless millions of pilgrims who have made their way to the Eternal City  
to pray at the tombs of the Apostles.

The focus of this Jubilee is *hope*.

Are there hopes for myself, for other people, for our world  
that have grown weak--or that I have given up on?

During this Jubilee, I ask God to rekindle my hope.

Lord, make me truly a pilgrim of hope  
and show me how to be a sign of hope to others.



## TUESDAY, 18 MARCH

### *Through the Holy Doors*

“HOPE DOES NOT DISAPPOINT” (Rom 5:5). In the spirit of hope, the Apostle Paul addressed these words of encouragement to the Christian community of Rome. Hope is also the central message of the coming Jubilee that, in accordance with an ancient tradition, the Pope proclaims every twenty-five years. My thoughts turn to all those pilgrims of hope who will travel to Rome in order to experience the Holy Year and to all those others who, though unable to visit the City of the Apostles Peter and Paul, will celebrate it in their local Churches. For everyone, may the Jubilee be a moment of genuine, personal encounter with the Lord Jesus, the “door” (cf. Jn 10:7.9) of our salvation, whom the Church is charged to proclaim always, everywhere and to all as “our hope” (1 Tim 1:1).

Everyone knows what it is to hope. In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring. Even so, uncertainty about the future may at times give rise to conflicting feelings, ranging from confident trust to apprehensiveness, from serenity to anxiety, from firm conviction to hesitation and doubt. Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness. For all of us, may the Jubilee be an opportunity to be renewed in hope. - POPE FRANCIS

#### *TO OBTAIN THE JUBILEE INDULGENCE:*

*The Jubilee Indulgence can be gained once a day, for ourselves or for the deceased.*

**Celebrate the sacraments of Reconciliation and Eucharist**  
(this does not have to be the same day as the other elements).

**Make a pilgrimage to a Cathedral or designated shrine  
or walk through the Holy Doors**

at any of the four major Basilicas: St. Peter's, St. Mary Major, St. John Lateran,  
or St Paul Outside the Walls.

**Spend time in adoration and prayer.**

Pray for the intentions of the Holy Father, Pope Francis.

Pray the Creed (Apostles' or Nicene)

Pray the Our Father

Pray the Glory Be

Pray a traditional prayer to Mary: the Hail, Holy Queen or Hail Mary

TUESDAY, 18 MARCH

*Mass at St. Peter's Basilica*

*Because there are usually many Masses happening simultaneously at St. Peter's,  
no singing is permitted.*

*The Introductory Rites*

ENTRANCE

PENITENTIAL ACT

COLLECT

*The Liturgy of the Word*

FIRST READING

I Peter 2:4-5, 9-10

RESPONSORIAL PSALM

GOSPEL

Matthew 16:13-19

HOMILY

**Father Michael G. Ryan**

PRAYER OF THE FAITHFUL

*The Liturgy of the Eucharist*

SANCTUS

MEMORIAL ACCLAMATION

AMEN

LORD'S PRAYER

AGNUS DEI

COMMUNION

PRAYER AFTER COMMUNION

CONCLUDING RITES


WEDNESDAY, 19 MARCH  
*The Solemnity of St. Joseph*

*The Introductory Rites*

ENTRANCE CANTOR SINGS VERSES; ALL SING REFRAIN

*What does the Lord require?*

SHARPTHORNE



Do just - ly; Love mer - cy; Walk hum - bly with your God.

PENITENTIAL ACT

GLORIA

**Glory be to God in heaven,  
Songs of joy and peace we bring;  
Thankful hearts and voices raising,  
To creation's Lord we sing:  
Lord, we thank you, Lord, we bless you,  
Glory be to God our king.**

**Lamb of God who on your shoulders  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within:  
Lord, have mercy, Christ, have mercy,  
Now your glorious reign begin.**

**You, O Son of God, are holy,  
You we praise with one accord;  
None in heav'n or earth is like you,  
Only you are Christ the Lord,  
With the Father, and the Spirit,  
Ever worshiped and adored.**

*(Text by Edwin LeGrice)*

COLLECT

*The Liturgy of the Word*

FIRST READING

2 Samuel 7:4-5a, 12-14a, 16

RESPONSORIAL PSALM

Psalms 89



The son of Da-vid will live for ev - er.

SECOND READING

Romans 4:13, 16-18, 22

Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

Matthew 1:16, 18-21, 24a

HOMILY

Father Michael G. Ryan

CREED

**I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God, begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

*All BOW*

**and by the Holy Spirit was incarnate  
of the Virgin Mary, and became man.**

*All STAND UPRIGHT*

**For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.**

**He ascended into heaven  
and is seated at the right hand of the Father.**

**He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic  
and apostolic Church.**

**I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.**

## PRAYER OF THE FAITHFUL

### *The Liturgy of the Eucharist*

#### SANCTUS

Holst, adapt. Ryan



Ho - ly, Ho - ly, Ho - ly Lord God of Hosts,  
heav'n and earth are full of your glo - - - ry.  
Ho - san - na in the high - est, ho - san - na in the high - est.  
Blest is he who comes in the name of the Lord.  
Ho - san - na, ho - san - na in the high - - - est.

#### MEMORIAL ACCLAMATION



Save us, Sa - vior of the world, for by your cross and res-sur -  
rec - tion you have set us free, you have set us free.

#### AMEN



A - men, a - men, a - - - - men.

LORD'S PRAYER

AGNUS DEI



- 1, 2. mi - se - re - re no - bis.
- 3. do - na no - bis pa - cem.

COMMUNION

HYMN OF PRAISE

*Now let us from this table rise*

TRURO



- 1. Now let us from this ta - ble rise Re - newed in
- 2. With minds a - lert, up - held by grace, To spread the
- 3. To fill each hu - man house with love, It is the
- 4. Then grant us cour - age, car - ing God, To choose a -



- bod - y, mind, and soul; With Christ we die and live
- word in speech and deed, We fol - low in the steps
- sac - ra - ment of care; The work that Christ be - gan
- gain the pil - grim way And help us to ac - cept



- a - gain, His self - less love has made us whole.
- of Christ, At one with us in hope and need.
- to do We hum - bly pledge our - selves to share.
- with joy The chal - lenge of to - mor - row's day.

PRAYER AFTER COMMUNION

CONCLUDING RITES

THURSDAY, 20 MARCH  
*Departure from Rome*

*A Blessing of Pilgrims before their return*

BLESSED ARE YOU, O GOD,  
Father of our Lord Jesus Christ.  
From all races of the earth  
you have chosen a people dedicated to you,  
eager to do what is right.  
Your grace has moved the hearts of these pilgrims  
with a desire to love you more deeply  
and to serve you more generously.  
Bless them,  
so that they may tell of your wonderful deeds  
and give proof of them in their lives.  
Through Christ our Lord. *Amen.*

from *The Book of Blessings*

# NOTES



# NOTES

# HEALTHY TRAVEL TIPS

## ON THE AIRPLANE:

**POSTURE ALIGNMENT:** When you sit down, place something behind your lower-back (a pillow, rolled up blanket, hoodie, etc.) for lumbar support. Sit up straight with your shoulders back and relaxed, then tighten your seatbelt so that your lower-back is pressed tightly against the support, keeping your spine in a strong, neutral position.

**MOVEMENT:** Try to stand up every 1-2 hours. If possible, do some mobility while standing in the aisle, such as straight-arm overhead raises, torso rotations, and toe touches.

**HYDRATION:** At high altitudes, the air is almost completely devoid of moisture, making dehydration a higher risk. Try to drink a few ounces of water every hour. This will also encourage you to get up a few times, as you'll have to go to the restroom.

## WHILE ON PILGRIMAGE:

I always encourage my clients to focus on four main pillars of their health: nutrition, exercise, sleep, and stress management. A brief word on each in regards to traveling...

**NUTRITION:** Eating out and trying new foods is one of my favorite things to do while traveling. You should do so, and not feel an ounce of guilt! However, it's in your best interest to try to have 1-2 "healthy meals" each day, too. Typically, I recommend stocking up on some groceries and eating a healthy breakfast and/or lunch, and eating out just once each day. Focus on protein and fiber, both of which will keep you more full and prevent you from overeating. Some of my favorite foods to stock up on while traveling: Greek yogurt with berries, deli meat and cheese, oatmeal, convenient fruits like apples, bananas, oranges, jerky, and hard-boiled eggs.

**EXERCISE:** As most people won't be keen on doing typical workouts while on vacation, just focus on getting plenty of daily movement in through walking and staying on your feet.

**SLEEP:** Try to stick to a relatively consistent sleep schedule while traveling. It will help prevent jet lag, and will ensure you're well rested for the fun and adventures that each day holds.

**STRESS MANAGEMENT:** Stress tends to be one of the biggest obstacles in people's way when they're trying to improve their health and wellness. For most people, however, stress is not much of an issue while traveling, as vacations are an excellent time to break away from your routine and relax. But, if you pack your schedule too full, you may feel some stress as you try to cram in everything you want to do. Use your "free time" wisely, and try to keep some time open for pure relaxation and serendipity.

# GRACE BEFORE A MEAL

DRAW US IN THE SPIRIT'S TETHER (LENT VERSION)

Draw us in the Spirit's tether,  
For when humbly in your name  
Two or three are met together,  
You are in the midst of them:  
Praise to you, Lord Jesus, Savior!  
Touch we now your garment's hem.

As disciples used to gather  
In the name of Christ to sup,  
Then with thanks to God the Father,  
Break the bread, and bless the cup.  
Praise to you, Lord Jesus, Savior!  
So now bind our friendship up.

All our meals, and all our living,  
Make as sacraments of you,  
That by sharing, helping, giving,  
We may be disciples true:  
Praise to you, Lord Jesus, Savior!  
We will serve with faith anew.



*Prayer of Pope Francis for the Jubilee Year 2025*

FATHER IN HEAVEN,  
may the faith you have given us  
in your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom.

May your grace transform us  
into tireless cultivators of the seeds of the Gospel.  
May those seeds transform from within  
both humanity and the whole cosmos  
in the sure expectation of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.

May the grace of the Jubilee reawaken in us,  
Pilgrims of Hope,  
a yearning for the treasures of heaven.

May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.

To you our God, eternally blessed,  
be glory and praise for ever. Amen.