



POSSESSING EVERYTHING

PEACE AND POWER IN THE EUCHARIST

For Reflection

Retreat Schedule

- 11:00 AM *Pray the Rosary with Dan & Stephanie Burke*
- 12:00 PM *Talk #1 with Claire Dwyer*
- 1:00 PM *Pray the Litany of St. Joseph with Jordan Burke*
- 2:00 PM *Talk #2 with Fr. Jesse Maingot*
- 3:00 PM *Pray the Divine Mercy Chaplet for the Holy Souls in Purgatory with Ann Virnig & Fr. Boniface Hicks*
- 3:15 PM *Talk #3 with Fr. Boniface Hicks*
- 5:00 PM *Pray the Litany of the Precious Blood with Dr. Anthony Lilles*
- 6:00 PM *Talk #4 with Dr. Lawrence Feingold*
- 7:00 PM *Talk #5 with Dan Burke*
- 7:45 PM *Election Prayer & Closing with Dan Burke*

*Litany prayers can be found at the end of the journal.



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FOR SPIRITUAL FORMATION

1. Which Saint or holy person has inspired you in your devotion to the Eucharist? What about their life, teachings, or prayer inflames Eucharistic love in your soul? Compose a short prayer asking for their help in staying close to Jesus in the Eucharist.

2. Fulton Sheen says that the Eucharist is the “test of fidelity” to followers of Christ. Do you struggle with belief in the True Presence? Ask God for the grace to believe or to believe more deeply.

3. How can Jesus “consecrate” the trials of your day so that they can be transformed in Christ, for Christ?

[illegible]

[illegible]



1. What is the Holy Spirit's Gift of Wisdom?
2. How does our Eucharistic Lord enlighten our minds?
3. What is the relationship between love and wisdom?
4. What is the relationship between wisdom and suffering?

[illegible]

[illegible]



1. How can turning to Mary help you cultivate interior silence?
2. Do you perceive 'personal silence' as being something negative or positive? If negative, are you holding on to beliefs that aren't true and need to be challenged? If positive, what experiences led you to believe that?
3. What steps will you take to cultivate a life of interior silence?

[illegible]



1. Am I aware of the spousal dimension of the Eucharist as the sacrament of the love of Christ the Bridegroom for His Bride, the Church?
2. Do I understand the Eucharist as the love of the Bridegroom who (a) wishes to be present to me, (b) to make His sacrifice present to me and is inviting me to join in the offering, and (c) who wishes to give Himself whole and entire to me, as to all the other members of His Body so as to bring us into deeper communion with Him and each other?
3. Do I understand my life as a "Eucharistic life"? That is, do I try to keep a focus on the Eucharist as I live my daily life? Do I try to live the different aspects of daily life to offer them with Christ, bringing them to the altar? Do I seek the graces of Communion to live a life full of self-offering?
4. Do I reflect on Mary's example in living a Eucharistic life? Do I ask her to intercede for me to help me to live a Eucharistic life more like hers?

[illegible]

[illegible]



1. What aspect of the talk convicted me or moved me?
2. How can I better live and worship in a way that is truly reverent?
3. What specifically can I begin to do to make this needed change a reality in my life?

[illegible]

[illegible]



NOTES

[illegible]



[illegible]



LITANY OF ST. JOSEPH

Lord, have mercy on us.
Christ, have mercy on us.
Christ, hear us.
Christ graciously hear us.
God the Father of heaven,
have mercy on us.
God the Son, Redeemer of the World,
have mercy on us.
God the Holy Spirit, have mercy on us.
Holy Trinity, one God, have mercy on us.
Holy Mary, pray for us.
St. Joseph, pray for us.
Renowned offspring of David, pray for us.
Light of Patriarchs, pray for us.
Spouse of the Mother of God, pray for us.
Chaste guardian of the Virgin, pray for us.
Foster father of the Son of God, pray for us.
Diligent protector of Christ, pray for us.

Head of the Holy Family, pray for us.
Joseph most just, pray for us.
Joseph most chaste, pray for us.
Joseph most prudent, pray for us.
Joseph most strong, pray for us.
Joseph most obedient, pray for us.
Joseph most faithful, pray for us.
Mirror of patience, pray for us.
Lover of poverty, pray for us.
Model of artisans, pray for us.
Glory of home life, pray for us.
Guardian of virgins, pray for us.
Pillar of families, pray for us.
Solace of the wretched, pray for us.
Hope of the sick, pray for us.
Patron of the dying, pray for us.
Terror of demons, pray for us.
Protector of Holy Church, pray for us.

Lamb of God, who takes away the sins of the world, spare us, O Lord.

Lamb of God, who takes away the sins of the world, graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world, have mercy on us, O Lord.

He made him the lord of his household, And prince over all his possessions.

Let us pray

O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever.

Saint Joseph, pray for us.



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LITANY OF THE MOST PRECIOUS BLOOD

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.
Christ, hear us. Christ, graciously hear us.
God the Father of Heaven, have mercy on us.
God the Son, Redeemer of the world, have mercy on us.
God, the Holy Spirit, have mercy on us.
Holy Trinity, One God, have mercy on us.
Blood of Christ, only-begotten Son of the eternal Father, save us.
Blood of Christ, Incarnate Word of God, save us.
Blood of Christ, of the New and Eternal Testament, save us.
Blood of Christ, falling upon the earth in Agony, save us.
Blood of Christ, shed profusely in the Scourging, save us.
Blood of Christ, flowing forth in the Crowning with Thorns, save us.
Blood of Christ, poured out on the Cross, save us.
Blood of Christ, price of our salvation, save us.
Blood of Christ, without which there is no forgiveness, save us.
Blood of Christ, Eucharistic drink and refreshment of souls, save us.
Blood of Christ, stream of mercy, save us.
Blood of Christ, victor over demons, save us.
Blood of Christ, courage of Martyrs, save us.
Blood of Christ, strength of Confessors, save us.
Blood of Christ, bringing forth Virgins, save us.
Blood of Christ, help of those in peril, save us.
Blood of Christ, relief of the burdened, save us.
Blood of Christ, solace in sorrow, save us.
Blood of Christ, hope of the penitent, save us.
Blood of Christ, consolation of the dying, save us.
Blood of Christ, peace and tenderness of hearts, save us.
Blood of Christ, pledge of eternal life, save us.
Blood of Christ, freeing souls from purgatory, save us.
Blood of Christ, most worthy of all glory and honor, save us.
Lamb of God, who takes away the sins of the world, spare us, O Lord.
Lamb of God, who takes away the sins of the world, graciously hear us, O Lord.
Lamb of God, who takes away the sins of the world, have mercy on us, O Lord.
V. You have redeemed us, O Lord, in Your Blood.
R. And made us a kingdom for our God.

Let us pray

V. Almighty and eternal God, You have appointed Your only-begotten Son the Redeemer of the world and willed to be appeased by His blood. Grant, we beg, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the present life so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen.



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