



SILENCE

✚ **Silence** creates the climate of interior stillness in which God's voice can be heard. Abstaining from dialogue with others unleashes the easy, spontaneous communication with God, which is prayer.

✚ **Silence** enables us to make contact with our innermost self and thus satisfy our anxious quest for self-identity, inner freedom and self-determination. It also enables us to explore the purpose of life, probe more deftly our fundamental options, and tap the deep resources of human freedom.

✚ **Silence** enables us to maintain the balance between the outward and inward forces in our lives between action and prayer. We must have time for solitude as well as time for community, time for withdrawal as well as time for involvement. Too much community depersonalizes; too much solitude leads to sterile loneliness.

✚ **Silence** is therapeutic. It eases tension and helps us to relax. It offers a welcome, soothing relief from the nerve racking, noise pollution of the city. There is a connection between sound and the nervous system. When sound intensifies we tend to tense up. The therapeutic value of silence reveals itself in a deep and peaceful tranquility.

✚ **Silence** is apostolic. With the eloquence of silence, each retreatant is proclaiming the Gospel according to oneself, the Word made flesh in each person. Deep lasting friendships are welded in the silence of the retreat.

Small wonder that **silence** is one of the most distinguishing characteristics of an Ignatius House Retreat.



Morning Prayer

Ignatius House Jesuit Retreat Center



Morning Song: Deer's Cry

I arise today

Through the strength of heaven:

Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftiness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.

I arise to-day

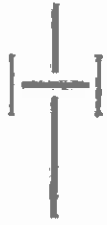
Through God's strength to pilot me:
God's eyes to look before me,
God's wisdom to guide me,
God's way to lie before me,

God's shield to protect me,
From all who shall wish me ill,
Afar and a' near,
Alone and in a multitude.

Against every cruel merciless power that may
oppose my body and soul
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ to shield me,
Christ in the heart of every one who thinks of me,
Christ in the mouth of every one who speaks of me.

I arise to-day

Sung by Rita Connolly. Music by Shaun Davey. Taken from the "St. Patrick's Breastplate Prayer"



Morning Prayer

Ignatius House Jesuit Retreat Center

Leader: Our God calls us to be people of Love. We turn our hearts to God and begin in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Left Side:

I arise this morning to embrace life's possibilities,
Remembering the ones for whom another day is a painful burden.

Right Side:

I raise my eyes to the generous sun, mindful
That some are blind to the gift and numb to the presence within all.

Left Side:

I open my heart to the abundance that surrounds me,
aware of the alienation that haunts sisters and brothers who are exiles or refugees.

Right Side:

I share this day with a circle of family and friends,
Knowing that many are abandoned to our streets or warehoused in institutions.

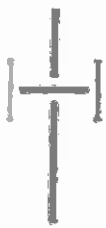
Left Side:

I turn my attention to the tasks of this day, recognizing that others are deprived of
place and purpose in the world of busyness.

All:

May we receive the gift of morning and all the grace that comes with it. May our
morning begin with a hymn of praise, O God! May your glory shine forth in us this day!
Strengthen us in love, root us in mercy, That all persons may know your love is
everlasting. Amen.





Evening Prayer

Ignatius House Jesuit Retreat Center

Evening Song: Radiant Light Divine

Ra - dant Light Di - vine, shine through - out this night.____

Je - sus, He - ly One, praise to you our Light.____ As the

day - light fades, and come e - ven - tide,____ dwell a -

mong us, Ho - ly Fire.

Music: Rufino Zaragoza, OFM, b. 1957, © 1990, 2006, Rufino Zaragoza, OFM.
Published by OCP Publications. All rights reserved.
Used with permission under LicenSingOnline U2304.



Evening Prayer

Ignatius House Jesuit Retreat Center

Leader: Slowly we are turning once again
To look into the dark, star-sprinkled space
Through which our planet is traveling.

Left Side All life is aware of the approaching view,
And the sunset beauty of this day's end
Is an overture to the awesome grandeur
Of the eternal vision that awaits us.



Right Side As the Earth turns outward,
May my thoughts turn inward
To the Sacred Mystery that dwells in my heart.

Left Side At the end of this day
I sing a song of thanksgiving
For the wonder of life.

Right Side I lift up my voice in gratitude
For all this day has held for me
As I turn my memory to its flood of gifts.

Pause for recollection of blessings and gifts

All Blessed are you, Divine Mystery,
Who has chosen to dwell within me
And has enriched this day
With zestful life, beauty, love,
And the discipline of my trials and temptations.

Leader Blessed are you, O God,
Most blessed are you.
AMEN.

