

Như Những Vì Sao

Time: December 27 - 30, 2020

Facilitators: Fr. Hưng Phạm SJ





Journal

Name

Country

City

A deep blue and purple starry night sky. A prominent nebula with purple and blue hues is visible on the left side. The text "We saw his star" is written in a white, handwritten-style font in the center of the image.

We saw his star

We Saw His Stars

OPENING SONG

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

Fr. Hung

What star is this, with beams so bright,
More lovely than the noonday light?

Sr. Hannah

'Tis sent to announce a newborn king,
Glad tidings of our God to bring.

Fr. Hung

Tis now fulfilled what God decreed,
"From Jacob shall a star procede";

Sr. Hannah

And lo! The eastern sages stand,
To read in heaven the Lord's command.

Fr. Hung

O Jesus, while the star of grace
Impels us on to seek your face,

Sr. Hannah

Let not our slothful hearts refuse
The guidance of your light to use

Fr. Hung

To God, Creator, heavenly light,
To Christ, revealed in earthly night,

Sr. Hannah

To God the Spirit blest we raise
An endless song of thankful praise!

DAY 1

We saw his star

Fr. Hung: *Let us listen to the Word of God*

Fr. Hung

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

Sr. Hannah

As it was in the beginning, is now, and will be forever. Amen.

SCRIPTURE

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”

DAY 1

We saw his star

CONCLUDING PRAYER

Fr. Hung

No one can celebrate a genuine Christmas

Sr. Hannah

Without being truly poor.

Fr. Hung

The self-sufficient, the proud, those who, because they have everything, look down on others,

Sr. Hannah

Those who have no need even of God- for them there will be no Christmas.

Fr. Hung

Only the poor, the hungry, those who need someone to come on their behalf, will have that someone.

Sr. Hannah

That someone is God. Emmanuel God-with-us.

Fr. Hung

Without poverty of spirit, there can be no abundance of God.

We saw his star

BENEDICTION

May the blessing of the Almighty God, the Father, the Son, and the Holy Spirit come upon us and remain with us forever.

Amen.

DAY 1

We saw his star

GRACE TO ASK FOR

Courage & Generosity

Open to dream new possibility

INDIVIDUAL DAILY REFLECTION

What is the one thing I am PRAY - DREAMING for in this retreat?

What / where are some of the STARS in my life at the moment?

Suggested structure for one hour period of prayer in Ignatian tradition

5 minutes

SETTLING IN:

Find for oneself a comfortable place & space

Start quieting down, first by paying attention to your breathing, all the sounds in the surrounding... SLOWLY

10 minutes

SIGNAL TO START - COMPOSING A SACRED SPACE

Making a sign of a cross, light a candle (if available)

Reviewing the previous day's grace

Go over the Grace of the Day (what to pray for) - it will be given daily

10 minutes

MEDITATE / CONTEMPLATE

Go over the points / directions given (skim over the video)

Use those question of reflection to guide your meditation

20 minutes

LISTENING

In silence, pay attention to one's thoughts, then moving deeper into listening to the inner movement within oneself

10 minutes

NOTING - JUST LET ONE BE

Write down anything that comes to the tip of your finger, without evaluation or judgment (it is not a test)

Or just day dreaming and pay attention

5 minutes

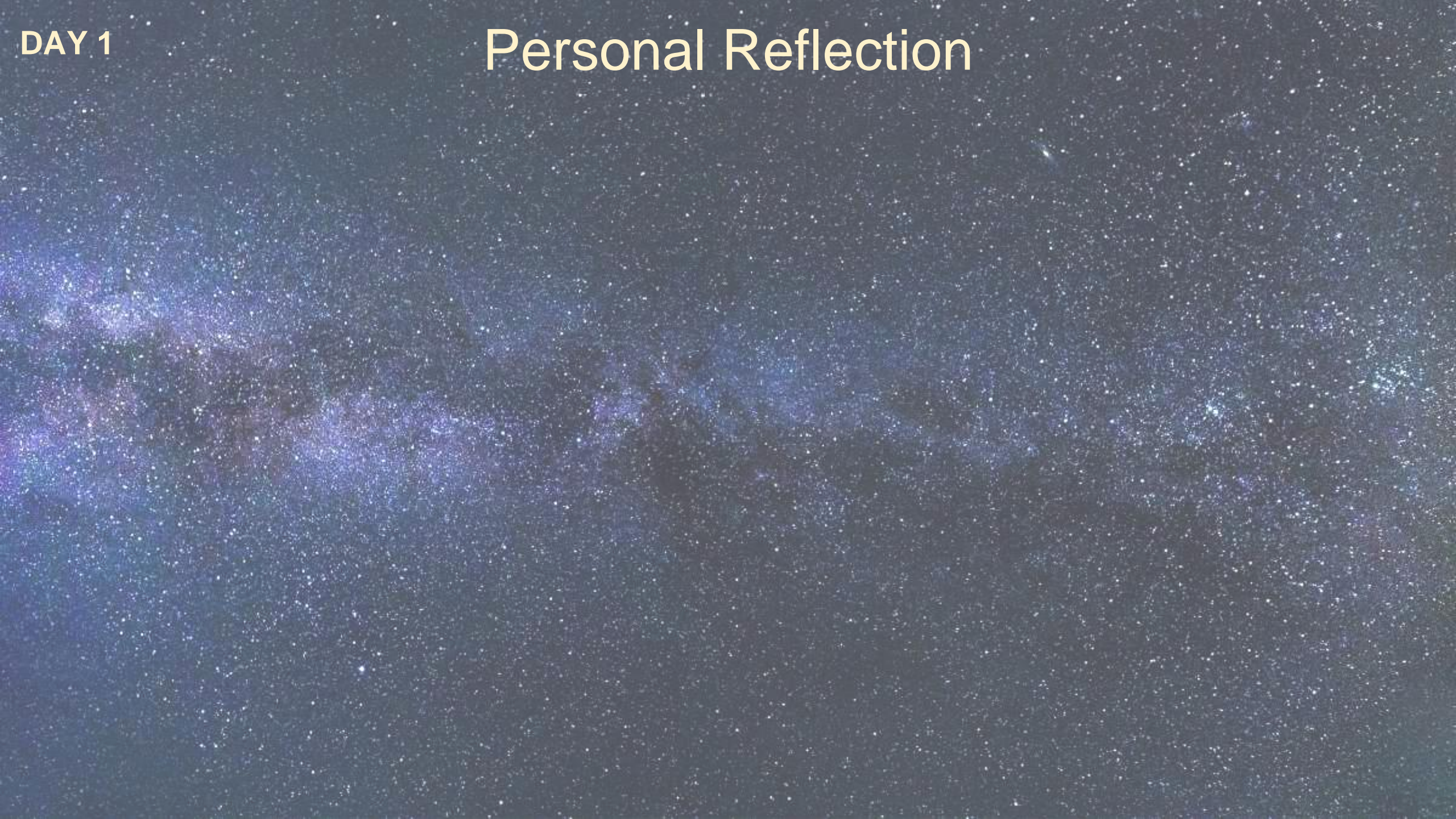
ACT OF GRATITUDE (Short and sweet)

Pray a Glory Be or in your own words thanks to Lord



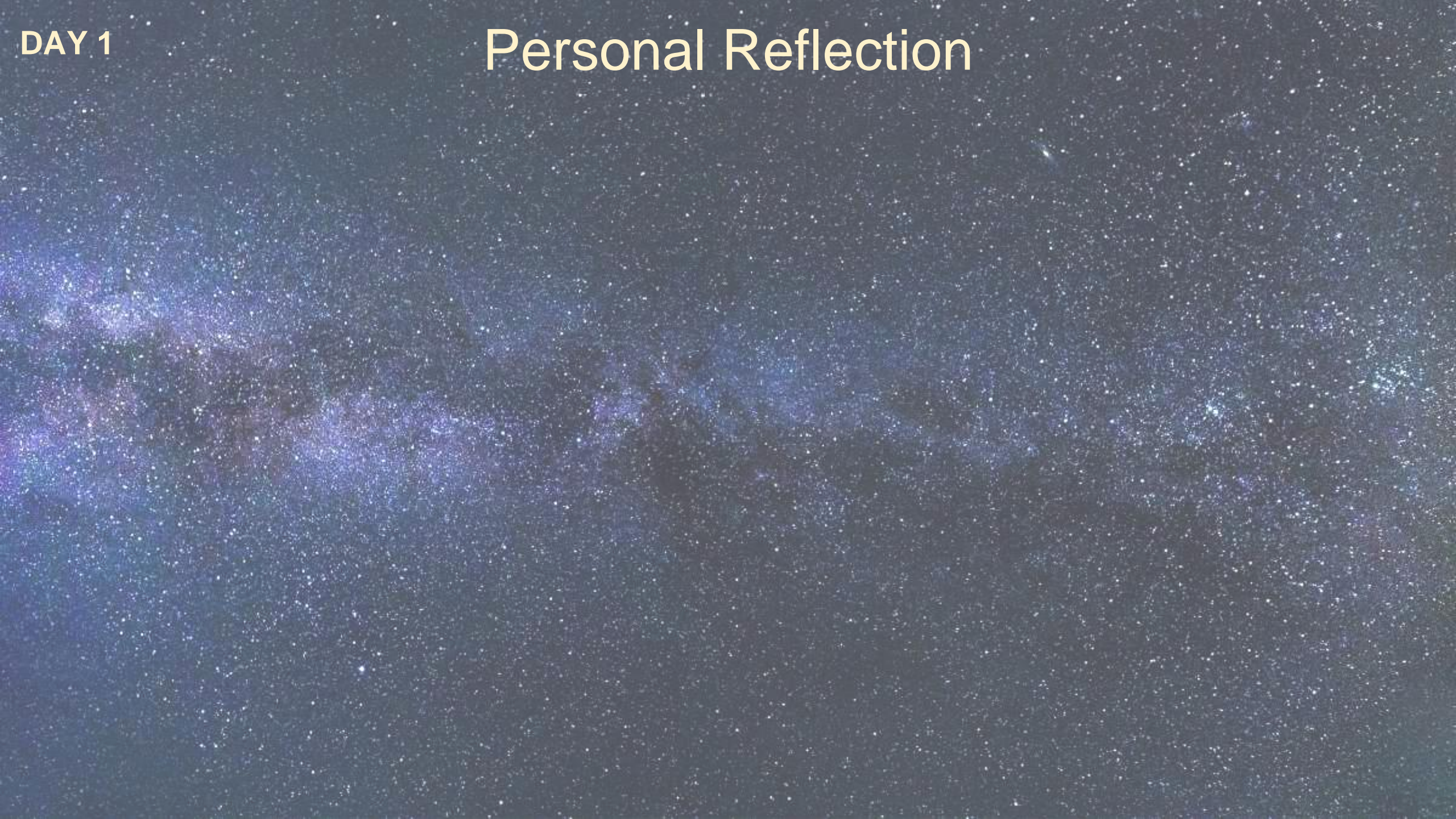
DAY 1

Personal Reflection



DAY 1

Personal Reflection



DAY 1

Personal Reflection

