



HOLY LAND PILGRIMAGE

January 22-31, 2023 | St. James Cathedral, Seattle



PLEASE BRING THIS BOOK WITH YOU DAILY
DURING OUR TIME IN THE HOLY LAND.

THIS BOOK BELONGS TO:

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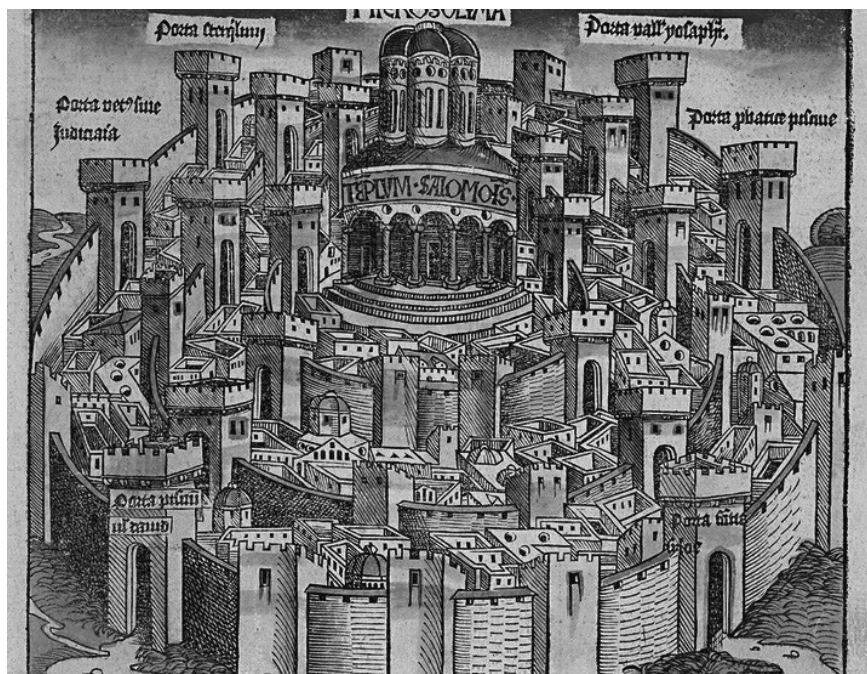
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My Pilgrimage Prayer Intentions

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

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Jerusalem in a 1493 woodcut

St. James Cathedral Parish Pilgrimage

LITURGIES AND PRAYERS IN THE HOLY LAND

22-31 January 2023

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Little Prayers for Pilgrims

Waking up

Thank you for this new morning, God!
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, 23 JANUARY | TEL AVIV
Arrival in the Holy Land

A Prayer for Pilgrims

BLESSED ARE YOU, FATHER,
who, in your infinite love,
gave us your only begotten Son.
By the power of the Holy Spirit he became incarnate
in the spotless womb of the Virgin Mary
and was born in Bethlehem
two thousand years ago.
He became our companion on life's path
and gave new meaning to our history,
the journey we make together
in toil and suffering, in faithfulness and love,
towards the new heaven and the new earth
where You, once death has been vanquished,
will be all in all.

Praise and glory to you, Most Holy Trinity,
you alone are God most high!

from Pilgrim Prayers: The Official Vatican Prayerbook for the Jubilee Year 2000

TUESDAY, 24 JANUARY

Mass at the Church of St. Joseph, Nazareth

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

Isaiah 7:10-14, 8:10

RESPONSORIAL PSALM

Psalm 40

Response: **Here am I, Lord; I come to do your will.**

chant



Luke 1:26-38

Father Michael G. Ryan

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

The Liturgy of the Eucharist

AMEN

LORD'S PRAYER

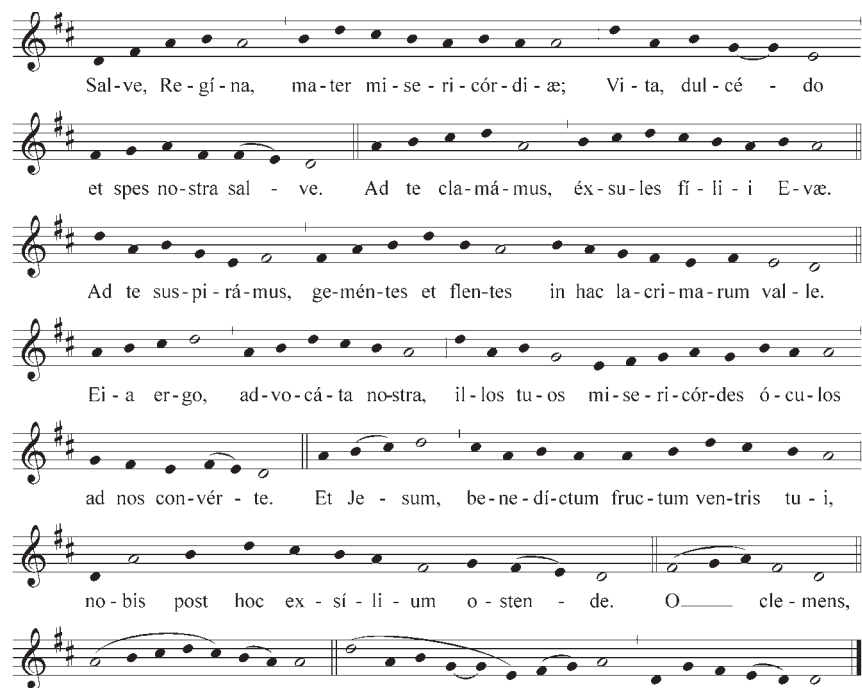
AGNUS DEI

COMMUNION

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

ANTIPHON TO THE BLESSED VIRGIN MARY



Sal-ve, Re-gí-na, ma-ter mi-se-ri-cór-di-æ; Vi-ta, dul-cé-do
et spes no-stra sal-ve. Ad te cla-má-mus, éx-su-les fĩ-li-i E-væ.
Ad te sus-pi-rá-mus, ge-mén-tes et flen-tes in hac la-cri-ma-rum val-le.
Ei-a er-go, ad-vo-cá-ta no-stra, il-lo-s tu-os mi-se-ri-cór-des ó-cu-los
ad nos con-vér-te. Et Je-sum, be-ne-dí-ctum fruc-tum ven-tris tu-i,
no-bis post hoc ex-sí-li-um o-sten-de. O cle-mens,

TUESDAY, 24 JANUARY

Visit to Cana

ON THE THIRD DAY there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine."

And Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come."


His mother said to the servers, "Do whatever he tells you."

Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, "Fill the jars with water." So they filled them to the brim. Then he told them, "Draw some out now and take it to the headwaiter." So they took it.


And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now."

Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

John 2:1-11



1. Be - lov - ed, let us love: for love is of God;
2. Be - lov - ed, let us love: for those who love,
3. Be - lov - ed, let us love: for love is rest,
4. Be - lov - ed, let us love: for love is light,
5. Be - lov - ed, let us love: for on - ly thus



In God a - lone love has its true a - bode.
They on - ly, are his chil - dren from a - bove.
And those who do not love can - not be blessed.
And those who do not love still live in night.
Shall we see God, the Lord, who first loved us.

FOR REFLECTION:

In this place, I remember that I am called to love as Jesus loved.
I pray for all those whom I love, and for those dear to me who have died.
I ask God to show me where I have failed in love, and to help me be more loving,
especially to those whom I find it difficult to love.

TUESDAY, 24 JANUARY

Visit to Mount Carmel

THE LORD SAID TO ELIJAH: Go out and stand on the mountain before the LORD; the LORD will pass by. There was a strong and violent wind rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind; after the wind, an earthquake—but the LORD was not in the earthquake; after the earthquake, fire—but the LORD was not in the fire; after the fire, a light silent sound.

When he heard this, Elijah hid his face in his cloak and went out and stood at the entrance of the cave.

I Kings 19:11-13

ALL-POWERFUL AND EVERLASTING GOD,
you granted to Saint Elijah the prophet
the grace of living in your presence
and consuming himself through zeal for your glory.
May your servants ever seek your countenance,
to be witnesses of your love.
Through Christ our Lord.

FOR REFLECTION:

In this place, I remember all the times I felt God close,
all the times I heard the “light silent sound,” the “still small voice”
of God’s presence - and I give thanks.

I ask God to make me more mindful of the divine presence,
to be more attentive to God’s voice,
and to be ready to respond to what God asks with my whole heart.

WEDNESDAY, 25 JANUARY
Boat Ride on the Sea of Galilee

AS EVENING DREW ON, Jesus said to his disciples, “Let us cross to the other side.” Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him.

A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?”

He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm.

Then he asked them, “Why are you terrified? Do you not yet have faith?”

They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”

Mark 4:35-41

1. Be still, my soul: the Lord is on thy side!
 2. Be still, my soul: thy God doth un - der - take

Bear pa - tient - ly the cross of grief or pain;
 To guide the fu - ture as he has the past;

Leave to thy God to or - der and pro - vide
 Thy hope, thy con - fi - dence let noth - ing shake

In ev - `ry change He faith - ful will re - main.
 All now mys - te - rious shall be bright at last.

Be still, my soul: thy best, thy heav'n - ly friend
 Be still, my soul: the waves and winds still know

Thru thorn - y ways leads to a joy - ful end.
 His voice who ruled them while he dwelt be - low.

FOR REFLECTION:

In this place, I think of all the storms of my own life--
 the storms I have lived through; the storms that surround me now.
 I think of the storms of our world--violence, polarization, climate change.

So often we want to say with the disciples,
Lord, do you not care that we are perishing?

In this place, I want to let go of fear and anxiety,
 and trust that Jesus is still in command of wind and sea,
 with power to calm every storm in my life and in our world.

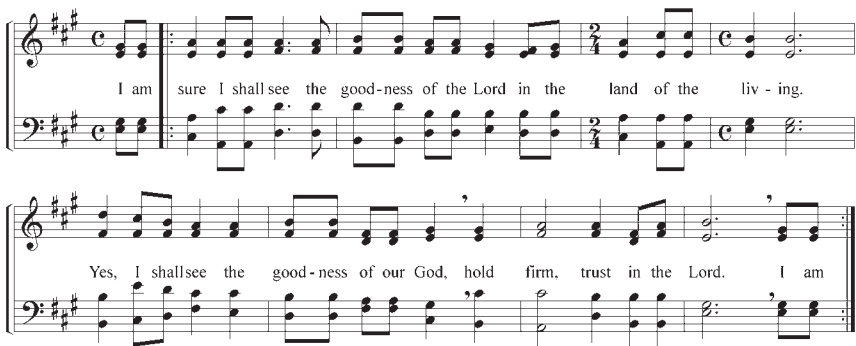
Who is this whom even wind and sea obey?

WEDNESDAY, 25 JANUARY

Visit to the Mount of Beatitudes

JESUS WENT UP THE MOUNTAIN,
and after he had sat down, his disciples came to him.
He began to teach them, saying:
“Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are they who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the land.
Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.
Blessed are the merciful, for they will be shown mercy.
Blessed are the clean of heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.
Blessed are you when they insult you and persecute you
and utter every kind of evil against you, falsely, because of me.
Rejoice and be glad, for your reward will be great in heaven.
Thus they persecuted the prophets who were before you.”

Matthew 5:1-12a



FOR REFLECTION:

In this place of blessing, I ask God's blessing.
I bring before God all the poor and the meek of the earth,
all the peacemakers,
all those persecuted for their faith.
I ask for the grace to live the Beatitudes:
to be a blessing to the community in which I live
and to all those whose lives touch mine.

WEDNESDAY, 25 JANUARY

Mass at the Church of St. Peter, Capernaum

The Introductory Rites

ENTRANCE

O Christ the great foundation

AURELIA



1. O Christ the great foun - da - tion On which your peo - ple stand
2. Bap - tized in one con - fes - sion, One church in all the earth,
3. Where ty - rants' hold is tight - ened, Where strong de - vour the weak,
4. This is the mo - ment glo - rious When he who once was dead



To preach your true sal - va - tion In ev - 'ry age and land:
We bear our Lord's im - pres - sion, The sign of sec - ond birth;
Where in - no - cents are fright - ened The right - eous fear to speak,
Shall lead his church vic - to - rious, Their cham - pion and their head.



Pour out your ho - ly Spir - it To make us strong and pure,
One ho - ly peo - ple gath - ered In love be - yond our own,
There let your church a - wak - ing At - tack the pow'rs of sin
The Lord of all cre - a - tion His heav'n - ly king - dom brings



To keep the faith un - bro - ken As long as worlds en - dure.
By grace we were in - vit - ed, By grace we make you known.
And, all their ram - parts break - ing, With you the vic - tory win.
The fi - nal con - sum - ma - tion, The glo - ry of all things.

PENITENTIAL ACT

COLLECT

The Liturgy of the Word

FIRST READING

I Peter 5:1-4

RESPONSORIAL PSALM

Psalm 89

Response: **For ever I will sing the goodness of the Lord.**

ALLELUIA

chant



GOSPEL

Matthew 16:13-19

HOMILY

Father Michael G. Ryan

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

The Liturgy of the Eucharist

PREFACE AND EUCHARISTIC PRAYER

AMEN

LORD'S PRAYER

AGNUS DEI

COMMUNION

HYMN OF PRAISE

Christian, do you hear the Lord

ORIENTIS PARTIBUS



1. Chris - tian, do you hear the Lord? Je - sus
2. "I de - liv - ered you when bound, And when
3. "Can a moth - er's ten - der - ness For her
4. "Mine is an un - chang - ing love, High - er
5. "You shall see my glo - ry soon, When the
6. Lord, it is my chief com - plaint That my



speaks his gra - cious word. Gent - ly sounds the
 bleed - ing healed your wound. Saw you wan - d'ring,
 own dear child grow less? Though she may for -
 than the heights a - bove, Deep - er than the
 work of grace is done; Crowned with splen - dor
 love is weak and faint; Yet I love you,



Sav - ior's call, "Do you love me best of all?"
 set you right, Turned your dark - ness in - to light.
 get - ful be, You are al - ways dear to me.
 depths be - neath, Free and faith - ful, strong as death.
 you shall be: Chris - tian, come and fol - low me!"
 and a - dore — O for grace to love you more!

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

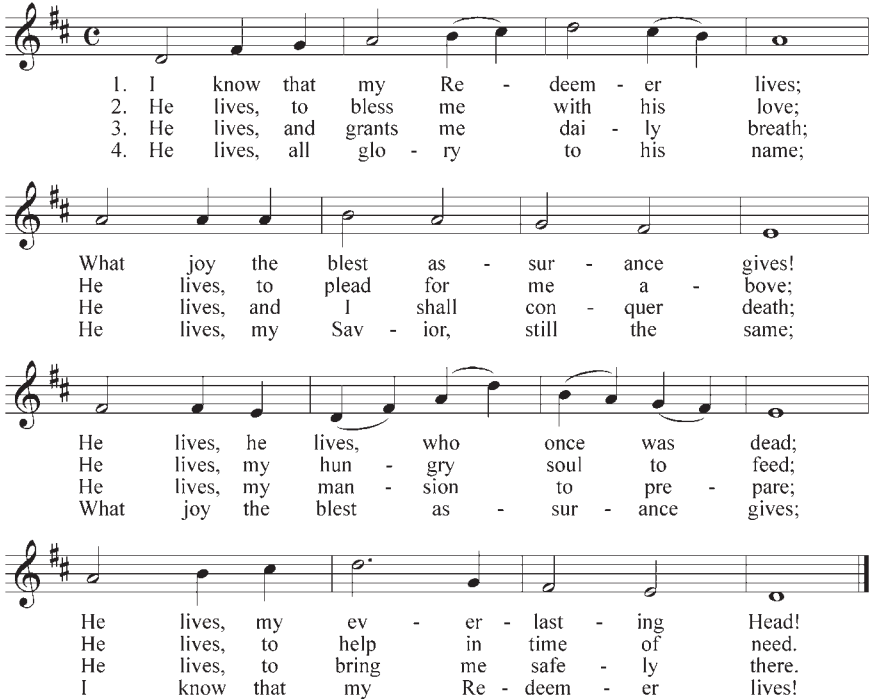
THURSDAY, 26 JANUARY
Mass at Magdala

The Introductory Rites

ENTRANCE

I know that my Redeemer lives

DUKE STREET



1. I know that my Re - deem - er lives;
2. He lives, to bless me with his love;
3. He lives, and grants me dai - ly breath;
4. He lives, all glo - ry to his name;

What joy the blest as - sur - ance gives!
He lives, to plead for me a - bove;
He lives, and I shall con - quer death;
He lives, my Sav - ior, still the same;

He lives, he lives, who once was dead;
He lives, my hun - gry soul to feed;
He lives, my man - sion to pre - pare;
What joy the blest as - sur - ance gives;

He lives, my ev - er - last - ing Head!
He lives, to help in time of need.
He lives, to bring me safe - ly there.
I know that my Re - deem - er lives!

PENITENTIAL ACT

COLLECT

The Liturgy of the Word

FIRST READING

I Peter 1:3-9

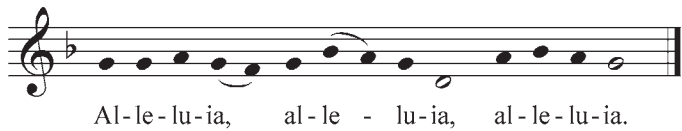
RESPONSORIAL PSALM

Psalm 63

Response: **My soul is thirsting for you, O Lord my God.**

ALLELUIA

chant



GOSPEL

John 20:1-2, 11-18

HOMILY

Father Michael G. Ryan

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

The Liturgy of the Eucharist

PREFACE AND EUCHARISTIC PRAYER

AMEN

LORD'S PRAYER

AGNUS DEI

COMMUNION

HYMN OF PRAISE

Come, My Way, My Truth, My Life
THE CALL

1. Come, my Way, my Truth, my Life: Such a
2. Come, my Light, my Feast, my Strength: Such a
3. Come, my Joy, my Love, my Heart: Such a

way as gives us breath; Such a truth as ends all
light as shows a feast; Such a feast as mends in
joy as none can move; Such a love as none can

strife; Such a life as kill - - - - eth death.
length; Such a strength as makes _____ his guest.
part; Such a heart as joys _____ in love.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

THURSDAY, 26 JANUARY

Visit to the Church of the Transfiguration

JESUS TOOK PETER, JOHN, AND JAMES and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem.

Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him. As they were about to part from him, Peter said to Jesus, "Master, it is good that we are here; let us make three tents, one for you, one for Moses, and one for Elijah." But he did not know what he was saying.

While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, "This is my chosen Son; listen to him." After the voice had spoken, Jesus was found alone.

Luke 9:28-36



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.

FOR REFLECTION:

In this place of transfiguration, I ask God to transfigure my life,
 to bind me more closely to his Son, the crucified and risen one.
 I ask God to make us all more Christ-like: self, Church, community, world. 19

THURSDAY, 26 JANUARY

Arrival in Jerusalem

I REJOICED WHEN I HEARD THEM SAY:

“Let us go to God’s house.”

And now our feet are standing
within your gates, O Jerusalem.

Jerusalem is built as a city,
strongly compact.
It is there that the tribes go up,
the tribes of the Lord.

For Israel’s law it is
there to praise the Lord’s name.
There were set the thrones of judgment
of the house of David.

For the peace of Jerusalem pray:
“Peace be to your homes!
May peace reign in your walls,
in your palaces, peace!”

For love of my kindred and friends
I say, “Peace upon you!”
For love of the house of the Lord
I will ask for your good.

Psalm 122

FOR REFLECTION:

With pilgrims to Jerusalem down through the ages,
I rejoice simply to be here.
As I enter to this place, the “city of peace,” I pray for peace:
peace in our cities, in our families, in our Church, in our world.

FRIDAY, 27 JANUARY
Mass in Bethlehem

The Introductory Rites

ENTRANCE

O come, all ye faithful
ADESTE FIDELES

O come, all ye faithful, joyful and triumphant!
O come ye, O come ye to Bethlehem;
Come and behold him
Born the King of Angels:
O come, let us adore Him,
O come, let us adore Him,
O come, let us adore him,
Christ the Lord.

PENITENTIAL ACT

COLLECT

The Liturgy of the Word

FIRST READING

Isaiah 52:7-10

RESPONSORIAL PSALM

Psalm 96

Response: **In Bethlehem is born our Savior, Christ the Lord.**

ALLELUIA

Mass of Carols for Children



GOSPEL

Luke 2:1-14

HOMILY

Father Michael G. Ryan

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

The Liturgy of the Eucharist

PREFACE AND EUCHARISTIC PRAYER

AMEN

LORD'S PRAYER

AGNUS DEI

COMMUNION

HYMN OF PRAISE

O little town of Bethlehem

O little town of Bethlehem,
how still we see thee lie!
Above thy deep and dreamless sleep
the silent stars go by;
yet in thy dark streets shineth
the everlasting light.
The hopes and fears of all the years
are met in thee tonight.

How silently, how silently,
the wondrous gift is giv'n!
So God imparts to human hearts
the blessings of his heav'n.
No ear may hear his coming,
but in this world of sin,
where meek souls will receive him, still
the dear Christ enters in.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

FRIDAY, 27 JANUARY

Visit to Ein Karem

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

And Mary said:

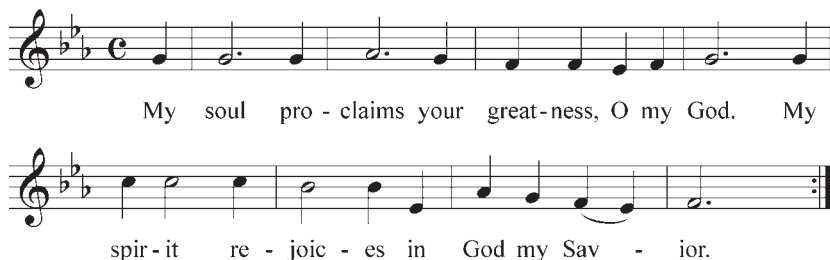
"My soul proclaims the greatness of the Lord;
my spirit rejoices in God my savior.
For he has looked with favor on his lowly servant.
From this day all generations will call me blessed;
The Almighty has done great things for me,
and holy is his name.

He has mercy on those who fear him in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones
and has lifted up the lowly.

He has filled the hungry with good things
and the rich he has sent away empty.
He has come to the help of his servant Israel,
for he has remembered his promise of mercy,
the promise he made to our ancestors,
to Abraham and his children for ever."

Mary remained with her about three months and then returned to her home.

Luke 1: 39-56



SATURDAY, 28 JANUARY
Mass at the Holy Sepulchre

The Introductory Rites

ENTRANCE

PENITENTIAL ACT

COLLECT

The Liturgy of the Word

FIRST READING

Romans 6:3-11

RESPONSORIAL PSALM

Psalm 118

Response: **This is the day the Lord has made; let us rejoice and be glad.**

GOSPEL

Luke 23:44-56

HOMILY

Father Michael G. Ryan

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

The Liturgy of the Eucharist

PREFACE AND EUCHARISTIC PRAYER

AMEN

LORD'S PRAYER

AGNUS DEI

COMMUNION

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

SATURDAY, 28 JANUARY

Visit to the Church of St. Peter in Gallicantu

THEY LED JESUS AWAY and took him into the house of the high priest; Peter was following at a distance. They lit a fire in the middle of the courtyard and sat around it, and Peter sat down with them.

When a maid saw him seated in the light, she looked intently at him and said, "This man too was with him."

But he denied it saying, "Woman, I do not know him."

A short while later someone else saw him and said, "You too are one of them"; but Peter answered, "My friend, I am not."

About an hour later, still another insisted, "Assuredly, this man too was with him, for he also is a Galilean."

But Peter said, "My friend, I do not know what you are talking about." Just as he was saying this, the cock crowed, and the Lord turned and looked at Peter; and Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times."

He went out and began to weep bitterly.

Luke 22:54-62



FOR REFLECTION:

In this place, I ask God's forgiveness for all the times I have betrayed him,
through selfishness, cowardice, or cruelty to others.
I renew my trust in Christ, who rose from the dead with forgiveness and love
for Peter and for all.

SUNDAY, 29 JANUARY

Mass at the Cenacle, Mount Zion

The Introductory Rites

ENTRANCE

At that first Eucharist

UNDE ET MEMORES



1. At that first Eu - cha - rist be - fore you died,
2. For all your church, O Lord, we in - ter - cede;
3. So, Lord, at length when sac - ra - ments shall cease,



O Lord, you prayed that all be one in you;
O make our lack of char - i - ty to cease;
May we be one with all your Church a - bove,



At this our Eu - cha - rist a - gain pre - side,
Draw us the near - er each to each we plead,
One with your saints in one un - end - ing peace,



And in our hearts your law of love re - new.
By draw - ing all to you, O Prince of Peace.
One with your saints in one un - bound - ed love;



Thus may we all one Bread, one Bod - y be;
Thus may we all one Bread, one Bod - y be;
More bless - ed still in peace and love to be



Through this blest Sac - ra - ment of Un - i - ty.
Through this blest Sac - ra - ment of Un - i - ty.
One with the Trin - i - ty in Un - i - ty.

PENITENTIAL ACT

GLORIA

COLLECT

The Liturgy of the Word

FIRST READING

Acts 2:42-47

RESPONSORIAL PSALM

Psalm 147

Response: **Praise the Lord, Jerusalem.**

SECOND READING

I Corinthians 11:23-26

GOSPEL

Mark 14:12-16, 22-26

HOMILY

Father Michael G. Ryan

CREED

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

The Liturgy of the Eucharist

PREFACE

SANCTUS

Compostela Mass

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



Cantor: ALL:
*A-gnus De - i, * qui tol-lis pec-ca-ta mun-di:* 1, 2. mi-se-re-re no - bis.
 3. do-na no-bis pa - cem.

COMMUNION

HYMN OF PRAISE

Father, we thank thee

RENDEZ A DIEU

1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from

Name with - in our hearts. Knowl - edge and faith and life im -
e - vil, guard it still, Per - fect it in thy love, u -

mor - tal Je - sus, thy Son, to us im - parts.
nite it, Cleansed and con-formed un - to thy will.

Thou, Lord, didst make all for thy plea - sure, Didst give us
As grain, once scat - ter'd on the hill - sides, Was in this

food for all our days, Giv - ing in Christ the Bread
bro - ken bread made one, So from all lands thy Church

e - ter - nal; Thine is the power, be thine the praise.
be gath - er'd In - to thy king - dom by thy Son.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

SUNDAY, 29 JANUARY

Renewal of Baptismal Promises at the Jordan

*Christ is bathed in light; let us also be bathed in light. Christ is baptized;
let us also go down with him, and rise with him.*

Jesus rises from the waters; the world rises with him.

Today let us do honor to Christ's baptism and celebrate this feast in holiness.

Be cleansed entirely and continue to be cleansed.

God wants you to become a living force for all humanity, lights shining in the world.

*You are to be radiant lights as you stand beside Christ, the great light,
bathed in the glory of him who is the light of heaven. (Saint Gregory of Nazianzus)*

SONG

On Jordan's Bank
WINCHESTER NEW



1. On Jor - dan's bank the Bap - tist's cry An -
2. Then cleansed be ev - ery heart from sin; Make
3. For you are our sal - va - tion, Lord, Our
4. To heal the sick stretch out your hand, And
5. All praise the Son e - ter - nal - ly, Whose



noun - ces that the Lord is nigh; A - wake and heark - en,
straight the way of God with - in, And let each heart pre -
ref - uge and our great re - ward; With - out your grace we
bid the fall - en sin - ner stand; Shine forth, and let your
ad - vent sets his peo - ple free; Whom with the Fa - ther



for he brings Glad ti - dings of the King of kings.
pare a home Where such a might - y guest may come.
waste a - way Like flowers that with - er and de - cay.
light re - store Earth's own true love - li - ness once more.
we a - dore And spir - it blest for ev - er - more.

The beginning of the gospel of Jesus Christ the Son of God.
As it is written in Isaiah the prophet:

“Behold, I am sending my messenger ahead of you;
he will prepare your way.
A voice of one crying out in the desert:
‘Prepare the way of the Lord,
make straight his paths.’”

John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins.

John was clothed in camel's hair, with a leather belt around his waist. He fed on locusts and wild honey. And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the holy Spirit.”

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.”

RENEWAL OF BAPTISMAL PROMISES All respond, **I do.**

SPRINKLING WITH WATER FROM THE JORDAN

CONCLUDING PRAYER AND BLESSING

MONDAY, 30 JANUARY

Visit to Emmaus

That very day, the first day of the week, two of the disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.

Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

Luke 24:13-35

U - bi ca - ri - tas et a - mor,
Where there is charity and love

U - bi ca - ri - tas, De - us i - bi est.
God is truly there.

FOR REFLECTION:

In this place of encounter with the risen Christ,
 I think of all the ways I have encountered Christ on this pilgrimage:
 in the places, the people, in word and in sacrament.

I give thanks for these holy days.

I pray that I may come to know Jesus better and better,
 in word, in sacrament, in community, in the poor and the afflicted.

May our hearts continue to burn within us
 as our thoughts turn homeward once again.

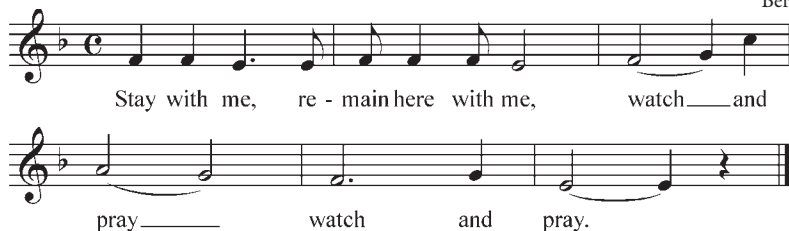
MONDAY, 30 JANUARY

Mass at the Church of All Nations, Gethsemane

The Introductory Rites

ENTRANCE

Stay with me
Berthier



PENITENTIAL ACT

COLLECT

The Liturgy of the Word

FIRST READING

Isaiah 50:4-9a

RESPONSORIAL PSALM

Psalms 69

Response: **Lord, in your great love, answer me.**

ALLELUIA

chant



GOSPEL

Matthew 26:36-46

HOMILY

Father Michael G. Ryan

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

The Liturgy of the Eucharist

PREFACE AND EUCHARISTIC PRAYER

AMEN

LORD'S PRAYER

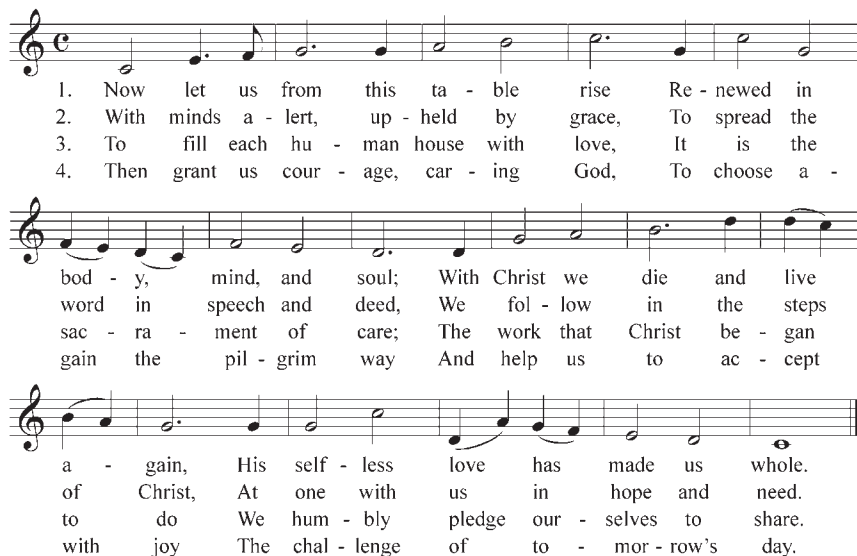
AGNUS DEI

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

BLESSING AND DISMISSAL

TUESDAY, 31 JANUARY
Departure from the Holy Land

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*

Wisdom for Pilgrims

FATHER JAMES MARTIN, SJ:

I don't make too many guarantees in life. But I can guarantee that this trip will change your life. That doesn't mean you're suddenly going to become a ballerina or an airline pilot. But it will change your life because it will completely change and deepen the way you experience the Gospels. I often say to people, if all you do in the Holy Land is see the Sea of Galilee, that's enough, because you will see what Jesus saw, and that will change you.

- God has called you to the Holy Land.
- Look on this as a retreat rather than a tour.
- Have your own pilgrimage experience. (Don't compare your experience to others.)
- You don't have to do everything. (It's not a test, let alone a contest!)
- Try not to have too many expectations. Be open and enjoy yourself.
- Spend time in prayer.

SISTER LAURIE BRINK, OP:

The land speaks. The land questions. The land informs. Our faith lives are made three dimensional when we have a visual memory of the geography. But this isn't just an exercise in geography. This is a quest for the holy. To be a pilgrim is different from being a tourist. A tourist travels away from his or her center, or home, to explore another land, to learn, to rest, to be entertained. A pilgrim, in contrast, journeys *toward* the center, the core of his or her faith. The pilgrims who come to the Holy Land today, together with all who have come before, are members of the same family of faith. We have all been drawn by our common belief in Jesus, and our common desire to touch and be touched by the holiest, most significant places on earth for all Christians.

As St. Augustine wrote: "Let the sacred page be a book for you, so that you may hear these things. Let the world be a book for you, so that you may see them." May your pilgrimage to the Holy Land bring the sacred page alive. May the land, its history, and its peoples strengthen your faith.

DR HARRY HAGOPIAN:

Many people come, and they run where Jesus walked. Please don't run. Walk where Jesus walked. That is the only way that you would be able not only to get an appreciation of the mystical realities of what happened in the Biblical stories, but also the only way you would be able to meet what the Latin patriarch used to call the two peoples and the three faiths of the Holy Land.

When you think about the situation in Israel and Palestine, don't make it a binary choice. Don't think only in terms of Israel is one side of that ugly wall, or Palestine on the other. Be open to the others. The inequities on all sides are abundant. So when you go from one side to another, first of all remember, that you are not only visiting stones, you also are visiting living stones. And when you do that, when you go to a church—the Pater Noster Church on the Mount of Olives, St. Peter in Gallicantu, pray for justice for both peoples. Without justice, I have learned, painfully, there can be no real peace. It is not easy. It is very difficult. It goes against our human grain to be open to the views we disagree with, but therein, I think, lies the true vocation of a Christian: the inclusiveness, the neighborliness that is important for all of us.

I hope that you don't come back with certainties. If you come back with certainties, I will be worried. If we can explain everything, then what is there left to believe in?

DR. ERICA MARTIN:

Be brave. Be brave, and proud of your bravery! It is a dangerous journey, a long and tiring journey. You are going to experience ecstatic moments of recognition, but you are also going to be tired and cranky. Lean into that.

Be curious. Be really curious. Go with an openness to questions, to learning. The more conversations you can have with people who live there, the more you can interact with people, you will get such a different perspective.

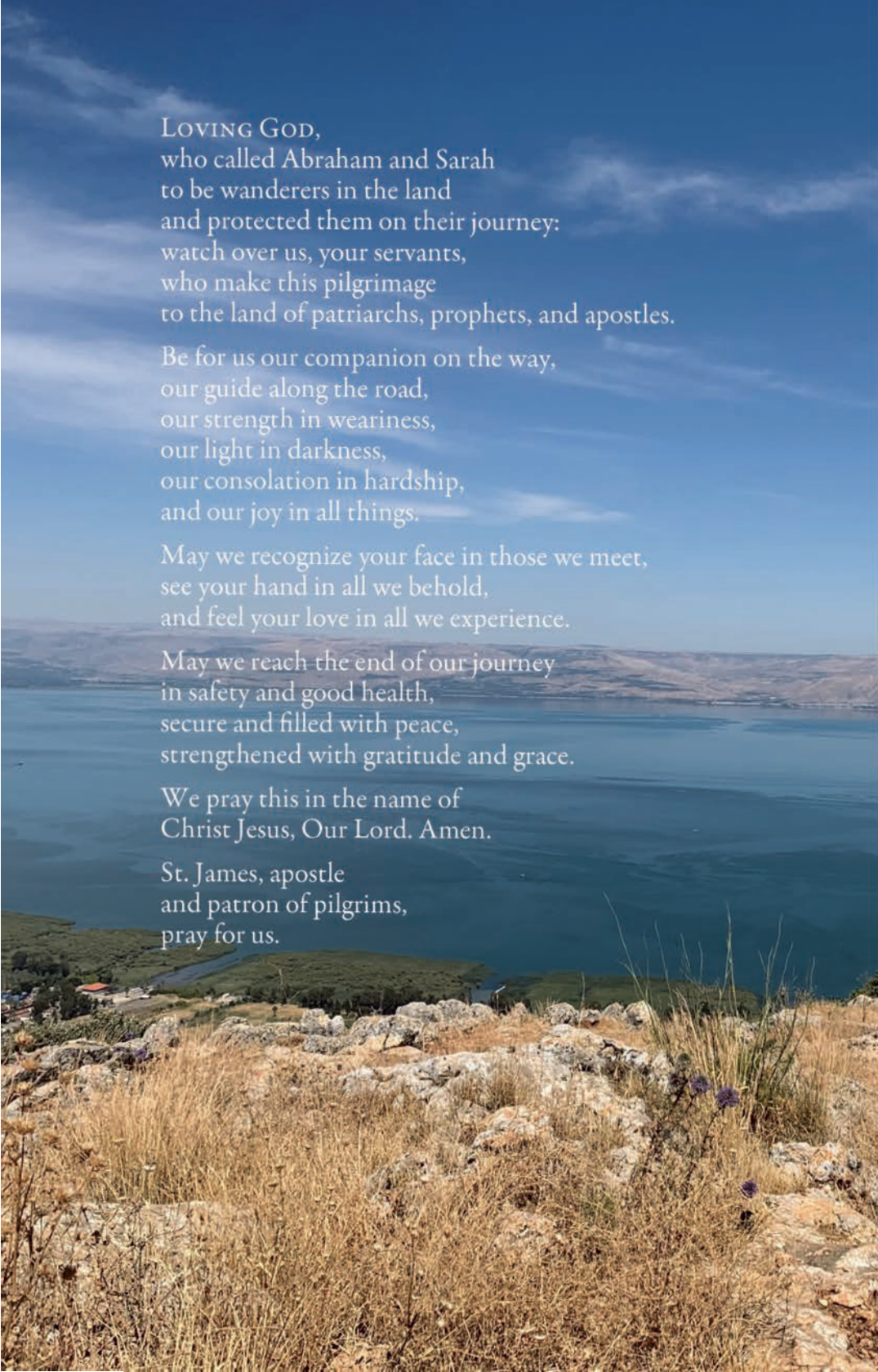
Be open to transformation. Be open to being personally changed by the experience, maybe in a place you wouldn't even imagine. That is what pilgrimage is for. That can be scary, to let maybe a fundamental precept shift for us, so that we now understand things differently. Take time to rest and soak it in.

Don't feel guilty. There are so many new things, as you go from site to site, and story to story, and there is an experiential saturation that can overcome you, and it feels like there's no more room to feel anything. It's OK. It's happening to everyone. Soak it up now, and process it later.

RON RYAN:

Walk lightly as you make your pilgrimage through this Holy Land. Leave behind your burdens and concerns and all that would weigh you down so that your heart is free to receive all that this land has to give you. Notice the footprints of those who have gone before you. Abraham and Sarah walked here, David and Elijah, Mary and the Apostles. The land you walk in and the places you visit are saturated with their prayers, and the prayers of pilgrims through the millennia. Know that God has brought you here—like all of them—to transform you. Open yourself to the awe and wonder, the grace and holiness that permeates this land. You may not recognize it at first, but you will be different. The heart of a pilgrim never returns home unchanged.

JOURNAL/NOTES



LOVING GOD,
who called Abraham and Sarah
to be wanderers in the land
and protected them on their journey:
watch over us, your servants,
who make this pilgrimage
to the land of patriarchs, prophets, and apostles.

Be for us our companion on the way,
our guide along the road,
our strength in weariness,
our light in darkness,
our consolation in hardship,
and our joy in all things.

May we recognize your face in those we meet,
see your hand in all we behold,
and feel your love in all we experience.

May we reach the end of our journey
in safety and good health,
secure and filled with peace,
strengthened with gratitude and grace.

We pray this in the name of
Christ Jesus, Our Lord. Amen.

St. James, apostle
and patron of pilgrims,
pray for us.