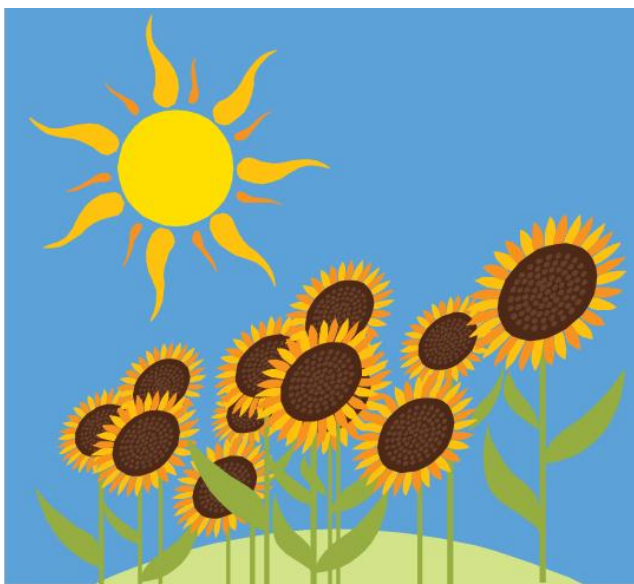


# Kappa Theta Beta Fall Retreat 2012



Fill us at daybreak with your mercy,  
that all our days we may sing for joy!

Psalm 90:14

Name: \_\_\_\_\_



# Session 1 – Here Comes the Son



They that hope in the LORD will renew their strength,  
they will soar on eagles' wings;  
They will run and not grow weary,  
walk and not grow faint.  
Isaiah 40:31



## Session 1 – Here Comes the Son



3. How are you deepening your relationship with Christ? What practical things can you do?

"Mary is my Instructress, who is ever teaching me how to live for God. My spirit brightens up in Your gentleness and Your humility, O Mary"

St. Faustina (Diary, 620).

"Never be afraid of loving the Blessed Virgin too much. You can never love her more than Jesus did."

St. Maximilian Kolbe

"When we were little, we kept close to our mother in a dark alley or if dogs barked at us.

Now, when we feel temptations of the flesh, we should run to the side of our Mother in Heaven, by realizing how she is to us, and by means of aspirations.

She will defend us and lead us to the light."

St. Josemaria Escriva

Session 2 - Morning Star, So Strong & Bright









# Session 3 - You Are My Sunshine



## Session 3 – You Are My Sunshine



1. What role have female friendships played in your life? In what ways have they been positive/supportive? Are there any ways in which they've been negative?
2. What do you find the most challenging about maintaining good friendships?
3. What do you cherish most about your female friendships?

# Notes



# Prayers & Meditations





## The Divine Mercy Chaplet

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Saint Faustina was born Helena Kowalska in the village of Glogowiec west of Lodz, Poland, on August 25, 1905. She was the third of ten children. When she was almost twenty, she entered the Congregation of the Sisters of Our Lady of Mercy, whose members devote themselves to the care and education of troubled young women.

The following year she received her religious habit and was given the name Sister Maria Faustina, to which she added "of the Most Blessed Sacrament," as was permitted by her Congregation's custom.

In the 1930s, Sister Faustina received from the Lord a message of mercy that she was told to spread throughout the world. She was asked to become the apostle and secretary of God's mercy, a model of how to be merciful to others, and an instrument for reemphasizing God's plan of mercy for the world.

The message of mercy that Sister Faustina received is now being spread throughout the world; she has been recognized by the Church as a "Saint"; and her diary, *Divine Mercy in My Soul*, has become the handbook for devotion to The Divine Mercy. She would not have been surprised, for she had been told that the message of God's mercy would spread through her writings for the great benefit of souls.

Through Saint Faustina, Jesus also revealed special ways to live out the response to His mercy—one of which is the Chaplet of Divine Mercy, as both a novena and a prayer for *the three o'clock hour—the hour of His death*.

# The Divine Mercy Chaplet



The Chaplet of Divine Mercy is recited using ordinary rosary beads of five decades.

## MAKE THE SIGN OF THE CROSS

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

## OPENING PRAYER:

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

## BEGIN WITH THE OUR FATHER, THE HAIL MARY & THE APOSTLE'S CREED:

### *Our Father*

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.

**Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.**

### *Hail Mary*

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. **Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.**



### *The Apostle's Creed*

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into Hell; the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead. **I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting, Amen.**

THEN, ON THE LARGE BEAD BEFORE EACH DECADE:

Eternal Father, I offer you the Body and Blood,  
Soul and Divinity, of Your Dearly Beloved Son,  
Our Lord, Jesus Christ, in atonement for our sins and those  
of the whole world.

ON THE TEN SMALL BEADS OF EACH DECADE, SAY:

For the sake of His sorrowful Passion,  
have mercy on us and on the whole world.

CONCLUDE WITH (SAY 3 TIMES):

Holy God, Holy Mighty One, Holy Immortal One,  
have mercy on us and on the whole world.

CLOSING PRAYER

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

# Small Group Night Prayer

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Psalm 136 is a hymn of thanksgiving to God for his everlasting, steadfast love. It begins by recounting all the ways God has been faithful. As we close this first day of retreat each of us will recall one thing we are grateful for today. We will begin by reading the Psalm with the refrain and then each girl will share her one thing and the group will respond with the refrain. We add to the psalm by sharing the things we are grateful for today!

Ps.136

Leader: O give thanks to the LORD, for he is good,

All: for his steadfast love endures for ever.

Leader: O give thanks to the God of gods,

All: for his steadfast love endures for ever.

Leader: O give thanks to the Lord of lords,

All: for his steadfast love endures for ever;

Leader: to him who alone does great wonders,

All: for his steadfast love endures for ever;

Leader: to him who by understanding made the heavens,

All: for his steadfast love endures for ever;

Leader: to him who spread out the earth upon the waters,

All: for his steadfast love endures for ever;

Leader: to him who made the great lights,

All: for his steadfast love endures for ever;

Leader: the sun to rule over the day,

All: for his steadfast love endures for ever;

Leader: the moon and stars to rule over the night,  
All: for his steadfast love endures for ever;

Member: \_\_\_\_\_  
All: for his steadfast love endures for ever;

*Once everyone has had a turn, close with a spontaneous prayer or prayer of your choice.*

Psalm 90:3, 12, 14-17

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Lord, you have been our refuge  
through all generations.

Before the mountains were born,  
the earth and the world brought forth,  
from eternity to eternity you are God.  
You turn humanity back into dust, saying,  
“Return, you children of Adam!”...

Teach us to count our days aright,  
that we may gain wisdom of heart...

Fill us at daybreak with your mercy,  
that all our days we may sing for joy.

Make us glad as many days as you humbled us,  
for as many years as we have seen trouble.

Show your deeds to your servants,  
your glory to their children.

May the favor of the Lord our God be ours.

Prosper the work of our hands!

Prosper the work of our hands!