

Minkisi's Virtual 23rd Annual Mini-Retreat
BROKENHEARTED AND BOUND IN THE LORD!
He heals the brokenhearted and binds up their wounds.
(Psalm 147:3)

Saturday, November 14, 2020, 8:45 a.m.- 3:00 pm,
Our Lady Queen of Peace Church, Arlington, Virginia

Rev. Timothy Hickey, C.S.Sp., OLQP pastor.
Rev. Robert Boxie, III, retreat director, guest presider.
Jeffrey Corry, music director. Cecilia Braveboy, Minkisi ministry.
(Minkisi is Kiswahili for 'healing objects'. Praying: "Lord make me an instrument of your peace. Where there is hatred let me sow, love...")

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The Minkisi ministry welcomes you to the Virtual
23rd Annual Mini-Retreat ~ ~ ~
Brokenhearted and Bound in the Lord!
He heals the brokenhearted and binds
up their wounds. (Psalm 147:3)



Minkisi's banner is a symbol of God's omnipotence and how God covers us from the heavens to the earth...“through Him, with Him, in Him in the unity of the Holy Spirit.” In the photo, the banner was hanging near the tabernacle (keeping hosts of Host), the Baptismal font, the vigil candle light, and the (Alpha & Omega) Paschal candle ... all Christian symbols to remind us that Jesus is Lord! Minkisi (*pronounced men-KEE-see*) is a Kiswahili word for “healing objects”. The Minkisi ministry believes that in the Spirit of the Living God we are all called to be healing instruments of God. In our monthly first Monday small group times, we pray: “Lord make me an instrument of Your Peace. Where there is hatred, let me sow love...”

Minkisi Ministry, c/o Our Lady Queen of Peace Church, 2700 South 19th Street, Arlington, VA 22204. <https://www.ourladyqueenofpeace.org/minkisi-ministry.html>.

Minkisi Group: Cecilia Braveboy (Facilitator, 703.979.5389, jisaac3@verizon.net). Some of the members: John Brown, Barbara Harris, Gail Meighan, Tyra Newman, Veronica Ong, Stefanie Gooden, Celestine Person-Green, Julia Rocchi, Bob Rohde, Grace Rissetto, and Jackie Smith.

November is Black Catholic History month. During November, Our Lady Queen of Peace parish will also feature articles written by Black Catholic leaders in the Sunday bulletins. Click on “Bulletin” on the parish website: www.ourladyqueenofpeace.org.



BROKENHEARTED AND BOUND IN THE LORD! RETREAT LEADERS MINKISI MINISTRY, NOVEMBER 14, 2020

Fr. Robert Boxie III, our Retreat director, as of July 2020 has been a Chaplain of the Howard University Catholic Community in Washington, DC. He currently resides at Immaculate Conception parish and presides at the weekend Masses there in Washington, DC. From 2016- July 2020, Fr. Boxie was the parochial vicar at St. Joseph's Church in Largo, MD, where Bishop Roy Campbell is the pastor. Before seminary and in his college years, Fr. Boxie attained a degree in chemical engineering and majored in music at Vanderbilt University in Nashville. Following that, he earned a law degree from Harvard, after which he practiced law in the Washington area. Finding something missing in his life, his God-calling became more clear; and he went to seminary and studied for the priesthood in Rome. He was ordained in the Archdiocese of Washington in June, 2016. Since 2018, Fr. Boxie has been the keynote speaker in an OLQP Ujamaa Prayer Breakfast and Scholarship Program and he has presided at the Opening Masses of the annual Minkisi retreats in November.



Jeffrey (Jeff) Corry has been the music director of the annual Minkisi retreats for the last few years. He is "a graduate of Howard University and is pursuing a Master's Degree in Music Education from Trinity Washington University in Washington, D.C... Jeff served 10 years as the Music teacher and Choir Director of the Saint Francis Xavier Catholic Academy in Southeast Washington, DC. He presently serves as a private Piano Instructor and Music instructor at From the Heart Christian School, and Choir Director of the 8 am Mass Choir at Our Lady Queen of Peace Catholic Church in Arlington, VA. Jeff is presently a member of From the Heart Church Ministries in Suitland, MD." (taken from online information.)

Cecilia Braveboy is the Minkisi ministry coordinator at Our Lady Queen of Peace Church. She is the retired program director from 1998-2008 of the now ended Washington/Virginia Evening Program of Education for Parish Service at Trinity (Washington) University. Cecilia has a degree from Immaculata College, Washington, DC. She is a retreat director and a spiritual director, as well as a former program staff member for many years of the Shalem Institute for Spiritual Formation, Washington, D.C.



Virtual 23rd Annual Minkisi Mini-Retreat 8:45 a.m.-3:00 p.m., Saturday, November 14, 2020, in Zoom Meeting, Our Lady Queen of Peace, Arlington, VA. Retreat Director - Fr. Robert P. Boxie III. Music Director - Jeff Corry. Hosted by Minkisi Ministry, Cecilia Braveboy, Coordinator.

~~ RETREAT OUTLINE & WORSHIP GUIDE ~~

8:45 am – Participants gather a few minutes before in waiting room, to enter Zoom at 8:45 am (mics muted). Music in background --Jeff Corry.

8:50 – Prelude –Welcome, Introductions, **Prayer Partners** -- Commentator Cecilia Braveboy with Jr. Readers Nayeh Zouhon and Fiona Williams announcing the Prayer Partners.

Greetings from OLQP pastor **Fr. Tim Hickey, C.S.Sp.**
Elder's Blessing – Jackie Smith

9:10 – 11:00 am, Opening Liturgy.

Opening Song – “Heal Our Land” (Jeff).

Commentary with spiritual quote by Servant of God Sr. Thea Bowman (Cecilia).

†Opening Prayer by Presider **Fr. Robert P. Boxie III.**

Commentary (Cecilia): Introduce dramatic Scripture Reading, **Isaiah 55:1-11.** Readers: Sheila Harmon Martin and Kay Sempel. Followed by 3 minutes of **Silent Prayer.**

Responsorial Psalm with verses from **Psalm 147:1-6.**



*He heals the
brokenhearted and binds
up their wounds.
(Psalm 147:3)*

Response sung: ***There is a balm in Gilead, that makes the wounded whole. There is a balm in Gilead, to heal the sin-sick soul.***

Followed by 3 minutes of **Silent Prayer**.

Gospel Acclamation (sung). Alleluia! Come to me, all you who labor and are burdened, and I will give you rest.

(Matthew 11:28) Alleluia!

Gospel Reading, **Luke 6:17-23** and Homily – Father Boxie. Followed by 3 minutes of **Silent Prayer**.

Instrumental music Richard Smallwood's "Center of My Joy" (Jeff).

General Intercessions - **Fr. Boxie** and Lectors/Readers: Burma Hill, Beverly Anderson, Odalis Barrios.

Our Father/Hail Mary/Glory Be.

Followed by a few mins. of **Silent prayer**.

Cheerful Gift giving, and details about the Self-Brunch & Optional Contemplative Prayer series after the liturgy. (Cecilia)

Fr. Boxie's remarks and outline of afternoon session.

Closing Liturgy songs – "Ev'ry Praise" (Jeff).

11:00 am-12:30 pm, A self-brunch at each participant's home...while an optional Contemplative prayer series of 15 min. segments will be shown. These segments will be live in this retreat Zoom. Please **watch and pray** with one or more segments. And take a break, too:

- **11:00-11:15** Adoration of Blessed Sacrament at OLQP (Fr. Tim/Fr. Martin).
- **11:20-11:35** Breath Prayer Exercises for standing or sitting (Dianne Hill).
- **11:40-11:55** Mini-Gospel Concert (Jeff Corry).

- **12:00-12:15** Montage of Six Black Saints-to-be & Prayers of Intercession (from OLQP Young Adult Ministry, Nadege Massou, Adriana Rodriguez, Rebecca Jenkins).
- **12:15-12:30**, The 30th Anniversary of Servant of God Sr. Thea Bowman, FSPA.”

Followed by a song of praise closing the contemplative prayer Series.

12:30-2:50 pm, Afternoon Session with **Fr. Boxie's** inspirational faith talks and a possible small group breakout session with participants.



Talk 1: "Broken and Bound"
- *Group reflection:* Without revealing too many details, recall an experience of adversity or trial or wound. How did you cope with it? What did you learn from that experience? Where

did you find God in the midst of it all?

- *Private reflection:* What are the areas of brokenness that I need to turn over to God? Is there anything that prevents me from seeking the healing that God desires to give to me? Why or why not?

Talk 2: "Finding Joy and Blessing Amidst the Brokenness"

- *Group reflection:* Where do you find your joy and fulfillment in life? Has this changed during the pandemic? Why or why not? How is God calling you to draw closer to him in this moment?

- *Private reflection:* What kind of resolution is the Holy Spirit asking me to make after today?

2:50 Fr. Boxie's Closing Prayer and Sending Forth.

3:00 pm Retreat 2020 “Brokenhearted and Bound in the Lord!” ends.

Scripture Readings for the Minkisi retreat:

†**The Responsorial Psalm** will be sung: Psalm 147:1-2, 3-4, 5-6.
The response will be the chorus of the spiritual "There Is A Balm in Gilead".

*There is a balm in Gilead, that makes the wounded whole.
There is a balm in Gilead, to heal the sin sick soul.*

Praise the Lord, for he is good;
Sing praise to our God, for he is gracious;
It is fitting to praise him.
The Lord rebuilds Jerusalem;
The dispersed of Israel he gathers.

He heals the brokenhearted
And binds up their wounds.

He tells the number of the stars;
He calls each by name.

Great is our Lord and mighty in power:
To his wisdom there is no limit
The Lord sustains the lowly;
The wicked he casts to the ground.

†**Gospel Reading.** And [Jesus] came down with them and stood on a stretch of level ground. A great crowd of his disciples and a large number of the people from all Judea and Jerusalem and the coastal region of Tyre and Sidon came to hear him and to be healed of their diseases, and even those who were tormented by unclean spirits were cured. Everyone in the crowd sought to touch him because power came forth from him and healed them all.

And raising his eyes toward his disciples he said:
Blessed are you who are poor,
For the kingdom of God is yours.

Blessed are you who are now hungry,
For you will be satisfied.
Blessed are you who are now weeping,
For you will laugh.
Blessed are you when people hate you,
And when they exclude and insult you,
And denounce your name as evil
On account of the Son of Man.

Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treat the prophets in the same way.
[The Gospel of the Lord. All: **Praise to you, Lord Jesus Christ.**]

“...We are called to plant the Word in the minds and hearts and souls of our children, husbands, lovers, fathers, brothers, uncles, nephews, and friends. We don’t have to worry about deception and hypocrisy...They know when our witness is the fruit of our effort and struggle and sincerity. God has called us to speak the word that is Christ, that is truth, that is salvation. And if we speak that word in love and faith, with patience and prayer and perseverance, it will take root. It does have power to save us. Call one another! Testify! Teach! Act on the Word! Witness!” (Servant of God Sister Thea Bowman, FSPA, from a Women’s Day speech).

Photo of Minkisi patron saint-to-be Servant of God Sr. Thea Bowman.

Courtesy of Franciscan Sisters of Perpetual Adoration.





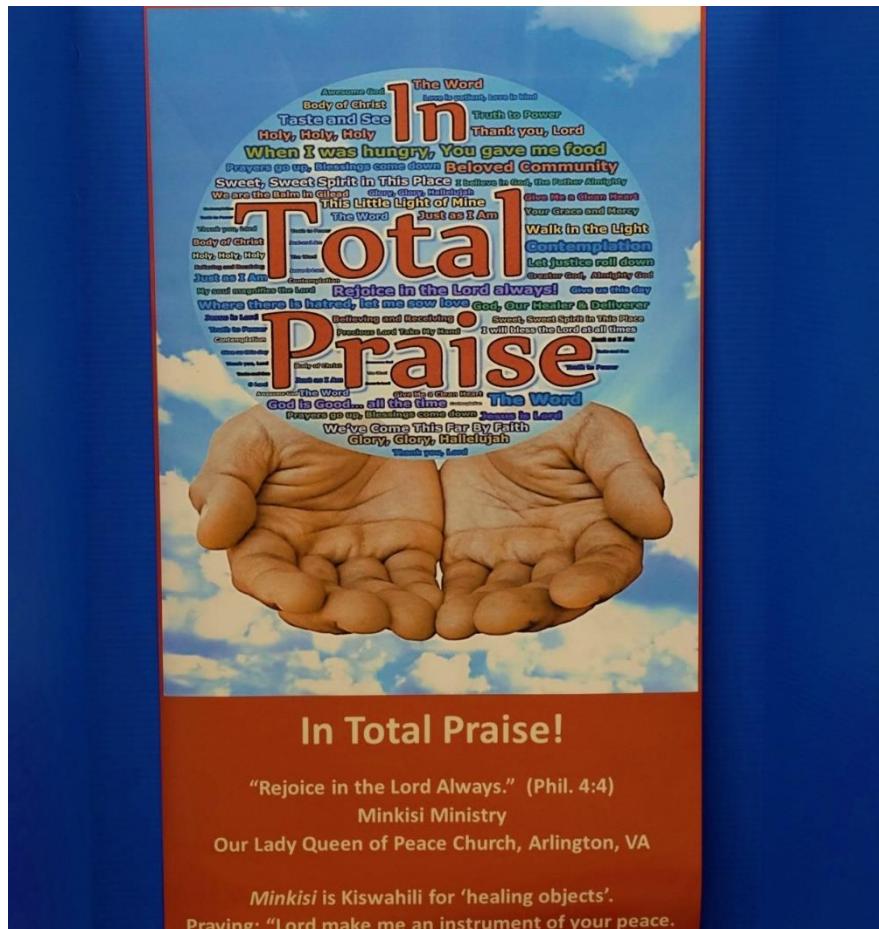
*Minkisi Retreat Participants (2017) with Retreat Director Therese Wilson Favors
(credits: Anthony Johnson)*



2019 Opening Mass with Presider Father Robert Boxie, Deacon Al Anderson, and server Daniel Zapata. (credit Anthony Johnson)



Opening Mass photos, Minkisi Retreat "In Total Praise!", November 2019 (credit: Anthony Johnson)





Faith Prayer Journey

Silent Prayer (5 mins.). In the silent prayer repeat a scripture verse(s) and then gently allow one word or phrase to rest in your being. When your mind begins to wander, go back to repeating the scripture verse. The prayer leader will bring you out of the silence with the word, "Amen". And then you might have a couple of minutes of silence to reflect on your prayer time or to journal in the retreat booklet.

2020 Minkisi Scripture Prayer and Reflection monthly quote selections...based on the annual theme: Brokenhearted and Bound in the Lord! He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

Jan 6, led by Cecilia Braveboy. Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint [him] with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful. (James 5:13-16)

Feb. 3, led by Barbara Harris. May the Lord give strength to his people! May the Lord bless his people with peace! (Psalm 29:11)

March 2, led by Tyra Newman. He heals the brokenhearted and binds up their wounds. (Psalm 147:3).

3/17/2020 Because of the the coronavirus, parish ministry public Masses and ministry meetings at OLQP church and churches across the country were suspended. Sunday and daily Masses were livestreamed. Minkisi group began monthly parish (closed-group only) in Zoom Meetings, April 6, 6:45-9:00 pm. Then in June the Minkisi z-meetings were open to all, and have continue to be so during this global pandemic.

April 6, led by Julia Rocchi. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he should have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be revealed in him. As long as day lasts we must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.' (John 9: 2-5) **May 4, led by Gail Meighan.** He himself bore our sins in his body on the cross, so that we might die to our sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

Wed., May 27, 7-9:00 p.m., Z-Meet, Minkisi's Scripture and Song Rosary (Glorious Mysteries), led by Cecilia Braveboy with songs for each decade sung by Venise Darisme.

June 1, led by Cecilia Braveboy. The disciples devoted themselves with one accord to prayer with Mary, the Mother of Jesus. (cf. Acts 1:14) O happy Virgin, you gave birth to the Lord; O blessed mother of the Church, you warm our hearts with the Spirit of your Son Jesus Christ. (Gospel Acclamation for the Memorial of the Blessed Virgin Mary, Mother of the Church.)

June 4, Special 6:45-9:00 pm, Z-meet series on racism open session, led by Cecilia Braveboy. Jesus replied, "The first is this: Hear, O Israel! 'The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, and all your mind, and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these. (Mark 12:29-31, taken from the gospel reading for June 4)

June 11, Special 6:45-9:00 pm Z –meet series on racism, open session, led by Cecilia Braveboy. He heals the brokenhearted and binds up their wounds. (Psalm 147:3).

June 15, Special 6:45-9:00 pm Z-Meet series on racism, open session, led by Cecilia Braveboy. He heals the brokenhearted and binds up their wounds. (Psalm 147:3).

July 6, led by Cecilia Braveboy. You, however, are “a chosen race, a royal priesthood, a holy nation, a people he claims for his own to proclaim the glorious works” of the One who called you from darkness into his marvelous light. Once you were no people, but now you are God’s people; once there was no mercy for you, but now you have found mercy. (1 Peter 2: 11)

August 3, led by Jackie Smith. The Lord is near those who are discouraged; he saves those who have lost hope. (Psalm 34:18)

Sept 14, led by Tyra Newman. Now to him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen". (Ephesians 3:20)

Oct. 5, led by Jackie Smith. Cast your cares on the Lord and he will sustain you; he will never let the righteous to be shaken. (Psalm 55:22) (NASB)

Nov. 2, led by Gail Meighan. Brothers and sisters: What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through Him who loved us. (Romans 8:35)



(Small Group) Communication Tips for Everybody.

While the Minkisi ministry does not adhere to the following communication/dialogue tips “to the tee,” we continue to use these initial guidelines to facilitate the reflection/discussion time within our sessions.

COMMUNICATION TIPS FOR EVERYBODY

by Rev. A.J. McKnight

Every one of us is responsible for this group working. These are some ways that each of us can help all of us.

- 1) Share your experience and opinions.** *It's your gift to the group. But, try to be clear and to the point.*
- 2) Use "I" statements to own and personalize what you say, rather than "we" or "you" or "them" statements.**
- 3) Everyone participates and nobody dominates.** Give everyone who wishes a chance to speak on a topic or question, before you speak a second time.
- 4)** Without putting anyone on the spot, sometimes ask quieter people how they would answer that question.
- 5)** Bring the group back to the topic when people stray.
- 6)** Do clarify for yourself or for the group what another has said. Ask if you understand correctly.
- 7)** Be honest when you disagree or confront. Always make sure the confrontation is about an issue or opinion and never against the person.
- 8) Don't comment on another's experience,** unless you are speaking of how another's life has affected you personally.
- 9) Don't pry for more information from a person.** Leave each person free to say as much as one wishes.
- 10)Don't lecture or teach,** just give your own experience. Avoid words like "SHOULD" and "SHOULDN'T".
- 11)Let yourself be comfortable with silent times in the group.** *Don't just fill them with talk.*

***MINKISI'S (Virtual monthly session)
SCRIPTURE PRAYER & REFLECTION
Our Lady Queen of Peace Church, Arlington, VA***

Brokenhearted & Bound in the Lord!

Psalm 147:3: He heals the brokenhearted and binds up their wounds.

A mini-Prayer & Reflection session

in a Zoom Meeting, Mondays,

December 7, 6:45-9:00 PM EST; and recurring Mondays, 6:45-9:00 PM, January 4, February 1, etc. Registration deadline is three days before the z-meet. Contact:

Cecilia Braveboy,
JISAAC3@VERIZON.NET.

Leaders: Cecilia Braveboy for overall prayer and discussion. Barbara Harris will facilitate the quiet prayer with a scripture passage. See the parish bulletins and the website about the Minkisi ministry:
<https://www.ourladyqueenofpeace.org/minkisi-ministry.html>



**Servant of God Sister Thea Bowman, F.SPA.,
patron saint-to-be of the Minkisi Ministry, be with us.**

Z-Meet Format: 6:45 pm—Gather in Z-meeting, 6:50 Prelude – In silence, review of “hush harbor” experiences with spirituals and gospel music selections.

7:00—Opening Prayer and Advent Message—Come to the Light!

7:05—Scripture Prayer (Barbara Harris), followed by group reflection.

8:00-8:45—Advent Cheer. 9:00 pm—Closing Intercessions.

The Six Black Saints-to-be in the United States of America



From left to right: Servant of God Julia Greely, Venerables Pierre Toussaint and Mother Henriette Delille, Servants of God Mother Mary Lange and Venerable Fr. Augustus Tolton, and Servant of God Sr. Thea Bowman.



Minkisi Ministry and Friends, While we pray for our deceased loved ones throughout the year, November is the month of All Souls and All Saints when we especially pray for the saints and our deceased relatives and friends. In the Minkisi ministry we pray for our deceased members: Barbara Jefferson (d. 2002), Jean Hite (d. 2006), Terry Morgan (d. 2008), Lorraine Adams (d. 2010), Barbara Green (d. 2010), Marguerite Thomas (d. 2015), RC Cooper (d. March 2019), and Mary Kay Wilson (d. February 2020). May eternal rest grant to them, O Lord, and may perpetual light shine upon them.

In Memory of Mary Kay Wilson by Gail Meighan.



Mary Kay and I were college classmates at Dunbarton College of Holy Cross in Washington, D.C. She was a history major and I was an English major but back in the '60s at Catholic Women's colleges, we all had minors in theology and philosophy, so it wasn't unusual to share classes with all students. I got to know Mary Kay as a highly intelligent, and very spirited student who asked smart questions—but always with wit and dignity and her famous twinkle.

But the years went by after graduation and I didn't see her for more than 25 years. During that time Mary Kay earned a Master of Library Science from Catholic University and later worked for the Civil Service Commission where she met her husband, Mike Wilson. They had three children—Stephen Michael, Joseph Duk Yong and Annemarie Young Hee. In 1994 Mary Kay left the federal government and worked for St. Augustine's Catholic School in DC. She also volunteered with Habitat for Humanity, Catholics for Housing and other social justice organizations.

One evening at a Back- to -School Night at George Mason High School in Falls Church, Virginia, I was giving a summary of the syllabus for the 11th grade English class I was teaching at the time and, among a packed classroom with parents in their students' desks, I noticed a woman with a big smile in the back of the room.

I continued chatting on about the American literature the students would be reading and the writing program, etc. Finally, the bell rang for the next group and this smiling woman marches up and looks me in the eye and says, "Well, Gail, it sounds as if my son will have a good course." The twinkling eyes came back to me and we hugged on the spot .

Shortly thereafter, we reunited at Our Lady Queen of Peace, a parish community we both had longed for separately, but embraced together. It was about 1993 and we became members of the parish and we joined Minkisi with Cecilia Braveboy welcoming us. During the many years that we were Minkisi sisters, I enjoyed Mary Kay's deep faith and honesty about social justice issues. We learned much from the more senior members of the group like Barbara Green and Mrs. Thomas who had actively participated in the civil rights movement and the integration of St. Thomas School in Arlington. The spiritual awakening through the meditations at the Minkisi sessions brought joy to us all.

But in 2008 Mary Kay and Mike decided to retire to a beautiful spot in Maine and we sorely missed her in our lives, but we kept up via e-mail for many years. Then sadly in February, 2020, we learned from her daughter Annemarie that she had gone home to the Lord. May she rest in peace and may her faith, joy, love, and kindness be ever with us. -- Gail Meighan, Minkisi group, October 2020.

See Minkisi's photos of Mary Kay Wilson on the next page.



~~~~~*Our Lady of the Cameroon, pray for us.*

*The Minkisi Ministry of  
Our Lady Queen of Peace Church  
Arlington, Virginia  
invites Prayers for Peace, Reconciliation &  
Racial Healing*

**More Memories of beloved Minkisi member Mary Kay Wilson (continued)**



Minkisi group 2000



Some of the Minkisi group 2005



Mary Kay Wilson 2005



Some of the Minkisi group 2008 with Mary Kay



2008

~ ~ ~

**Fr. Tom Tunney, C.S.Sp. (former OLQP parochial vicar recently went home to glory). A Few Recollections of a Friend by Bob Rohde.**



Within the last month I lost three friends, one each in New Jersey, Florida, and Pennsylvania. For the one in New Jersey, I attended my first zoom funeral mass and burial! The friend from Pennsylvania was Fr. Tom Tunney. I like to call him a friend because we met monthly at the OLQP Theology on Tap sessions for a number of years and got to know each other. He was brought to those meetings by Joe and Geri (deceased) Martocci. Geri and Fr. Tom were the resident theology experts and insured the group didn't go off the rails and spout some heresy that would result in our excommunications (just kidding). I would typically sit along side him and bring along my latest copy of NCR which had very relevant and current issues of importance to the Church. He was very tolerant of all of the participants, particularly the extroverts (like me) who tended to suck up the available airtime. I really looked forward to those sessions with him.

But not only was his participation at Theo on Tap a gift to all who attended, but his sermons at Sunday Mass were truly uplifting and erudite, and I really enjoyed them when he was the celebrant. Later, when he fell in the OLQP Rectory and was temporarily recovering at the Woodbine Nursing Home, I had the opportunity to visit him a few times since Woodbine was close to my home. Even in that setting, he was always gracious and welcoming and we could discuss his health condition, when he might be returning to OLQP, as well as the Theo on Tap sessions without him. I assured him that the Bishop wasn't after us. After he moved to Pennsylvania in 2018, we kept in touch. Another funny incident

occurred shortly after his departure from OLQP. I ordered two of my favorite books from Amazon for him. When I called the Bethel retirement community to make sure the books had arrived, they initially couldn't find either the books or Fr. Tom! Evidently their room directory hadn't kept up with his recent arrival. It was cleared up after I spoke to our former pastor and the Director there at the time, Fr. Jeff Duaime, and both Fr. Tom and the books were eventually found - together!

He was a good man, a great priest, and a good friend. He will be missed by all who knew him, particularly the Theo on Tap alumni. -- Bob Rohde, Minkisi Ministry, OLQP, October 30, 2020

~ ~ ~

**We continue to pray for our military and civilian personnel, our veterans & those in the armed forces, as well as our deceased loved ones who served their country in war and in peace.**

**Nov. 11, 2020**



**From An African Prayer Book by Desmond Tutu (page xx):**

Let these prayers help you to become ever more and more fully what you already are: a child of God, known by name and whose very hairs are numbered. Praise and adore God and thank him for ever and ever. Amen.

Let Saint Augustine have the last word:

All shall be Amen and Alleluia.  
We shall rest and we shall see,  
We shall see and we shall know,  
We shall know and we shall love,  
We shall love and we shall praise.  
Behold our end which is no end.



*Ever loving God,  
who by your infinite goodness  
inflamed the heart of your Servant and religious,  
**Sister Thea Bowman,**  
with an ardent love for You and Your People, the Church:  
a love expressed through her indomitable spirit,  
her deep and abiding faith, dedicated teaching, exuberant singing,  
and unwavering witnessing of the joy of the Gospel.*

*As her prophetic ministry continues to inspire us  
to share the Good News with those whom we encounter  
– most especially the poor, oppressed, and marginalized –  
may Sister Thea’s life and legacy compel us  
to walk together,  
to pray together,  
and to remain together as missionary disciples  
ushering in a new evangelization for the Church we love.*

*Gracious God,  
imbue us with the grace and perseverance  
that you gave your Servant, Sister Thea.  
For in turbulent times of racial injustice,  
she sought equity, peace, and reconciliation.  
In times of intolerance and ignorance,  
she brought wisdom, awareness, unity, and charity.  
In times of pain, sickness, and suffering,  
she taught us how to live fully  
until called home to the land of promise.*

*If it be your Will, O God,  
glorify our beloved Sister Thea,  
by granting the blessing I now request through her intercession  
(mention your request)  
so that all may know of her goodness and holiness  
and may imitate her love for You and Your Church.*

*We ask this through Your Son, our Savior Jesus Christ.  
Amen.*

End of Part I of the Retreat Booklet