

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 Junior 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.**

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.

(page 1)

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.** The segments are live in Zoom:

- 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** spiritual talks and a 20 min. breakout session with participants. ***See Questions below.**

2:50 End with **Fr. Boxie’s** Closing Prayer and Sending Forth.



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

†**The Responsorial Psalm** will be sung: Psalm 147:1-2, 3-4, 5-6.

The response will be the chorus of “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. Luke 6:17-23**

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.**

~ ~ ~

*See Reflection Questions from
Father Boxie on the next page.*

*12:30-2:50 pm, Afternoon Session with **Fr. Boxie's** spiritual talks and a possible 20 min. breakout session with participants.

RETREAT REFLECTION QUESTIONS FROM FATHER BOXIE

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?