



# On the path of peace

Consecrated Life on the road to the Jubilee

**Liturgical handbook**

Rome, 1- 4 February 2024

*Consequently, from now on we regard no one according to the flesh; even if we once knew Christ according to the flesh, yet now we know him no longer.*

*So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.*

*And all this is from God, who has reconciled us to himself through Christ and given us the ministry of reconciliation, namely, God was reconciling the world to himself in Christ, not counting their trespasses against them and entrusting to us the message of reconciliation.*

*So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God.*

2Cor 5:16-20

## THURSDAY, FEBRUARY 1

### EVENING PRAYER

#### INTRODUCTION

God, come to my assistance.

— Lord, make haste to help me.

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

— as it was in the beginning, is now, and will be forever. Amen. Alleluia.

#### HYMN: VIDEO

**Ant. 1** He is my comfort and my refuge. In him I put my trust.

#### Psalm 144: 1-8 ( 1 )

Blessed be the Lord, my rock †  
who trains my arms for battle, \*?  
who prepares my hands for war?

He is my love, my fortress; \*  
he is my stronghold, my savior,  
my shield, my place of refuge. \*  
He brings peoples under my rule.

Lord, what is man that you care for him, \*  
mortal man, that you keep him in mind;  
man, who is merely a breath, \*  
whose life fades like a shadow?

Lower your heavens and come down; \*  
touch the mountains; wreath them in smoke.  
Flash your lightnings; rout the foe, \*  
shoot your arrows and put them to flight.

Reach down from heaven and save me; \*  
draw me out from the mighty waters,  
from the hands of alien foes †  
whose mouths are filled with lies, \*  
whose hands are raised in perjury.

**Ant.** He is my comfort and my refuge. In him I put my trust.

**Ant. 2** Blessed are the people whose God is the Lord.

**Psalm 144: 9-15 (II)**

To you, O God, will I sing a new song; \*  
I will play on the ten-stringed harp  
to you who give kings their victory, \*  
who set David your servant free.

You set him free from the evil sword; \*  
you rescued him from alien foes  
whose mouths were filled with lies, \*  
whose hands were raised in perjury.

Let our sons then flourish like saplings \*  
grown tall and strong from their youth:  
our daughters graceful as columns, \*  
adorned as though for a palace.

Let our barns be filled to overflowing \*  
with crops of every kind;  
our sheep increasing by thousands, †  
myriads of sheep in our fields, \*  
our cattle heavy with young,

no ruined wall, no exile, \*  
no sound of weeping in our streets.  
Happy the people with such blessings; \*  
happy the people whose God is the Lord.

**Ant.** Blessed are the people whose God is the Lord.

**Ant. 3** Now the victorious reign of our God has begun.

**Canticle: Revelation 11:17-18; 12:10b-12a**

We praise you, the Lord God Almighty, \*  
who is and who was.  
You have assumed your great power, \*  
you have begun your reign.

The nations have raged in anger, \*  
but then came your day of wrath  
and the moment to judge the dead: \*  
the time to reward your servants the prophets  
and the holy ones who revere you, \*  
the great and the small alike.

Now have salvation and power come, †  
The reign of our God and the authority \*  
of his Anointed One.  
For the accuser of our brothers is cast out, \*  
who night and day accused them before God.

They defeated him by the blood of the Lamb †  
and by the word of their testimony; \*  
love for life did not deter them from death.  
So rejoice, you heavens, \*  
and you that dwell therein!

**Ant.** Now the victorious reign of our God has begun.

**READING - See Colossians 1:23**

You must hold fast to faith, be firmly grounded and steadfast in it, unshaken in the hope promised you by the gospel you have heard. It is the gospel which has been announced to every creature under heaven.

## RESPONSORY

The Lord is my shepherd; I shall want for nothing.  
— The Lord is my shepherd; I shall want for nothing.

He has brought me to green pastures.  
— I shall want for nothing.

Glory to the Father, and to the Son, and to the Holy Spirit.  
— The Lord is my shepherd; I shall want for nothing.

## Canticle of Mary - Luke 1:46-55: VIDEO

**Ant.** If you hunger for holiness, God will satisfy your longing, good measure, and flowing over.

## INTERCESSIONS

Let us pray to Christ, the light of the nations and the joy of every living creature:

***R/ Tu sei la nostra vita, Signore.***

1. Brilliant Light, Word of the Father, you came to save all, lead the catechumens of your Church into your marvelous light.
2. Overlook our sins, Lord, for you are the source of forgiveness.
3. Lord, it is your will that all people use their minds to unlock nature's secrets and master the world, may the arts and sciences advance your glory and the happiness of all peoples.
4. Look kindly on those who have dedicated themselves to the service of humanity, may they fulfill their work freely and completely.
5. Lord, you open the way and no one can close it, lead into your light those who have fallen asleep in the hope of resurrection.

**Our Father...**

## CONCLUDING PRAYER

Lord, hear the evening prayers we bring before you:  
help us to follow in the footsteps of your Son  
so that we may produce an abundant harvest of goodness  
in patience and in faith.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
God, for ever and ever.

— Amen.

## SATURDAY FEBRUARY 3

### EUCCHARISTIC CELEBRATION

#### A reading from the first Book of Kings

Solomon went to Gibeon to sacrifice there,  
because that was the most renowned high place.  
Upon its altar Solomon offered a thousand burnt offerings.  
In Gibeon the LORD appeared to Solomon in a dream at night.  
God said, “Ask something of me and I will give it to you.”  
Solomon answered:

“You have shown great favor to your servant, my father David,  
because he behaved faithfully toward you,  
with justice and an upright heart;  
and you have continued this great favor toward him, even today,  
seating a son of his on his throne.  
O LORD, my God, you have made me, your servant,  
king to succeed my father David;  
but I am a mere youth, not knowing at all how to act.  
I serve you in the midst of the people whom you have chosen,  
a people so vast that it cannot be numbered or counted.  
Give your servant, therefore, an understanding heart  
to judge your people and to distinguish right from wrong.  
For who is able to govern this vast people of yours?”  
The LORD was pleased that Solomon made this request.

So God said to him: “Because you have asked for this—  
not for a long life for yourself,  
nor for riches, nor for the life of your enemies,  
but for understanding so that you may know what is right—  
I do as you requested.

I give you a heart so wise and understanding  
that there has never been anyone like you up to now,  
and after you there will come no one to equal you.  
In addition, I give you what you have not asked for,  
such riches and glory that among kings there is not your like.”

The word of the Lord.

**Responsorial Psalm - Ps 119:9, 10, 11, 12, 13, 14**

**R/. Lord, teach me your statutes.**

How shall a young man be faultless in his way?  
By keeping to your words.  
With all my heart I seek you;  
let me not stray from your commands.

**R. Lord, teach me your statutes.**

Within my heart I treasure your promise,  
that I may not sin against you.  
Blessed are you, O LORD;  
teach me your statutes.

**R. Lord, teach me your statutes.**

With my lips I declare  
all the ordinances of your mouth.  
In the way of your decrees I rejoice,  
as much as in all riches.

**R. Lord, teach me your statutes.**



## Acclamation before the Gospel

**R.** Alleluia, alleluia.

My sheep hear my voice, says the Lord;  
I know them and they follow me.

**R.** Alleluia.

## Gospel - Mk 6:30-34

### ✠ A reading from the holy Gospel according to Mark

The Apostles gathered together with Jesus  
and reported all they had done and taught.

He said to them,

“Come away by yourselves to a deserted place and rest a while.”

People were coming and going in great numbers,  
and they had no opportunity even to eat.

So they went off in the boat by themselves to a deserted place.

People saw them leaving and many came to know about it.

They hastened there on foot from all the towns  
and arrived at the place before them.

When Jesus disembarked and saw the vast crowd,  
his heart was moved with pity for them,  
for they were like sheep without a shepherd;  
and he began to teach them many things.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

## PRAYER FOR PEACE

Blessed are the peacemakers, for they will be called children of God. Mt 5:  
9

### 1. Introduction

Dear consecrated sisters and brothers, pilgrims of hope, we end our day  
praying for peace in a world wounded by violence, power struggles and

injustice, paths of peace that lead to the healing of wounds; aware that artisans of peace are needed, we are ready to initiate processes of healing and renewed encounter with cleverness and boldness (cf. FT 225).

*With Jesus, we want to proclaim the “Gospel of peace” on a daily basis with daily gestures of listening and seeking the common good; at the same time, we want to be part of a culture which privileges dialogue as a form of encounter, the search for consensus and agreement, without separating it from the concern for a just society, responsive and inclusive... We do not need plans drawn up by a few for the few, or an enlightened or outspoken minority which claims to speak for everyone. It is about agreeing to live together, a social and cultural pact (cf. EG 239).*

*We ask for world peace,*

*We ask for peace for men and women who suffer violence*

*We ask for peace for children and youth who are exposed to ideologies, war and drug trafficking...*

### **ORAÇÃO PELA PAZ (Portoghese)**

Cristo, quero ser instrumento

De tua paz e do teu infinito amor

Onde houver ódio ou rancor

Que eu leve a concórdia, que eu leve o amor

**RIT: Onde há ofensa que dói**

**Que eu leve o perdão**

**Onde houver a discórdia**

**Que eu leve a união e tua paz**

Onde encontrar um irmão a chorar de tristeza

Sem ter voz e nem vez

Quero bem no seu coração

Semear alegria, pra florir gratidão **RIT:**

Mestre, que eu saiba amar

Compreender, consolar e dar sem receber

Quero sempre mais perdoar

Trabalhar na conquista e vitória da paz **RIT:**

*Let us listen with open hearts to the Love of God manifested in Jesus Christ.*

## 2. Word of God Mt 5:1-12

When he saw the crowds, 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.”* Word of God.

## 3. Reflection

Jesus proposes a life project to us based on the values of the Beatitudes: solidarity, truth, consolation of the afflicted, humility, the search for the common good based on justice and mercy, transparency, and fraternity in social friendship. He invites us to make this project our own, to seek it, to make it possible so that its Light may shine in the midst of the darkness of the world.

*Moment of silence*

*Small group sharing:* Based on the Beatitudes, what are we willing to live and propose to the world?

### **Song: BEATITUDINI**

Dove due o tre sono riuniti nel mio nome,  
io sarò con loro, pregherò con loro, amerò con loro  
perché il mondo venga a te, o Padre,  
conoscere il tuo amore e avere vita con te

Voi che ora siete miei discepoli nel mondo,  
siate testimoni di un amore immenso,  
date prova di quella speranza che c'è in voi, coraggio,  
vi guiderò per sempre io rimango con voi.

Ogni beatitudine vi attende nel mio giorno,  
se sarete uniti, se sarete pace, se sarete pure  
perché voi vedrete Dio che è Padre,  
in lui la vostra vita gioia piena sarà.

Spirito che animi la Chiesa e la rinnovi,  
donale forza, fa che sia fedele,  
come Cristo che muore e risorge la  
sia perché il Regno del Padre si compia  
in mezzo a noi e abbiamo fede in lui.

#### **4. Word of God Mt 5: 14-16**

*“You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”* Word of God.

#### **Song: Sono qui a lodarti**

Luce del mondo nel buio del cuore  
vieni ed illuminami.  
Tu mia sola speranza di vita  
resta per sempre con me.

**Rit. Sono qui a lodarti, qui per adorarti,  
qui per dirti che Tu sei il mio Dio  
e solo Tu sei santo, sei meraviglioso  
degnò e glorioso sei per me.**

Re della storia e re nella gloria  
sei sceso in terra fra noi.  
Con umiltà il tuo trono hai lasciato  
per dimostrarci il tuo amor. **Rit.**

## 5. Rosary

*Sign: light a candle at each mystery*

We join Mary so that she may accompany us in our search for peace through the Rosary prayer:

### Lector 1

#### **First mystery: The Annunciation to Mary**

Like Mary, we welcome the good news of Jesus' incarnation that gives hope of salvation to all peoples and nations. With her, we confirm our yes to the project of the Kingdom and unite our hearts to say once again "be it done unto me according to your Word."

### Europe

Let the light shine on our European continent: the light of peace between Russia and Ukraine; the light of reconciliation and strength for all those who have suffered the loss of a loved one and their home; let the light of interreligious dialogue shine that gives hope for a humanity that unites and values differences and recognizes itself as a continent of sisters/brothers. The light for lasting peace with justice between Armenia and Azerbaijan.

*Our Father and 10 Hail Mary. Glory be...*

*Invocation: Mary, Our Lady of Peace. Pray for us.*

### Song

Mentre trascorre la vita solo tu non sei mai;  
Santa Maria del cammino sempre sarà con te.  
Vieni, o Madre, in mezzo a noi, vieni Maria quaggiù.  
Cammineremo insieme a te verso la libertà.

**Vieni, o madre, in mezzo a noi,  
vieni Maria quaggiù.**

**Cammineremo insieme a te  
Verso la libertà.**

### Lector 2

Second mystery: Mary's visit to her cousin Elizabeth

Mary travels through the mountains to meet Elizabeth, a woman who has been blessed by God's action. Give us, Lord, the spirit to go out to meet all

those who witness your mercy, that together we may proclaim to the world your liberating action.

**America:**

Let the light shine on our American continent. Let us shine the light of peace for migrants who are criminalized in their search for better living conditions. Let us shine the light of peace that overcomes the violence generated by drug trafficking. Let us shine the light of accord and solidarity in the pursuit of policies for the common good, especially in countries experiencing violent conflicts caused by organized crime, as in Mexico and Ecuador and also where conditions of freedom and protection of human rights are lacking in Nicaragua and Venezuela.

**Song:**

Si por el mundo los hombres  
Sin conocerse van  
No niegues nunca tu mano  
Al que contigo esta

**Ven con nosotros a caminar Santa Maria ven.**

**Ven con nosotros a caminar Santa Maria ven.**

**Lector 3**

**Third mystery: The birth of Jesus**

With Jesus hope is born, the way, the truth and the life. Give us compassionate hearts to be witnesses of the infinite Love of God the Father who sent us his Son Jesus through Mary, so that no human being may be lost for lack of love.

**Asia:**

Let us shine the light of Peace on our Asian continent, especially for the cessation of conflicts and displacements forced by violence in Afghanistan, Syria, Iraq, Myanmar and Yemen. The light of Peace for an end to the armed conflict between Israel and Palestine.

**Song:**

Mesmo que digam os homens,  
tu nada podes mudar  
Luta por um mundo novo  
de unidade e paz

**Ó vem conosco, vem caminhar, Santa Maria vem !  
Ó vem conosco, vem caminhar, Santa Maria vem !**

#### **Lector 4**

##### **Fourth mystery: The Presentation of Jesus in the Temple**

Together with Jesus, we consecrated women and men confirm our total dedication to the Kingdom of God, the Kingdom of fraternity.

##### **Africa**

Let us shine the light for our African continent; peace for countries experiencing religiously motivated conflicts in the Sahel of sub-Saharan Africa, in Nigeria and parts of Cameroon, Somalia, Kenya and Sudan, as well as for countries where nationalism and independence movements breed violence. The light of peace to support the peace agreement in Ethiopia.

##### **Song:**

No Man Can Live As An Island,  
Journeying Through Life Alone.  
Since We're Most Loved By A Mother,  
Jesus Gave Us His Own.

**Be With Us Mary Along The Way,  
Guide Every Step We Take.  
Lead Us To Jesus Your Loving Son  
Come With Us, Mary Come.**

#### **Lector 5**

##### **Fifth mystery: The finding of Jesus by Joseph and Mary in the Temple.**

Together with Jesus, we want to abide in the things of our Father. Lord, give all of us consecrated men and women the strength to remain in joyful fidelity to our calling and to your love.

##### **Oceania**

Let us shine the light on our continent, Oceania, so that the conditions for eliminating inequality and violence against women, especially Aboriginal women in Torres Strait and Papua, as well as New Guinea and New Zealand, who face class discrimination because of their low socioeconomic status, social exclusion because of their regional location, witchcraft, machismo, and patriarchy.

Together we want to proclaim a path of peace for Consecrated Life in the world:

**6. Proclamations for peace**

- a. In the face of exclusion and inequality within society, lack of equal opportunities for all, various forms of aggressive conflict, and socio-economic systems that are unjust at the root. Consecrated life says (EG 59-60):

**All: No to inequality that breeds violence!**

- b. *“Our world is being torn apart by wars and violence, and wounded by a widespread individualism which divides human beings, setting them against one another as they pursue their own well-being. In various countries, conflicts and old divisions from the past are re-emerging.”* (EG 99)

**All: No war between us!**

- c. From Christians in all communities around the world I want to ask especially for a witness of fraternal communion that becomes appealing and resplendent. May everyone admire how you care for one another, how you encourage one another and how you accompany each other: *“This is how all will know that you are my disciples, if you have love for one another”* (Jn 13:35). It is what Jesus asked the Father for with much desire: *“that they may all be one [...] that the world may believe”* (Jn 17:21). *“Beware of the temptation of jealousy! We are all in the same boat and headed to the same port! Let us ask for the grace to rejoice in the gifts of each, which belong to all.”* (EG 99)

**All: No war between us!**

- d. *“Those wounded by historical divisions find it difficult to accept our invitation to forgiveness and reconciliation, since they think that we are ignoring their pain or are asking them to give up their memory and ideals. But if they see the witness of authentically fraternal and reconciled communities, they will find that witness luminous and attractive. It always pains me greatly to discover how some Christian communities, and even consecrated persons, can tolerate different forms of enmity, division, calumny, defamation, vendetta, jealousy and the desire to impose certain ideas at all costs, even to persecutions which appear as veritable witch hunts. Whom are we going to evangelize if this is the way we act?”* (EG 100)



**All: No war between us!**

- e. *"If we were able to take this route, it would be so good, so soothing, so liberating and hope-filled! To go out of ourselves and to join others is healthy for us. To be self-enclosed is to taste the bitter poison of immanence, and humanity will be worse for every selfish choice we make."* (EG 87).

**All: Yes, to new relationships in Jesus Christ!**

- f. Consecrated Life feels called to recreate life in all its relationships, to overcome the historical wounds of its institutes and to propose to the world a friendship based on truth, justice and reconciliation.

Tutti: Yes, to new relationships in Jesus Christ!

**Song: ALMA MISIONERA.**

Señor, toma mi vida nueva  
Antes de que la espera desgaste años en mí  
Estoy dispuesto a lo que quieras  
No importa lo que sea, tú llámame a servir

**Llévame donde los hombres necesiten tus palabras  
Necesiten mis ganas de vivir  
Donde falte la esperanza, donde falte la alegría  
Simplemente por no saber de ti**

Te doy mi corazón sincero  
Para gritar sin miedo tu grandeza, Señor  
Tendré mis manos sin cansancio  
Tu historia entre mis labios, tu fuerza en la oración. **Rit.**

Y así, en marcha iré cantando  
Por calles predicando lo bello que es tu amor  
Señor, tengo alma misionera  
Conduceme a la tierra que tenga sed de ti. **Rit.**

**First Reading - Jb 7:1-4, 6-7**

**A reading from the Book of Job**

Job spoke, saying:

Is not man's life on earth a drudgery?

Are not his days those of hirelings?

He is a slave who longs for the shade,  
a hireling who waits for his wages.

So I have been assigned months of misery,  
and troubled nights have been allotted to me.

If in bed I say, "When shall I arise?"

then the night drags on;

I am filled with restlessness until the dawn.

My days are swifter than a weaver's shuttle;  
they come to an end without hope.

Remember that my life is like the wind;  
I shall not see happiness again.

The word of the Lord.

**Responsorial Psalm - Ps 147:1-2, 3-4, 5-6**

**℟. Praise the Lord, who helps the brokenhearted.**

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.

## Second Reading - 1 Cor 9:16-19, 22-23

### A reading from the first letter of Saint Paul to the Corinthians

Brothers and sisters:  
If I preach the gospel, this is no reason for me to boast,  
for an obligation has been imposed on me,  
and woe to me if I do not preach it!  
If I do so willingly, I have a recompense,  
but if unwillingly, then I have been entrusted with a stewardship.  
What then is my recompense?  
That, when I preach,  
I offer the gospel free of charge  
so as not to make full use of my right in the gospel.  
Although I am free in regard to all,  
I have made myself a slave to all  
so as to win over as many as possible.  
To the weak I became weak, to win over the weak.  
I have become all things to all, to save at least some.  
All this I do for the sake of the gospel,  
so that I too may have a share in it.

The word of the Lord.

## Acclamation before the Gospel

℟. Alleluia, alleluia.  
Christ took away our infirmities  
and bore our diseases.  
℟. Alleluia.

## Gospel - Mk 1:29-39

✠ A reading from the holy Gospel according to Mark

On leaving the synagogue

Jesus entered the house of Simon and Andrew with James and John.

Simon's mother-in-law lay sick with a fever.

They immediately told him about her.

He approached, grasped her hand, and helped her up.

Then the fever left her and she waited on them.

When it was evening, after sunset,

they brought to him all who were ill or possessed by demons.

The whole town was gathered at the door.

He cured many who were sick with various diseases,

and he drove out many demons,

not permitting them to speak because they knew him.

Rising very early before dawn, he left

and went off to a deserted place, where he prayed.

Simon and those who were with him pursued him

and on finding him said, "Everyone is looking for you."

He told them, "Let us go on to the nearby villages

that I may preach there also.

For this purpose, have I come."

So he went into their synagogues,

preaching and driving out demons throughout the whole of Galilee.

The Gospel of the Lord.