



A Journey to the Land of the Saints

VIII • The Island of Paul the Hermit

The members of the community enter and pray in silence. After the community is fully assembled, the prelude should be presented.

Prelude

“The Island of Paul the Hermit”  
(from The Voyage of Saint Brendan, translated by John J. O’Meara)

After many months on the sea, Saint Brendan and his brothers come to an island where they are welcomed by a hermit named Paul. After recounting his own spiritual journey, Paul the Hermit tells holy Brendan the final things he and his companions must do to come to the Land of the Saints.

A period of silent meditation follows the reading before the leader begins the penitential prayers.

Penitential Prayers

A bell rings and the members of the community kneel. If anyone cannot kneel, they should remain seated with their head bowed.

Leader  
All

We bend our knees  
(making the sign of the cross)  
**in the eye of the Father who created us,**  
**in the eye of the Son who purchased us,**  
**in the eye of the Spirit who cleansed us. Amen.**

All stand.

Leader

Lord Jesus Christ,  
give us the grace of repentance;  
give us the grace of earnestness;  
give us the grace of submission.  
**Give us the strength and courage to confess our guilt**  
**as earnestly as were this the moment of our death.**  
Lord Jesus,

Community

Leader

Bless and protect us beneath your glorious mantle.  
There is no plant in the ground, nor form in the strand,  
that is not full of your virtue.  
Lord Jesus, have mercy on us.

Community  
Leader

**Lord Jesus, have mercy on us.**  
Christ Jesus,  
Guard and secure us behind the strength of your shield,  
There is no life, in the sea or river, in air or on land,  
that does not proclaim your goodness.

Community  
Leader

**Christ Jesus, have mercy on us.**  
Lord Jesus,  
Help and teach us to trust in your constant care.  
There is nothing in the firmament,  
nor beneath sun and moon,  
that is not full of your blessing.

Community  
Leader

Lord Jesus, have mercy on us.  
**Lord Jesus, have mercy on us.**  
Lord Jesus Christ,  
with the Father who created us  
and the Spirit that cleansed us,  
Purify our hearts, make holy our souls  
and confirm our faith,  
keep safe our minds and compass our bodies all about.  
Enfold us...

Community  
Leader  
Community  
Leader  
Community  
Leader  
Community  
Leader  
Community  
Leader

**... and surround us.**  
Guide our speech...  
**... and our thoughts.**  
Guard us in our sleeping...  
**... and in our waking.**  
Nurture us in our watching...  
**... and in our hoping.**  
Shield us in our lives...  
**... and grant us peace in eternity.**  
Holy God,  
Father, Son and Spirit,  
pour down upon us from heaven  
the rich blessing of your forgiveness.

Community  
Leader

praise to the Spirit.  
**May the three in one bring us to the peace of eternity. Amen.**  
Praise to the Father,  
praise to the Son,  
praise to the Spirit.

Community  
Leader

**The three in one.**  
*(making the sign of the cross)*  
The guarding of the God of life be on you,  
the guarding of the loving Christ be on you,  
the guarding of the Holy Spirit be on you,  
aiding and enfolding you each day and night of your lives.

Community

**May God, the three in one, encompass us all,  
shielding us on sea and on land, in day and in night,  
guarding each step and each path we travel. Amen.**

Hymn (optional)

*The members of the community sit or kneel after the service concludes, as they prefer. Silence  
is observed to allow private prayer or meditation. Individuals should leave quietly as the Spirit  
moves them.*

Community Leader	... <b>may others see your kindness.</b> In our words...
Community Leader	... <b>may others hear your mercy.</b> In our wishes...
Community Leader	... <b>may others feel your compassion.</b> In our reason...
Community Leader	... <b>may others discern your wisdom.</b> Divine Majesty, fill us with your goodness, shield us with your shade, and change us with your grace.
Community Leader	<b>Amen.</b> In the silence of your heart, bring your special needs or concerns before God. If you wish us to join in your prayers for these needs, speak them aloud, saying when you are finished, "For this I pray."
Members of the community offer their particular prayers. The community's response to these individual petitions is:	
<b>May God's blessing be yours, and well may it befall you.</b>	
When these personal prayers are finished, the leader offers the final blessing.	
Leader	May God our Creator guard you from hurt and protect you from harm in the nearness of his love. May Christ our Savior shield you from mischance and shelter you from grief in the nearness of his love. May the Guiding Spirit keep you from ill and bring you to the land of peace in the nearness of his love. Praise to the Father, praise to the Son,

Be patient with us and grant to us  
the fear of God, the love of God, and your affection  
so we may do your will on earth at all times ...

... **as the angels and saints do in heaven.**

Holy God,  
Father, Son and Spirit,  
pour down upon us from heaven  
the rich blessing of your peace.  
Peace between nations ...

... **peace between neighbors.**  
Peace between kindred ...

... **peace between lovers.**  
Peace between persons injured ...

... **peace between foes.**

Holy God,  
Father, Son and Spirit,  
help us to love and bless your creation,  
all that we see, all that we hear, all that we touch.  
Let us share your peace  
with our fellow creatures at all times,  
living as signs of forgiveness and reconciliation on the earth ...

... **as the angels and saints do in heaven:**  
**without malice, without jealousy, without envy,**  
**without fear, without terror of anyone under the sun.**  
**And may the Father, the Son and the Spirit**  
**kindle in our hearts the flame of love to our neighbors,**  
**to our foes, to our friends, to our kindred all,**  
**to the brave, to the knave, to the thrall.**

The peace of the Father of Joy,  
the peace of Christ the Lamb,  
the peace of the Spirit of Grace, be with you.

**The peace of the Father of Joy,**  
**of Christ the Lamb, and of the Spirit of Grace,**  
**be with us all.**

Let us share a sign of peace with those present here  
as a testimony to the peace God offers to the world.

The members of the community share a sign of peace before sitting down. A brief period of

silence follows before the reader begins the Word of God.

The Word of God

Reader

I set the teachings of Christ before you;

Community

I set the guarding of God about you.

May it possess us and protect us all.

Reader

A reading from the Gospel according to Saint John.

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, “Woman, why are you weeping?” She said to them, “They have taken away my Lord, and I do not know where they have laid him.” When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said

Leader

Praise to the Father,  
praise to the Son,  
praise to the Spirit.  
The three in one.

Community

All stand.

Leader

Let us pray for the coming of the Kingdom,  
in the words our Lord taught us:

All

“Our Father in heaven,  
hallowed be your name.  
Your kingdom come.  
Your will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And do not bring us to the time of trial,  
but rescue us from the evil one.”

(Matthew 6: 9-13)

Leader

Thanks be to you, Eternal Father,  
for you have enwrapped our bodies and our souls,  
safeguarding us in the sanctuary of your love ...

... and sheltering us under the mantle of your care.

Community

Leader

O Holy God,  
guide us with your wisdom,  
chastise us with your justice,  
help us with your mercy,  
protect us with your strength.  
In our dreams...

Community

Leader

... arouse holy ambitions.

Community

Leader

... strengthen us for your service.

Community

Leader

... nurture love for all your creatures.

Community

Leader

... implant saintly thoughts.

In our deeds...

incite our love, strengthen our weakness, and enfold our desires.

Community

**O Generous Lord,  
cleanse our hearts, make holy our souls, confirm our faith,  
keep safe our minds, encompass our bodies about  
so that in our own hearts, we may feel your presence.**

Leader

O Holy Spirit, of greatest power,  
come down upon us and subdue us;  
from your glorious mansion in the heavens.  
The knee that is stiff, O healer, make pliant,  
the heart that is cold, make warm beneath your wing;  
guide the soul that is wandering from your path  
and it shall not die.

Each thing that is foul, may you cleanse,  
each thing that is hard, may you soften with your grace,  
each wound that is causing us pain, may you make whole.  
Now to the Father who created each creature,  
now to the Son who paid ransom for his people,  
now to the Holy Spirit, comforter of might:  
shield and protect us from every wound.

Community

**Encompass the beginning and the end of our race,  
give us courage to sing in glory,  
in peace, in rest, in reconciliation.**

Leader

Come share in the table of the Lord,  
source of love for those who cherish his kindness,  
source of solace for those who need his forgiveness,  
source of hope for those who fear his judgement.  
Come share in the table of the Lord.

Community

**Where no tear shall be shed,  
where death comes no more. Amen.**

*The community shares the Eucharist in silence. Afterward, the table is cleared during the hymn. If there is no hymn, the members of the community use this time for private prayer.*

Hymn (optional)

*Then, the leader continues the service.*

**Prayers and Blessings**

to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means Teacher). Jesus said to her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’” Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

The gospel of Jesus Christ, source of strength,  
Source of salvation, source of healing grace.

Community

**May it be a mantle to our bodies.**

*A brief silence follows the reading, until the leader begins the psalm.*

Leader

Psalms 91, Verses 1 through 16.

You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,

Community

**will say to the Lord, “My refuge and my fortress;  
my God, in whom I trust.”**

Leader

For he will deliver you from the snare of the fowler  
and from the deadly pestilence;

Community

**he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.**

Leader

You will not fear the terror of the night,  
or the arrow that flies by day,

Community

**or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.**

Leader

A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.

Community

**You will only look with your eyes  
and see the punishment of the wicked.**

Leader

Because you have made the Lord your refuge,  
the Most High your dwelling place,

Community

**no evil shall befall you,  
no scourge come near your tent.**

Leader	For he will command his angels concerning you to guard you in all your ways.
Community	<b>On their hands they will bear you up, so that you will not dash your foot against a stone.</b>
Leader	You will tread on the lion and the adder,
Community	<b>the young lion and the serpent you will trample under foot.</b>
Leader	Those who love me, I will deliver; I will protect those who know my name.
Community	<b>When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them.</b>
Leader	With long life I will satisfy them,
Community	<b>and show them my salvation.</b>

*There is a brief silence after the psalm before reading or presenting the audio version of the following reflection.*

Reflection	“Welcoming Others into the Resurrection” by Timothy J. Ray
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*A period of silence is observed after the reflection for private meditation, with or without music. Afterward, the leader proceeds to the Eucharistic Prayer after the optional hymn.*

Hymn (optional)

### Eucharistic Prayer

*If the community wishes to share the Eucharist, the table is prepared during the hymn. If there is no hymn, the table should be prepared in silence — slowly and deliberately. Then, the leader begins the Eucharistic Prayer.*

Leader	Thanks be to you, Holy Father of Glory, father-kind, ever-loving, ever-powerful, because of all the abundance, favor and deliverance that you bestow on us in our need.
Community	<b>May your name be praised forever, in the heavens above and here on earth.</b>

Leader	Whatever Providence befalls us as your children, in our portion, in our lot, in our path, give to us with it the riches of your hand and the joyous blessing of your mouth.
Community	<b>May your kingdom be seen to flourish through the joy of your people, always grateful.</b>
Leader	In the steep common path of our calling, be it easy or uneasy to our flesh, be it bright or dark for us to follow, your perfect guidance will be upon us.
Community	<b>Provide for us in all our needs, material and spiritual, this day and every day.</b>
Leader	Be a shield to us from the wiles of the deceiver, from the arch-destroyer with his arrows pursuing us, and in each secret thought our minds get to weave, guide and protect us.
Community	<b>Do not allow us to be tossed about by temptations and protect us from all evils that would do us harm.</b>
Leader	O Loving Christ, who was hanged upon a tree, each day and each night we remember your covenant; in our lying down and rising up, we yield ourselves to your cross, in our lives and our deaths, we seek in you our peace. Each day, may we remember the source of the mercies you bestowed on us, gently and generously; each day, may we become fuller in love with you.

My brothers and sisters, with St. Paul, I say to you:

“I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the same way he took the cup also, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.”  
(1 Corinthians 11: 23-26)

O Gracious God, *(making the sign of the cross)*  
may your Spirit come upon us, and upon this bread and wine,  
so that it might illumine our understanding, kindle our will,