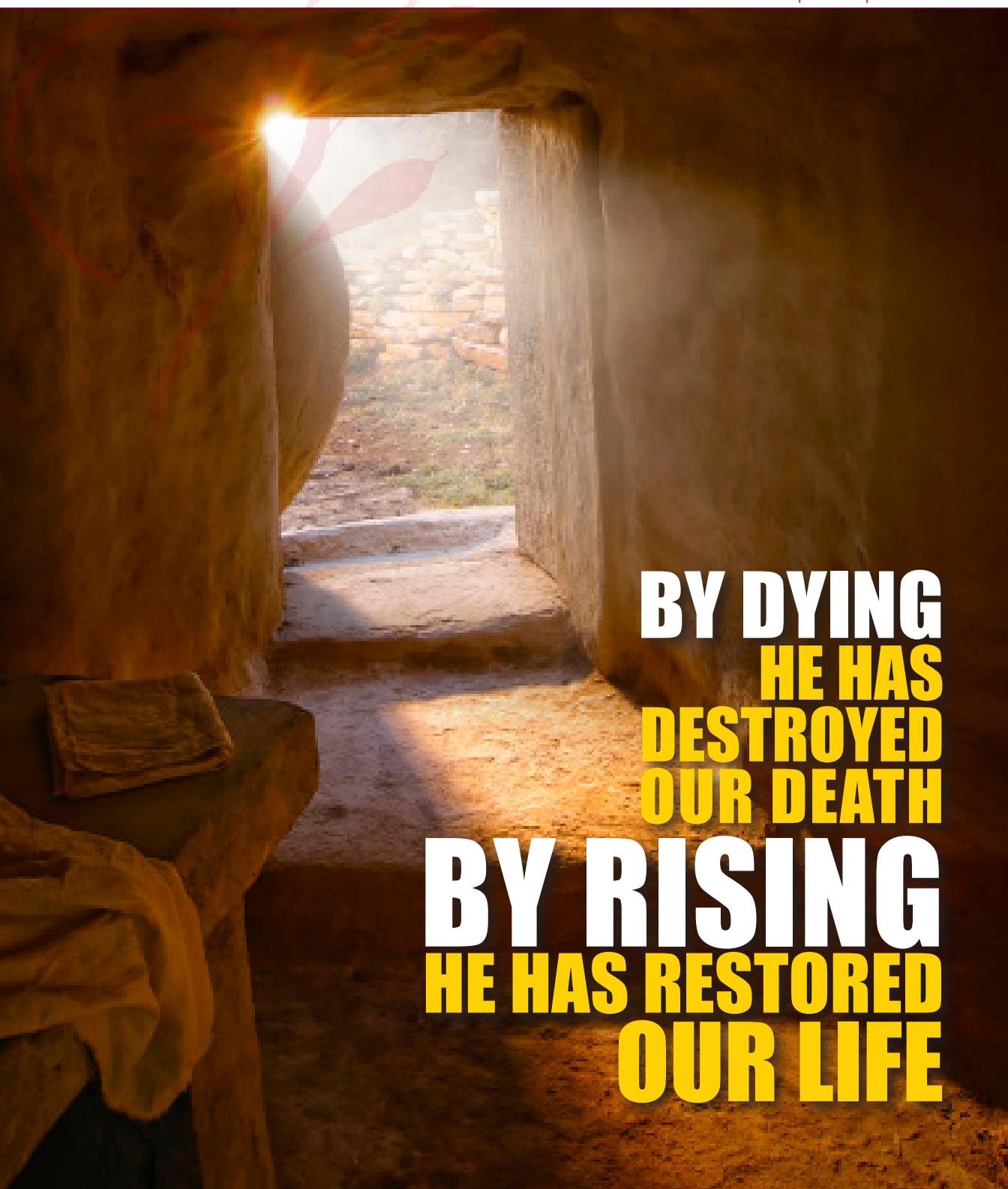




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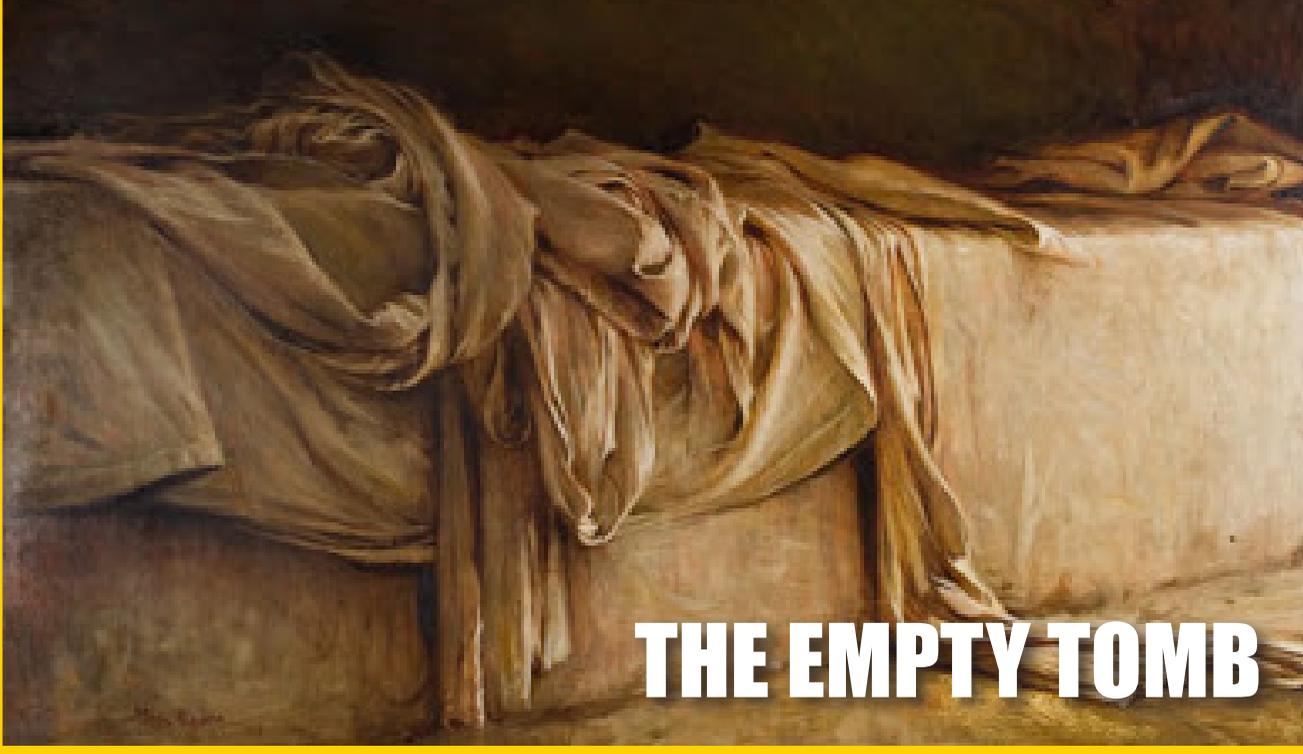
Prayer Leaflet for Vocations

VOL. 32 | No. 4 | APRIL 2020



BY DYING
HE HAS
DESTROYED
OUR DEATH

BY RISING
HE HAS RESTORED
OUR LIFE



THE EMPTY TOMB

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him."

So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place.

Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the scripture that he had to rise from the dead.

GUIDE FOR REFLECTION

SUGGESTED ACTIVITIES

"Why do you seek the living among the dead? He is not here, but has risen" (Luke 24:5-6) The first element we encounter in the framework of the Easter events is the empty tomb. In itself it is not a direct proof of Resurrection; the absence of Christ's body from the tomb could be explained otherwise (Cf. John 20:13; Matthew 28:11-15).

Nonetheless the empty tomb was still an essential sign for all.

Its discovery by the disciples was the first step toward recognizing the very fact of the Resurrection. This was the case, first with the holy women, and then with Peter (Cf. Luke 24:3, 12, 22-23). The disciple "whom Jesus loved" affirmed that when he entered the empty tomb and discovered "the linen cloths lying there", "he saw and believed" (John 20:2, 6, 8).

This suggests that he realized from the empty tomb's condition that the absence of Jesus' body could not have been of human doing and that Jesus had not simply returned to earthly life as had been the case with Lazarus (John 11:44; 20:5-7).

- From the *Catechism of the Catholic Church*, #640

A JOURNAL WRITING

1. In the GUIDE FOR REFLECTION, choose only one (1) among the Gospel passages mentioned. Read that passage again from your Bible.
2. In your journal, write one word, phrase, or sentence that caught your attention after reading the passage you chose to reflect on.
3. Answer this question: "Why did you choose that word, phrase or sentence after reading the passage?"

B SOCIAL MEDIA POST

Create a Facebook post (or Twitter, Instagram, etc.) that expresses your hope in the resurrection of Jesus.

C AN ACT OF CHARITY

Do you know someone who is on the frontline, fighting against COVID-19? Send a message that assures him/her of your gratitude and prayers.



POPE FRANCIS' URBI ET ORBI 2020



WHAT IS THE URBI ET ORBI?

In Latin, *Urbi et Orbi* means “to the city (Rome) and to the world.” During the year it’s imparted on two occasions: Easter Sunday and Christmas Day, December 25. The Pontiff also imparts it on the day of his election, when he presents himself before Rome and the world as the new Successor of Saint Peter. Exceptionally, given this moment of global health emergency, because of the Coronavirus, the Holy Father decided to grant it.

- Excerpt from Zenit.org’s article: “What is the ‘Urbi et Orbi’ Blessing? Pope Francis is Imparting it Today Extraordinarily (By: Larissa I. Lopez)



FAST FACTS OF THE URBI ET ORBI 2020

- This year 2020, the Urbi et Orbi Meditation and Blessing was given last March 27, 2020 (March 28, 1:00AM PST).
- Pope Francis was able to deliver the meditation and blessing on the *sagrato* (courtyard entrance) facing, an empty St. Peter’s Square. It was raining.

Dear friends, at the beginning of the Easter Season, we wish to publish the Pope’s meditation in the next pages. Feel free to find time to reflect this precious message at the comfort of your homes.

When evening had come” (Mk 4:35).

The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people’s gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat... are all of us. Just like those disciples, who spoke anxiously with one voice, saying “We are perishing” (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this.

It is easy to recognize ourselves in this story. What is harder to understand is Jesus’ attitude. While his disciples are quite naturally alarmed and desperate, he stands in the stern, in the part of the boat that sinks first. And what does he do? In spite of the tempest, he sleeps on soundly, trusting in the Father; this is the only time in the Gospels we see Jesus sleeping. When he wakes up, after calming the wind and the waters, he turns to the disciples in a reproaching



voice: “Why are you afraid? Have you no faith?” (v. 40).

Let us try to understand. In what does the lack of the disciples’ faith consist, as contrasted with Jesus’ trust? They had not stopped believing in him; in fact, they called on him. But we see how they call on him: “Teacher, do you not care if we perish?” (v. 38). Do you not care: they think that Jesus is not interested in them, does not care about them. One of the things that hurts us and our families most when we hear it said is: “Do you not care about me?” It is a phrase that wounds and unleashes storms in our hearts. It would have shaken Jesus too. Because he, more than anyone, cares about us. Indeed, once they have called on him, he saves his disciples from their discouragement.

The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed to become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest

lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly "save" us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity.

In this storm, the façade of those stereotypes with which we camouflaged our egos, always worrying about our image, has fallen away, uncovering once more that (blessed) common belonging, of which we cannot be deprived: our belonging as brothers and sisters.

Like the disciples, we will experience that with him on board there will be no shipwreck. Because this is God's strength: turning to the good everything that happens to us, even the bad things. He brings serenity into our storms, because with God life never dies.

"Why are you afraid? Have you no faith?" Lord, your word this evening strikes us and regards us, all of us. In this world, that you love more than we do, we have gone ahead at breakneck speed, feeling powerful and able to do anything.

Greedy for profit, we let ourselves get caught up in things, and lured away by haste. We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did we listen to the cry of the poor or of our ailing planet. We carried on regardless, thinking we would stay healthy in a world that was sick. Now that we are in a stormy sea, we implore you: "Wake up, Lord!"

"Why are you afraid? Have you no faith?" Lord, you are calling to us, calling us



to faith. Which is not so much believing that you exist, but coming to you and trusting in you. This Lent your call

reverberates urgently: "Be converted!"; "Return to me with all your heart" (Joel 2:12). You are calling on us to seize this time of trial as a time of choosing. It is not the time of your judgement, but of our judgement: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others. We can look to so many exemplary companions for the journey, who, even though fearful, have reacted by giving their lives. This is the force of the Spirit poured out and fashioned in courageous and generous

self-denial. It is the life in the Spirit that can redeem, value and demonstrate how our lives are woven together and sustained by ordinary people – often forgotten people – who do not appear in newspaper and magazine headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time: doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women

and so very many others who have understood that no one reaches salvation by themselves. In the face of so much suffering, where the authentic development

of our peoples is assessed, we experience the priestly prayer of Jesus: “That they may all be one” (Jn 17:21). How many people every day are exercising patience and offering hope, taking care to sow not panic but a shared responsibility. How many fathers, mothers, grandparents and teachers are showing our children, in small everyday gestures, how to face up to and navigate a crisis by adjusting their routines, lifting their gaze and fostering prayer. How many are praying, offering and interceding for the good of all. Prayer and quiet service: these are our victorious weapons.



“Why are you afraid? Have you no faith”? Faith begins when we realize we are in need of salvation. We are not self-sufficient; by ourselves we founder: we need the Lord, like ancient navigators needed the stars. Let us invite Jesus into the boats of our lives. Let us hand over our fears to him so that he can conquer them. Like the disciples, we will experience that with him on board there will be no shipwreck. Because this is God’s strength: turning to the good everything

t h a t happens to us, even the bad things. He brings serenity into our storms, because with God life never dies.

The Lord asks us and,

in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved. We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love. In the midst of isolation when we are suffering from a lack of

tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side. The Lord asks us from his cross to rediscover the life that awaits us, to look towards those who look to us, to strengthen, recognize and foster the grace that lives within us. Let us not quench the wavering flame (cf. Is 42:3) that never falters, and let us allow hope to be rekindled.

The Lord awakens so as to reawaken and revive our Easter faith.

Embracing his cross means finding the courage to embrace all the hardships of the present time, abandoning for a moment our eagerness for power and possessions in order to make room for the creativity that only the Spirit is capable of inspiring. It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity. By his cross we have been saved in order to

embrace hope and let it strengthen and sustain all measures and all possible avenues for helping us protect ourselves and others. Embracing the Lord in order to embrace hope: that is the strength of faith, which frees us from fear and gives us hope.

“Why are you afraid? Have you no faith”? Dear brothers and sisters, from this place that tells of Peter’s rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God’s blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: “Do not be afraid” (Mt 28:5). And we, together with Peter, “cast all our anxieties onto you, for you care about us” (cf. 1 Pet 5:7). ---

GUIDE FOR REFLECTION

“The Lord awakens so as to reawaken and revive our Easter faith.” - Pope Francis

After reading the Urbi et Orbi meditation, amidst the pandemic brought by the COVID-19, in what ways you can promote hope in yourself, in your friends, in your family, and in those who are risking their lives by serving as “frontliners” in the fight against the pandemic?

Introduction: As we pray and meditate in this Adoration for Vocations for the 1st Sunday of Easter, let us turn our gaze to the Risen Jesus Christ who became triumphant over sin and death, and gave us the gift of his resurrection, so that we may rise up in the light of life promised by the Lord. May God continue sending holy vocations who are signs of the resurrection of Jesus Christ today.

Opening Eucharistic Hymn

Eucharistic Greetings (repeat three times)

Leader: Praise and thanks every moment...

All: to the most holy, most divine Sacrament...

Leader: Glory to the Father...

All: As it was in the beginning...

Leader: Send, O Lord...

All: Holy Apostles into Your Church!

Spiritual Communion (p. 12)

Moments of Personal Adoration

Gospel Reading - John 20:1-9

Oratio Imperata for the COVID-19 (p.11)

Community Prayer:

All: Dear Jesus, our Risen Lord, present in the Most Blessed Sacrament, we praise and thank you for the gift of your resurrection. As you rose from the dead, you have conquered sin and death, and renewed creation through the promise of life that you taught and championed even during your public ministry. Teach us to always turn our gaze to you, and trust in your promise, so that our hearts

may remain steadfast and focused on the concerns of the Kingdom of God. Lord Jesus, make your call heard by many ardent and generous young people to make them your followers and ministers. Let them be living signs and witnesses of your resurrection. Send us true pastors of souls working according to your Heart, and are full of your Holy Spirit. May they be far from every personal interest, full of zeal for your glory and the salvation of souls. We also pray for those whose lives are placed at risk, especially those who are at the frontline of the fight against the COVID-19. May they receive your consoling presence through their friends and the people who care and support them in prayers. Above all, may we, as one People of God, overcome this pandemic through the gift and power of your resurrection. Amen.

Benediction; Divine Praises for Vocations (p. 12)

Concluding Hymn

Suggested Activity:

Meditate on this prayer of the Church: *"O God, who on this day, through your Only Begotten Son, have conquered death and unlocked for us the path to eternity, grant, we pray, that we who keep the solemnity of the Lord's Resurrection may, through the renewal brought by your Spirit, rise up in the light of life. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever."*

Introduction: In the Second Sunday of Easter, we are called to reflect and meditate on the Divine Mercy of Jesus Christ. Through His mercy, we have received the gift of faith. Through His blood which is an outpouring of His mercy, we are saved. Let us pray in this Adoration for Vocations that we may turn to the merciful Jesus, and trust in the gift of life that He desires to give us through the power of His resurrection. We pray for the increase of holy vocations who are signs of His mercy and redeeming presence.

Opening Eucharistic Hymn

Eucharistic Greetings (see p. 9)

Spiritual Communion (p. 12)

Moments of Personal Adoration

Gospel Reading - John 20:19-31

Oratio Imperata for the COVID-19 (p.11)

Community Prayer:

Prayer Leader: Dear brothers, let us now turn to the merciful Jesus, who in promised to take care of us always. Let us pray the chaplet of the divine mercy.

All: 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.

All: O Blood and Water, which gushed forth from the Heart of Jesus as a fount

of mercy for us, I trust in You! (Repeat three times)

All: Our Father... Hail Mary... I believe in God...

(This will be prayed at every large bead – Our Father/Glory Bead.)

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.

(This will be prayed on the ten small beads of each decade.)

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

(After reciting the five decades, the following will be prayed and repeated three times:)

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

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.

Benediction and Divine Praises for Vocations (p. 8)

Concluding Hymn

Suggested Activities:

Read and do the suggested reflection on the Holy Father's Urbi et Orbi meditation (p. 5-8).

Introduction: In the third Sunday of Easter, let us call to mind and reflect on the gift of resurrection which Christ's "new creation." In this new creation, our lives are renewed in its youthfulness, and the vigor to strive for perfect charity is rekindled. Let us pray that God may increase the gift of hope in us, bearing in mind and heart that as Christ rose from the dead, so, too, we are called to share in the life that Jesus recreated. May the holy vocations that we ask from God become instruments of hope and youthfulness, ever-ready to lay down their lives for His People.

Opening Eucharistic Hymn

Eucharistic Greetings (see p. 9)

Spiritual Communion (p. 12)

Moments of Personal Adoration

Gospel Reading - Luke 24:13-35

Personal Reflection (Silence)

Community Prayer:

Prayer Leader: Let us turn to the Father who, even during the hardships we experience in the pandemic, is gracious to give us the life promised by Jesus Christ in his resurrection:

Oratio Imperata for the COVID-19:

God our Father, we come to you in our need to ask your protection against the COVID 19 that has disturbed and even claimed lives. We pray that you guide the people tasked to find cures for this disease

and to stem its transmission. Protect the medical experts that they may minister to the sick with competence and compassion. We pray for those afflicted. May they be restored to health soon. Protect those who care for them. Grant eternal rest to those who have died. Give us the grace in this trying time to work for the good of all and to help those in need. We implore you to stop the spread of this virus and to save us from our fears. Grant all these through our Lord Jesus Christ your Son who lives and reigns with you, in the unity of the Holy Spirit, one God, forever and ever. Amen. We fly to Your protection, oh Holy Mother of God. Do not despise our petition in our necessities, but deliver us always from all dangers, oh glorious and blessed Virgin. Amen.

Our Lady, health of the sick,
pray for us.

St. Raphael the Archangel,
pray for us.

St. Rock, pray for us.

St. Lorenzo Ruiz, pray for us

St. Pedro Calungsod, pray for us.

St. Hannibal Mary, pray for us.

Send, O Lord,

holy Apostles into your Church!

Benediction; Divine Praises for Vocations (page 8)

Concluding Hymn

Suggested Activity:

Using the Gospel Reading taken from Luke 24:13-35, follow the mechanics of suggested activities on page 3.



PRAYERS FOR THE ADORATION FOR VOCATIONS

SPIRITUAL COMMUNION:

O my Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things and I receive you into my soul. Since I cannot now receive you sacramentally, come to me spiritually. I welcome you and unite myself entirely with you. Do not permit me ever to be separated from you. Jesus, I believe in you, I hope in you, and I love you.

BENEDICTION (TANTUM ERGO) - ENGLISH:

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.
To the Everlasting Father,
And the Son Who reigns on high
With the Holy Spirit proceeding
Forth from Each eternally,
Be salvation, honour, blessing,
Might, and endless majesty. Amen.
P: You have given them bread from heaven.
R: With all its sweetness and delight.

Let us pray: O God, who in this wonderful Sacrament left us a memorial of Thy Passion: grant, we implore Thee, that we may so venerate the sacred mysteries of Thy Body and Blood, as always to be conscious of the fruit of Thy Redemption. Thou who livest and reignest forever and ever.

R: Amen.

DIVINE PRAISES FOR VOCATIONS:

Blessed be God, Author of Vocations.
Blessed be the Name of the Lord of the Harvest.
Blessed be Jesus Christ the Compassionate Lord.
Blessed be his Most Sacred Heart, the Merciful.
Blessed be His Most Precious Blood, who washed our sins.
Blessed be Jesus in the Eucharist our spiritual food.
Blessed be the Holy Spirit, Light of all those who are called.
Blessed be the Great Mother of God, Mary Mother of Vocations.
Blessed be her Immaculate Conception, the Model of all Priests.
Blessed be the Name of Mary, Virgin and Mother of all Missionaries.
Blessed be her glorious Assumption, intercessor upon all the Candidates to the Consecrated life.
Blessed be St. Joseph, Protector of the Universal Church.
Blessed be God, in His Holy Apostles and Saints of the Church.



The Pope's Intention
for APRIL 2020:

FREEDOM FROM ADDICTION:
**We pray that those
suffering from addiction
may be helped and
accompanied.**



The **Kaya Idalangan** is produced by the St. Hannibal Rogate Center to spread awareness to pray and work for holy vocations.

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