

NORTHEAST SENIORATE LENTEN RETREAT
Holy Trinity Cathedral Parish – Manchester, New Hampshire
February 27, 2016



Following the directives from our past 2014 Holy Synod and our PNCC Future Direction Action Plan for 2016: Thirty faithful and clergy of the Northeast Seniorate gathered at Holy Trinity Cathedral parish on Saturday - February 27, 2016 for a Lenten Retreat. The retreat began with the Holy Mass celebrated by Fr. Sr. Rob Nemkovich. The Mass of the day was celebrated, Fr. Henryk Was preached an excellent sermon on the parable of the Prodigal

Son. In his exegesis of the parable, Fr. Henryk spoke about the two sons and the father. He reminded us about the unconditional love and mercy God the Father has and that we need to grant forgiveness and repent of our sinful ways.



Following Mass, Karen Sobiechowski presented a moving session on prayer and our Lenten Journey. She shared with us her prayer journey and brought some beautiful prayers to share with us that we offered. One powerful one was The Mercy Prayer: For those who sin and those who suffer, For those who

suffer because of sin, For those who sin to alleviate their suffering, Lord have mercy on us. – Robert Gelinas. Following the session the group spent time in quiet prayer, reflection and meditation.



Fr. Andrzej Tenus led the group in a meditation on the Stations of the Cross. Some of the folks walked the way of the cross, while others prayed from various locations in the church. Several different readers offered meditations for each of the stations. Silent prayer and meditation followed.



Midday Prayer from the Liturgy of the Hours was led by Bishop Paul Sobiechowski. After offering this prayer of the Church the folks enjoyed soup and sandwiches.

The afternoon portion of the retreat began with a guided Lenten Meditation from Fr. Sr. Rob Nemkovich. He began with a song Ashes to Glory and then shared with the participants meditations for our Lenten journey: 40 Days of Opportunity, Trust in God's Mercy, Love One Another, Staying the Course, Striving to Forgive. He ended his presentation with the Lenten Song by John Michael Poirier. Please give this a view on YouTube.

The retreat then focused on Lenten Songs and Reflections lead by Karen Sobiechowski. The following hymns were enjoyed with questions for reflection: **How Deep The Father's Love:** *Consider what Jesus was willing to suffer so that you could be forgiven – God the Father sees you as "His treasure." How do you respond?* **Just As I**

Am: Picture Jesus welcoming you, just as you are, with His arms open wide. What do you need from Him right now? His is able to heal, mend, restore, forgive... **Remember Me:** You have a spiritual legacy to leave to future generations. How will you share your experience of Jesus with them? What is your reaction when Jesus calls



us "Child of wonder, Child of God? I remember you...remember me. Appreciation is again given to Karen Sobiechowski for preparing this portion and sharing these moving hymns.

After some time in silent reflection, Fr. Sr. Rob Nemkovich and Ray Pieczarka led the group in a congregational reading of the Passion of our Lord and Savior Jesus Christ from Luke's Gospel. Various participants read portions of the passion such as Pilate, Peter, the Centurion and others. Silent prayer and meditation followed.

This Lenten Retreat concluded with a Lenten Penitential Service celebrated by Bishop Paul Sobiechowski – ***In God's Merciful Love*** - a time where the participants received the Sacrament of Penance. Bishop Paul offered a beautiful sermon in which he spoke about being good stewards of the gifts God has given to us and that we are to use them for the benefit of the church and helping those in need in our materialistic society. The retreat concluded with Bishop Paul giving his Benediction and thanking those for making the time and effort to spend a day in prayer and meditation sharing in the saving events of our Lord's journey that leads to Resurrection.



Thanks are extended to Holy Trinity Cathedral parish for hosting this retreat, to all the clergy of the seniorate as they led portions of the retreat and to all who shared in this uplifting inspiring journey with Christ.

Prepared by

Fr. Sr. Rob Nemkovich