



LIFE
LINE
In solidarity with...

EIGHT DAY
ONLINE RETREAT
5th - 12th April
2020



Day
5

Theme: The Way of the Lifeline and the Way of the Virus of Death

Grace: To choose the way (*marga*) of Jesus

We have said 'YES' to collaborate with the divine plan of 'promoting the Lifeline'. As disciples of Jesus, we are confronted with two ways: the way of the Lifeline and the way of the virus, representing the powers of death, of Ego and of pride. These two forces, working within and without, influence our life-promoting and life-destroying choices.

"The storm (Covid19) exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. ... 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.....We need to "seize this time of trial as a time of choosing. ... 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."

(Pope Francis, *Urbi et Orbi*, 27/03/20)

Today, on Maundy Thursday, our gaze is fixed on the Lord, washing the feet of his disciples at the Last supper. His WAY (*Marga*) is to 'serve', to go down on his knees to wash the feet. Today, thousands of health workers, security personnel, Govt servants and volunteers, by risking their lives, have chosen the path of Jesus. They accompany, serve, and 'wash the feet' of the affected masses in their needs.

We celebrate today this Memory of 'washing the feet and breaking bread' in order to promote Life through serving and sharing. Our lives will be aligned with the WAY of the Lifeline when we break our egos, greed, and pride and when we begin to promote interdependence and interconnectedness by serving and feeding one and all. The Lord calls us for a new way of seeing, thinking, acting, relating and living. Let us choose life (Deut 30:15-20).



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Pause and Reflect

- As I accompany the Lord today, let me ponder over my choices. Do I embody the memory of Jesus through life promoting choices in my life? Are there any areas in my life, family and community that need healing and transformation?
- I am called to wash the feet of others, by helping the people who are on the margins at this time of COVID-19. Am I doing anything for these people?
- Am I courageous enough to tread the way (*marga*) of the Lifeline? What do I experience within me: hope, confidence, fear....?

Passages for Prayer and Reflection

Matthew 5:1-12: The Beatitudes

Matthew 26:26-29: The Institution of the Lord's Supper

John 13:1-15: Jesus washes the Disciples' Feet

Gal 5:16-26: Works of the Flesh & Fruit of the Spirit

Prayer: Lord, grant me the grace to make your way as my way and to radiate you in all that I do. May this pandemic enable me to reflect at a deeper level my way of living and relating in order to be your memory to those who are in need.

Mantra: Lord, help me to choose Life.

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