



LIVING
THE

ECHO

“REMEMBER NOT THE EVENTS OF THE
PAST, THE THINGS OF LONG AGO
CONSIDER NOT; SEE, I AM DOING
SOMETHING NEW! NOW IT SPRINGS
FORTH, DO YOU NOT PERCEIVE IT? IN
THE WILDERNESS I MAKE A WAY, IN
THE WASTELAND, RIVERS.”

-ISAIAH 43:18-19

GOD IS GOOD BEYOND MEASURE! WHILE WE ARE SAD THAT WE CANNOT BE WITH YOU ALL AT ECHO THIS SUMMER, WE BELIEVE GOD HAS AN EVEN GREATER PLAN THAN WE CAN IMAGINE. THE SAME GOD WHO INSPIRED ECHO AND WHO WORKS SO POWERFULLY THERE IS WITH YOU RIGHT NOW, AND HE WANTS TO WORK WONDERS IN YOUR HEART AND LIFE. AS YOU MAY KNOW, THE NAME OF OUR RETREAT AND COMMUNITY (ECHO) COMES STRAIGHT OUT OF THE THEOLOGY OF THE BODY:

*"AFTER ORIGINAL SIN...THE SPOUSAL MEANING OF THE BODY WAS TO CEASE BEING FOR THEM A SIMPLE REALITY OF REVELATION AND GRACE. YET, THIS MEANING WAS TO REMAIN...**INSCRIBED IN THE DEPTH OF THE HUMAN HEART AS A DISTANT ECHO**, AS IT WERE, OF ORIGINAL INNOCENCE." TOB 19:2*

HOW CAN WE LIVE THE ECHO THAT IS DEEP WITHIN OUR HEARTS...NOT JUST ONCE, NOT JUST AT A RETREAT, BUT EVERY DAY? BY REORDERING OUR WAY OF LIVING, WE CAN BE THE GIFT THAT GOD WANTS US TO BE IN WHATEVER STATE IN LIFE WE ARE IN. WE CAN BE MORE OPEN TO THE GIFTS THAT HE DESIRES TO GIVE US AND COME ALIVE IN MORE FREEDOM AND HOLINESS. WE WANT TO INVITE YOU, ALONGSIDE OUR STAFF AND TEAM, TO EMBRACE OUR COMMUNAL RULE OF LIFE!

RULE OF LIFE

DAILY MASS

ATTENDING THE HOLY SACRIFICE OF THE MASS EITHER IN PERSON OR VIRTUALLY EACH DAY. THIS PRACTICE ALLOWS YOU TO REMAIN ROOTED IN THE SACRAMENTAL LIFE OF THE CHURCH. IN EVERY MASS, CHRIST OFFERS HIMSELF TO THE CHURCH AS HER BRIDEGROOM. IN ATTENDING MASS DAILY, WE SINK MORE AND MORE DEEPLY INTO OUR IDENTITY AS BRIDE, RECEIVERS OF THE GIFT OF THE BRIDEGROOM, HIMSELF.

"This is my Body given up for you" - Luke 22:19

PRAYER

SETTING ASIDE INTENTIONAL TIME EACH DAY FOR YOUR RELATIONSHIP WITH GOD. INTIMACY TAKES INTENTIONALITY. GIVE TIME TO HIM GENEROUSLY, BUT ALSO BE REALISTIC ABOUT WHAT YOU CAN ACCOMPLISH WITH CONSISTENCY EACH DAY. START WITH AT LEAST 15 MINUTES, AND KEEP COMING BACK FAITHFULLY EVERY DAY. GRADUALLY AS PRAYER BECOMES SECOND NATURE, INCREASE THE LENGTH OF TIME YOU SPEND IN PRAYER. THERE ARE MANY DIFFERENT WAYS TO PRAY, SUCH AS PRAYING THE ROSARY, READING SCRIPTURE, SITTING BEFORE THE BLESSED SACRAMENT, AND MORE. THE IMPORTANT THING IS TO SHOW UP AND BE PRESENT TO THE LORD.

"Prayer is nothing more than spending a long time alone with the one I know loves me." - St. Teresa of Avila

THE MORNING OFFERING

THIS PRAYER HELPS US CONSIDER SPECIFIC PARTS OF OUR HUMAN EXPERIENCE. BY LOOKING AT THESE DISTINCT AREAS OF OUR LIVES IN DETAIL, WE CAN OFFER OURSELVES MORE COMPLETELY TO CHRIST. WE GIVE OUR FIRST THOUGHTS TO HIM WHO CONSTANTLY THINKS OF US. IN DOING SO, WE CONSECRATE OUR DAY TO HIM AND ENTRUST TO HIM ALL OUR HOPES AND CONCERNS. WE HAVE A PARTICULAR MORNING OFFERING WE PRAY IN OUR COMMUNITY, WHICH WILL BE SHARED WITH YOU.

"The practice of praying the Morning Offering is 'of fundamental importance in the life of each and every one of the faithful.' It is a daily reminder to make our entire day, our whole life 'a living sacrifice, holy and acceptable to God' (Romans 12:1)." - St. Pope John Paul II

NIGHT PRAYER

THIS PRAYER COMES FROM THE LITURGY OF THE HOURS, WHICH IS THE PRAYER OF THE CHURCH THAT ALLOWS PRIESTS AND CONSECRATED MEN AND WOMEN TO ACCOMPLISH CHRIST'S COMMAND TO PRAY WITHOUT CEASING. WE CHOSE NIGHT PRAYER SPECIFICALLY TO INTERCEDE FOR THESE MEN AND WOMEN WHO STRUGGLE TO LIVE THEIR VOCATIONS FAITHFULLY, AS WELL AS FOR ALL MEN AND WOMEN STRUGGLING TO LIVE CHASTELY AT THE TIME THEY WILL MOST LIKELY NEED INTERCESSION.

TO ACCESS NIGHT PRAYER EASILY, DOWNLOAD THE IBREVIARY APP. THEN CLICK "TODAY", "PRAY!", "BREVIARY", THEN "NIGHT PRAYER" AND FOLLOW ALONG!

"Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace." - Night Prayer

WEEKLY / FREQUENTLY

CONFESSION

BY CONTINUOUSLY BRINGING OURSELVES BACK TO CHRIST THROUGH THE SACRAMENT OF RECONCILIATION, WE LET HIM TRANSFORM OUR LIVES THROUGH HIS DIVINE MERCY. IN THIS PLACE OF VICTORY WE GAIN PURITY OF HEART, WHICH HELPS US TO SEE CHRIST MORE CLEARLY. BEING IN A STATE OF GRACE ALLOWS GOD'S LIFE TO FLOW MORE EASILY THROUGH US, WHICH GIVES US FREEDOM.

"The Lord never tires of forgiveness. It is we who tire of asking his forgiveness." - Pope Francis

WEDNESDAY FAST

ON WEDNESDAYS, WE PRAY AND FAST FOR THE WHOLE CHURCH AND SPECIFICALLY FOR THE LORD TO CONTINUE TO GUIDE THE COMMUNAL MISSION OF DUMB OX MINISTRIES BY OFFERING SOME FORM OF SACRIFICE. YOU CAN BE CREATIVE IN CHOOSING THE WAY IN WHICH YOU WILL PARTICIPATE IN THIS COMMUNAL FAST, BUT SOME EXAMPLES INCLUDE AVOIDING MEAT, SKIPPING A MEAL, GIVING UP COFFEE, OR ABSTAINING FROM SUGAR.

"Fasting is the support of our soul: it gives us wings to ascend on high, and to enjoy the highest contemplation! [...] God, like an indulgent father, offers us a cure by fasting." - St. John Chrysostom

DESERT DAY

THE HEART NEEDS SILENCE TO FIND THE VOICE OF GOD. TRADITIONALLY, DESERT DAYS ARE 24 HOURS, BUT THEY CAN BE ADAPTED TO A WORK DAY, OR EVEN HALF A DAY IF TIME DOES NOT ALLOW FOR A FULL DAY. WE DO THIS REGULARLY IN ORDER TO CREATE SPACE FOR US TO LISTEN TO HIM IN SILENT PRAYER. DESERT DAYS CAN HAPPEN IN CHURCHES, AT HOME, OR OUT IN NATURE.

GIVE THE LORD A CHANCE TO SPEAK TO YOU! BY SPENDING A DAY IN SILENCE, PRAYER, AND ASCETICISM, WE CREATE A RADICAL SPACE OF ENCOUNTER WITH CHRIST THAT CAN SERVE AS A RESET BUTTON IN THE MIDST OF OUR BUSYING LIVES.

"Christ lived for thirty years in silence. Then, during his public life, he withdrew to the desert to listen to and speak with his Father. The world vitally needs those who go off into the desert. Because God speaks in silence." -

Cardinal Sarah

NEXT STEPS...

AS YOU ENTER INTO THIS RULE OF LIFE WITH US FOR A WEEK, WE ENCOURAGE YOU TO SEE EACH COMPONENT AS A RESPONSE OF LOVE TO OUR LORD. THROUGH THIS WAY OF LIFE, WE ARE "LIVING THE ECHO" EACH DAY BY MAKING A GIFT OF OURSELVES TO THE LORD AND TO OUR COMMUNITY. IT IS A JOY TO ANTICIPATE THE GOOD THINGS THAT THE LORD WILL DO THROUGH THIS NEW WAY OF ENCOUNTERING HIM DAILY. WE WILL BE COMMUNICATING WITH YOU THROUGH GROUPME, SO BE ON THE LOOKOUT FOR DAILY SCRIPTURES TO PRAY WITH, WORDS OF ENCOURAGEMENT, AND PERIODIC REMINDERS.

BE OPEN TO THE POSSIBILITY THAT THE LORD MAY BE INVITING YOU TO LIVE THIS OUT MORE LONG TERM, ACCORDING TO YOUR STATE IN LIFE!



dumb ox
MINISTRIES

 /DUMBOXMINISTRIES

 @DUMBOXMINISTRIES

THE MORNING OFFERING

THANK YOU, LORD, FOR THE GIFT OF THIS NEW DAY AND NEW OPPORTUNITY TO LOVE YOU AND TO SERVE YOU.

I OFFER YOU MY HEART, MY HIDDEN CENTER WHICH IS MADE FOR YOU ALONE. MAY MY HEART BE EXPANDED TODAY TO RECEIVE MORE AND MORE OF YOU.

I OFFER YOU MY MIND, WHICH ALLOWS ME TO KNOW THE TRUTH AND BE FREED FROM LIES. MAY MY MIND BE PURIFIED TODAY SO THAT I CAN SEE MYSELF AND OTHERS AS YOU SEE THEM.

I OFFER YOU MY BODY, WHICH EXPRESSES THE GREAT MYSTERY OF WHO YOU ARE AND WHO I AM. MAY I LIVE AS A GIFT TODAY AND BE CONFORMED MORE AND MORE INTO YOUR IMAGE AND LIKENESS.

I OFFER YOU MY WILL, WHICH EMPOWERS ME TO SAY "YES" TO THE DEMANDS OF LOVE. MAY MY WILL BE CONFORMED TO YOURS, TRUSTING THAT YOU ARE GOOD BEYOND MEASURE AND WILL ONLY LEAD ME TO THE BEST OF PLACES.

I OFFER YOU MY DESIRES, WHICH REMIND ME THAT I AM CREATED FOR UNION WITH YOU. MAY THEY BE PURIFIED AND DIRECTED SO THAT I CAN EXPERIENCE THE FULLNESS OF LIFE AND SHARE THAT LIFE WITH OTHERS.

I OFFER YOU MY EMOTIONS, WHICH ALLOW ME TO EXPERIENCE BOTH THE GOODNESS AND CHALLENGES OF LIFE. MAY THEY BE GROUNDED IN WHAT IS TRUE, GOOD, AND BEAUTIFUL.

I OFFER YOU MY JOYS AND SUFFERINGS AND MY GIFTS AND WEAKNESSES, MAY THEY BE OPEN TO YOUR GIFT OF REDEMPTION AND EXPRESS YOUR GLORY.

I OFFER YOU MY MISSION, WHICH ALLOWS ME TO PARTICIPATE WITH YOU IN THE REDEMPTION OF THE WORLD. MAY I BE FREE TO GIVE MY GIFT TODAY IN WHATEVER FORM THAT TAKES.

AT THE END OF THE DAY, MAY MY HEART BE MORE LIKE YOURS.

I ENTRUST MYSELF, MY COMMUNITY, MY FAMILY, AND ALL THOSE ENTRUSTED TO ME TO THE PRAYERS OF OUR PATRON SAINTS:

**ST. THOMAS AQUINAS, PRAY FOR US. + ST. JOHN PAUL II, PRAY FOR US.
OUR LADY OF WALSINGHAM, PRAY FOR US. + ST. JOSEPH, PRAY FOR US.**