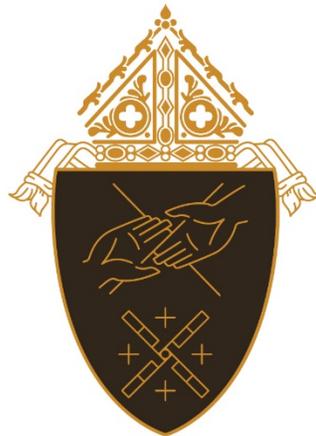


**BUSY PERSONS’  
HOLY WEEK RETREAT**

**April 11 -16, 2022**

***“The Lord is my Light  
and my Salvation”***



**ARCHDIOCESE OF NEW YORK  
CULTURAL DIVERSITY APOSTOLATE**  
*Black Ministry*

**DAY 1 – Monday, April 11, 2022**

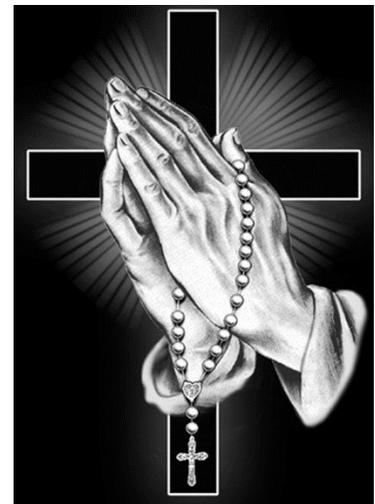
## ***“The Lord is my Light and my Salvation”***

The title of this Busy Person’s Retreat is inspired by the recent events of 2022. As we enter Holy Week, we can see that this year, so far, has been filled with both positive and negative events. The Global pandemic of the Coronavirus is still on our minds, the insecurity in Haiti, Nigeria, and other countries with the kidnapping of missionaries and civilians, the acts of aggression between countries like Afghanistan, Russia, and Ukraine, as well as the joyous celebrations as we welcomed and ordained a new Bishop in Brooklyn and new Auxiliary Bishops in the New York Archdiocese. In all of this, we are asking “What is the Spirit saying to each of us, and our contemporary world?”

While we may be tempted to rush through this self-directed retreat in one sitting, we are invited to slow down, breathe, and take each of these three days before the Easter Triduum separately as we begin this journey. Some writers refer to Holy Week as “The week that changed the world.” With God as our light and our salvation, are we ready to walk this road with Jesus, the light of the World?

### **Retreat Prayer**

God, you have called people of every race, language, and culture to accompany you on your journey to the Cross. You have promised us that you will be with us as we carry our Crosses. We know that you are always seeking the best for us. You know our needs before they reach our lips. Be our light and our Salvation. Let this retreat be for us a place to rest in your love. Speak to our hearts, Lord! Help us. We need you more than ever. Amen

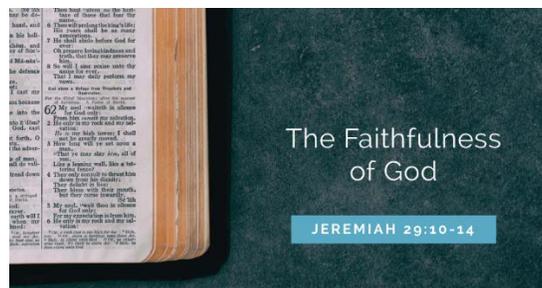


**Musical Reflection:** *Psalm 27: The Lord is My Light & My Salvation* -  
by Rawn Harbor [\*\*CLICK HERE\*\*](#)

# Day 1 - Monday, April 11<sup>th</sup> - “Reconciliation Monday” ~ *God’s Blessed Assurance*

## Scripture: Jeremiah 29:10-14

This is what the LORD says: “When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. For I know the plans **I have for you,**” declares the LORD, **“plans to prosper you and not to harm you, plans to give you hope and a future.** Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity. I will gather you from all the nations and places where I have banished you,” declares the LORD, “and will bring you back to the place from which I carried you into exile.”



## Reflection:

Having some direction in our life is crucial. This is even better when we don't have to travel this journey alone. God plans to give us hope and a future. However, we must seek God's help. God does not want to act without us God wants to know what it is that we want. Therefore, through our prayers, our seeking, and even our getting lost, God will bring us back to that place of fulfillment. We are never far from God's reach. God never gets tired of searching for us. No matter how long it takes, God will be there to bring us home. It is often said that the decision to forgive may not change how we see the other but it will definitely change how we feel about ourselves. Forgiving ourselves is also a part of our healing.

## Day 1 - Monday, April 11<sup>th</sup> - “Reconciliation Monday” ~ *God’s Blessed Assurance*

### Meditation Questions:

- Do I recognize that God cares for me? Do I call out in prayer and seek God’s direction?
- What emotions are stirred up within me when I reflect on this passage of scripture?

**Musical Reflection:** *Psalm 27: The Lord is My Light & My Salvation* -  
by Rawn Harbor [\(CLICK HERE\)](#)

### Optional Activities:

- **“Reconciliation Monday” - Consider receiving the Sacrament of Reconciliation, making a Confession at any church in the Archdiocese of New York** (or at a church in your respective diocese)...churches in the Archdiocese will be open for extended hours, **to welcome you with open arms**, so that you may be reconciled! To assist you in making a confession, click onto [“A Guide To Confession.”](#)
- **Morning / Midday Prayer Line - Praying the Rosary @ 12:15 p.m. EST...**Dial-in (720) 820-1469
- **Attend Mass** - in-person or virtual @ your Local Church or via
  - [EWTN](#)
  - [St. Patrick’s Cathedral website](#)
  - [St. Charles Borromeo Church website](#), Harlem @ 8:30 a.m.
- **Perform an Act of Mercy** - feed someone whose hungry, give someone who's thirsty something to drink, visit someone whose sick...



PRAYER  
FASTING  
ALMSGIVING

We've missed you.  
Come home  
at Easter.



## RECONCILIATION MONDAY

**April 11**

2:00 PM – 4:00 PM

6:00 PM – 9:00 PM

Visit a Catholic church near you during our extended Confession hours. To find a church and continue your Lenten journey, visit:

**Archdiocese of New York**  
[ArchNY.org/Lent](https://www.archny.org/Lent)

**Diocese of Brooklyn**  
[DioceseofBrooklyn.org/Lent2022](https://www.dioceseofbrooklyn.org/Lent2022)

**Diocese of Rockville Centre**  
[drvc.org](https://www.drvc.org)

# A GUIDE TO CONFESSION

(take this with you ... it's really okay)



## BEFORE YOU GO

Examine your conscience, that is, reflect on what sins you've committed. To guide you, just Google "examination of conscience" and you'll find resources to help you. It's even all right to make a list to bring with you if that helps.



## INTRODUCTION

When you come before the priest, begin by making the Sign of the Cross (praying the words out loud), and continue by saying, "Bless me, Father, I have sinned. It has been (how long) since my last confession. These are my sins..."



## CONFESSION

List the sins you've committed that came to mind during your examination of conscience. Don't be too general ("I haven't been a good person"), but a lot of detail isn't necessary (you don't need to tell the whole story of how a sin came about). If you're not sure if something is a sin, ask the priest. This isn't counseling, so unless you ask, the priest likely won't give you advice. He'll just move on to ...



## PENANCE

The priest will suggest something for you to do or pray as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention.



## ACT OF CONTRITION

The priest will then ask you to pray out loud your "Act of Contrition," to demonstrate your sorrow for your sins: "My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy."



## ABSOLUTION

Don't get up to leave after that prayer, because the best part is yet to come: The priest will extend his hands in your direction and he will pray the Prayer of Absolution: "God, the Father of Mercies, through the death and resurrection of his Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church, may God grant you pardon and peace. And I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen." You respond: "Amen."



## CONCLUSION

The priest will then likely say something like, "God has freed you from your sin. Go in Peace." To which you can respond: "Thanks be to God." Don't forget to do your penance. If it is saying certain prayers, it's best to do it right away in the church before you forget.