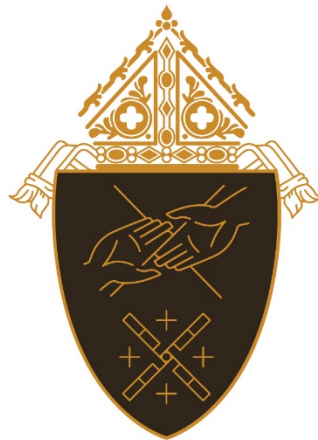


**BUSY PERSONS’
HOLY WEEK RETREAT**

April 11 -16, 2022

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



ARCHDIOCESE OF NEW YORK
CULTURAL DIVERSITY APOSTOLATE
Black Ministry

DAY 4 – Thursday, April 14, 2022

Day 4 - Thursday, April 14th ~ *HOLY THURSDAY...* *The TRIDUUM* BEGINS*

Morning Prayer Line with Br. Sean Moffett, CFC @ 7:30 a.m. EST...

"Attending to the Passion of Jesus through the eyes and heart of his mother"

Dial-in # (720) 820-1469

"Mother behold your son"

(Artwork by Br. Ken Chapman, CFC)



NO MORNING MASS TODAY!

Attend TENEBRAE**

on Holy Thursday, Good Friday & Holy Saturday mornings (**"Office of the Shadows"**)

* **"Triduum"** – begins with the Evening Mass of The Lord's Supper (Holy Thursday), continues with the Passion of The Lord (Good Friday), and includes the Easter Vigil (Holy Saturday evening)

** **"Tenebrae"** – morning prayer for the last 3 days of Holy Week, at which the candles (light) are gradually extinguished.

Scripture: 1 Corinthians 11: 23-26

Brothers and sisters: I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink this cup, you proclaim the death of the Lord until he comes.

Day 4 - Thursday, April 14th ~ *HOLY THURSDAY...*

The TRIDUUM BEGINS*

Suggested Activities:

- **Attend the Mass of the Lord's Supper - in-person @ your local church** (in the evening, usually after sunset @ approx. 5:30 p.m. or 7:00 p.m.); **or virtual via:**
 - [EWTN](#)
 - [St. Patrick's Cathedral website](#) at 5:30 p.m.
 - [St. Charles Borromeo Church website](#), Harlem @ 7:00 p.m.
 - [St. Paul the Apostle Church website](#), Lincoln Center NYC @ 7:00 p.m.
- **Perform an Act of Mercy** - Visit the grave site of a loved one, contribute clothing to someone in need, contribute to or help at a local food pantry...

Reflection: *Catholic Women Preach* with Dr. Kim Harris ([CLICK HERE](#))

Musical Reflection: *Psalm 34: Taste and See the Goodness of the Lord* by Bob Hurd ([CLICK HERE](#))

Triduum



“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**](#)