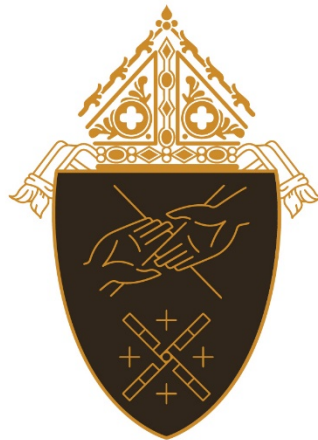


**BUSY PERSONS’  
HOLY WEEK RETREAT**  
April 11 -16, 2022

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



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

**DAY 5 – Friday, April 15, 2022**

## Day 5 - Friday, April 15<sup>th</sup> ~ *GOOD FRIDAY...*

*"Come, let us worship Christ, the Son of God, who redeemed us with his blood."*

### **Day of Abstinence (no meat) & Fasting\***

(one full meal & two smaller meals, and nothing between meals)

\* Those between the ages of 18 - 59 and whose health will allow



### **Suggested Activities:**

- **NO MASS on Good Friday!!**
- **Attend or view TENEBRAE\* ("Office of the Shadows")**
  - [St. Charles Borromeo Church](#) website, Harlem @ 10:00 a.m.
- **Midday Prayer Line / Rosary - "Sorrowful Mysteries" @ 12:10 p.m. EST**  
Dial-in # (720) 820-1469
- **Spend some time in adoration & quiet reflection at your Local Church** (if open)
- **Attend the Liturgy of the Passion** (with Communion) in-person or virtually
  - [EWTN](#)
  - [St. Patrick's Cathedral website](#) at 3:30 p.m.
  - [St. Charles Borromeo Church](#) website, Harlem @ 3:00 p.m.
- **Participate in the Stations of the Cross**
  - [EWTN](#)
  - [St. Patrick's Cathedral website](#) at 6:00 p.m.
  - [St. Charles Borromeo Church](#) website, Harlem @ 2:00 p.m.
  - [St. Paul the Apostle Church](#) website, Lincoln Center NYC @ 1:00 p.m.

**Musical Reflection:** *Psalm 22: My God, My God, Why Have You Abandoned Me* by Val Parker ([CLICK HERE](#))

## ***“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\*\*](#)