

Holy Thursday

# SEVEN CHURCHES PILGRIMAGE

REFLECTIONS FOR  
PARENTS WITH  
CHILDREN



OFFICE FOR  
**EVANGELIZATION**  
CATHOLIC DIOCESE OF RICHMOND



### **Stay Awake**

Following the Last Supper, Jesus and his disciples journeyed from the Upper Room to the Garden of Gethsemane. In the garden, Jesus prays while his disciples sleep. In agony, Jesus prays for his Father's will to be done as he accepts his salvific role in our salvation.

On the night of Holy Thursday, Catholics throughout the world are invited to spend time with Jesus following the Mass of the Lord's Supper. We are invited to join him, fully present in the Eucharist for this time of quiet prayer. To stay awake, to pray with Him, and to be with Him.

### **Pray with Him**

The Seven Church Pilgrimage provides us an opportunity to go on a spiritual journey. A journey of prayer and accompaniment with our Lord. Whether you enter this pilgrimage as an individual, with your family, or as part of a small group, this time is time for you to spend returning to Jesus with your whole heart.

At each parish, you are encouraged to enter in silence and pray for 10-15 minutes. Forty-six parishes from across the Diocese provided information about their time of prayer on Holy Thursday. The Parishes, grouped into five regions, are as follows: Roanoke & the New River Valley, the Greater Richmond Area, the Peninsula Parishes, Tidewater Parishes (East), and Tidewater Parishes (West).

You are invited to map out a course of parishes to visit this evening, utilizing the times provided. Within this booklet there are 7 reflections, one for each parish that you visit. Spend time in reflection and contemplation. We encourage to do what works for you! That might mean staying at your parish, doing multiple reflections at one location, or visiting a parish not listed here. All that matters here is the prayer that is offered and the time spent with Jesus.



# REGIONS

## New River Valley and Roanoke

### Catholic Campus Ministry at Virginia Tech

*203 Otey Street, Blacksburg*

Adoration lasts until 9:15pm- Midnight  
and is located in the Great Room, go in the  
main entrance, down the ramp and to the  
left.

### Saint Mary

*1205 Old Mill Road, Blacksburg*

Adoration lasts until 10:00 PM and is  
located in the Narthex.

### Holy Spirit Catholic Church

*355 Independence Boulevard,  
Christiansburg*

Adoration lasts until Midnight and is  
located in the Parish Hall.

### Saint Jude

*1740 Tyler Road, Radford*

Adoration lasts until Midnight and is  
located in the Downstairs Parish Hall.

### Basilica of Saint Andrew

*631 N. Jefferson Street, Roanoke*

Adoration lasts until 11:00 PM and is  
located in the Main Sanctuary, enter  
through the doors facing Jefferson Street.

### Saint Gerard

*809 Orange Avenue, Roanoke*

Adoration lasts until Midnight and is  
located in the Church Commons.

### Our Lady of Perpetual Help

*314 Turner Road, Salem*

Adoration lasts until Midnight and is  
located in the Social Hall, through the  
door with the green awning.



# Greater Richmond Area

## Saint Ann

*105 S. Snead Street, Ashland*

Adoration lasts until 10:00 PM and is located in the Chapel.

## Saint Gabriel

*8901 Winterpock Road, Chesterfield*

Adoration lasts until 11:00 PM and is located in the Church Commons.

## Saint Michael the Archangel

*4491 Springfield Road, Glen Allen*

Adoration lasts until Midnight and is located in the Day Chapel.

## Saint John

*813 West Nine Mile Road, Highland Springs*

Adoration lasts until 10:00 PM and is located in the Church Commons.

## Cathedral of the Sacred Heart

*823 Cathedral Place, Richmond*

Adoration lasts until 9:00 PM and is located in the Sacred Heart Chapel within the Main Sanctuary.

## Church of the Epiphany

*11000 Smoketree Drive, Richmond*

Adoration lasts until Midnight and is located in the Church Commons

## Church of the Vietnamese Martyrs

*12500 Patterson Avenue, Richmond*

Adoration lasts until 3:00 AM and is located in the Sanctuary, at the side altar.

## Holy Rosary

*3300 R. Street, Richmond*

Adoration lasts until 10:00 PM and is located in the Chapel.

## Our Lady of Lourdes

*8200 Woodman Road, Richmond*

Adoration lasts until 10:00 PM and is located in the Church Commons.

## Saint Benedict

*300 N. Sheppard Street, Richmond*

Adoration lasts until Midnight and is located in the Main Sanctuary, at the Mary Altar.

## Saint Bridget

*6006 Three Chopt Avenue, Richmond*

Adoration lasts until Midnight and is located in the Church Commons, come in the front door.

## Saint Edward the Confessor

*2700 Dolfield Drive, Richmond*

Adoration lasts until Midnight and is located in the Day Chapel.

## Saint Joseph

*828 Buford Road, Richmond*

Adoration lasts until 11:00 PM and is located in the Social Hall.

## Saint Mary

*9505 Gayton Road, Richmond*

Adoration lasts until Midnight and is located in the Daily Mass Chapel.

## Saint Patrick

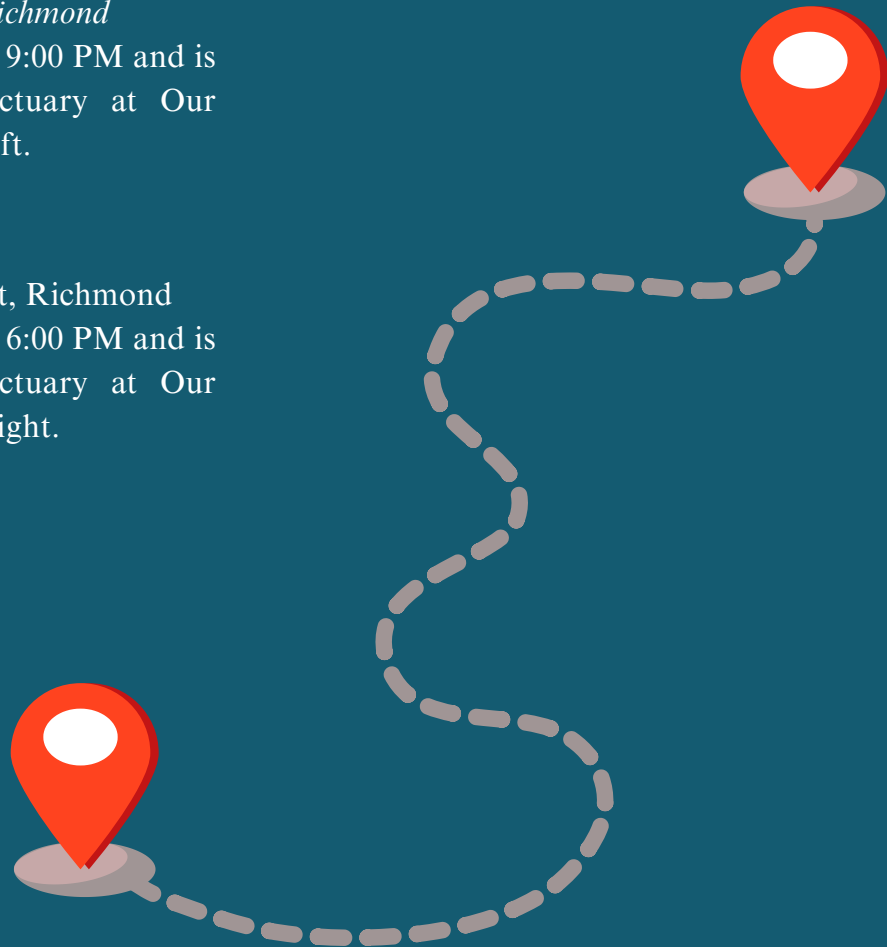
*215 N. 25th Street, Richmond*

Adoration lasts until 9:00 PM and is located in the Sanctuary at Our Lady's Altar to the left.

## Saint Peter

*800 East Grace Street, Richmond*

Adoration lasts until 6:00 PM and is located in the Sanctuary at Our Lady's Altar on the right.



# Peninsula Parishes

## Saint Mary Star of the Sea

*7 Frank Lane, Fort Monroe*

Adoration lasts until 8:00 PM and is located in the Parish Hall.

## Saint Joseph

*512 Buckroe Avenue, Hampton*

Adoration lasts until Midnight and is located in the Devotional Chapel.

## Saint Rose of Lima and The Korean Martyrs

*2114 Bay Avenue, Hampton*

Adoration lasts until Midnight and is located in the Parish Hall.

## Our Lady of Mount Carmel

*100 Harpersville Road, Newport News*

Adoration lasts until 10:00 PM and is located in the Blessed Sacrament Chapel.

## Saint Jerome

*116 Denbigh Boulevard, Newport News*

Adoration lasts until Midnight and is located in the Fellowship Hall near the Church.

## Saint Vincent de Paul

*230 33rd Street, Newport News*

Adoration lasts until 10:00 PM and is located in the Alfonso Chapel.

## Saint Joan of Arc

*315 Harris Grove Lane, Yorktown*

Adoration lasts until Midnight and is located in the Lobby, signs will be inside the main door to direct you.

## Saint Kateri Tekakwitha

*3800 Big Bethel Road, Yorktown*

Adoration lasts until Midnight and is located in the Sanctuary.

# Tidewater Parishes (East)

## Holy Spirit

*1396 Lynnhaven Parkway, VA Beach*

Adoration lasts until Midnight and is located in the Parish Activity Center.

## Saint Gregory the Great

*5343 Virginia Beach Boulevard, VA Beach*

Adoration lasts until Midnight and is located in the Chapel.

## Saint John the Apostle

*1968 Sandbridge Road, VA Beach*

Adoration lasts until 11:00 PM and is located in the Parish Activity Room, Off the Commons.

## Saint Mark

*1505 Kempsville Rd, VA Beach*

Adoration lasts until Midnight and is located in the Daily Chapel, right outside of the Main Sanctuary.

## Saint Nicholas

*712 Little Neck Road, VA Beach*

Adoration lasts until Midnight and is located in the Chapel, just to the right as you walk into the church.

## Star of the Sea

*1404 Pacific Avenue, VA Beach*

Adoration lasts until 10:00 PM and is located in the Crawford Hall, enter the main church doors and take a right.



# Tidewater Parishes (West)

## Basilica of Saint Mary of the Immaculate Conception

*232 Chapel Street, Norfolk*

Adoration lasts until Midnight and is located in the Sanctuary.

## Blessed Sacrament

*6400 Newport Avenue, Norfolk*

Adoration lasts until Midnight and is located in the Social Hall.

## Christ the King

*1803 Columbia Avenue, Norfolk*

Adoration lasts until Midnight and is located in the Welcome Center, just off the Church Commons.

## Holy Trinity

*154 Government Avenue, Norfolk*

Adoration lasts until 10:00 PM and is located in the Chapel (Not in the Main Church).

## Saint Pius X

*7800 Halprin Road, Norfolk*

Adoration lasts until 10:45 PM and is located in the Church..

## Saint Benedict

*521 McCosh Drive, Chesapeake*

Adoration lasts until Midnight and is located in the Main Sanctuary.

## Saint Stephen Martyr

*1544 S. Battlefield Boulevard, Chesapeake*

Adoration lasts until 11:30 PM and is located in the Parish Hall.

## Saint Paul

*522 High Street, Portsmouth*

Adoration lasts until 9:00 PM and is located in the Sanctuary.

## Saint Mary of the Presentation

*202 S. Broad Street, Suffolk*

Adoration lasts until Midnight and is located in the Social Hall.



# REMAIN

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, “Sit here while I go over there and pray.” He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, “My soul is sorrowful even to death. Remain here and keep watch with me.”

(Matthew 26: 36-38)



## Reflections

Gethsemane is a garden at the foot of the Mount of Olives in Jerusalem. Isn't it interesting that Jesus went into a garden to pray, much like the original garden of Eden? And yet, this garden was one in which Jesus was to suffer much sorrow. The name "Gethsemane" means oil press, and it was almost as if Jesus was being pressed like the olives are pressed in the oil press.

But Jesus was not alone in his sorrow and distress. The disciples were waiting with him in the garden, and he took Peter, James, and John further into the garden with him to pray. There he shares his sorrow with them and invites them to watch with him. Jesus turns in prayer to God the Father, who he knows is always with him.

In this moment, we can be like the disciples. We can sit and keep watch with Jesus, allowing our presence to be a comfort to him. We can also pray with him and ask that we always remain near him and continue to watch with him throughout our lives.

## Ponder

In what ways do you turn to God in prayer, especially when you are sad or worried?  
Does it help to know that Jesus also felt sorrow and to know that he prayed about it? How so?

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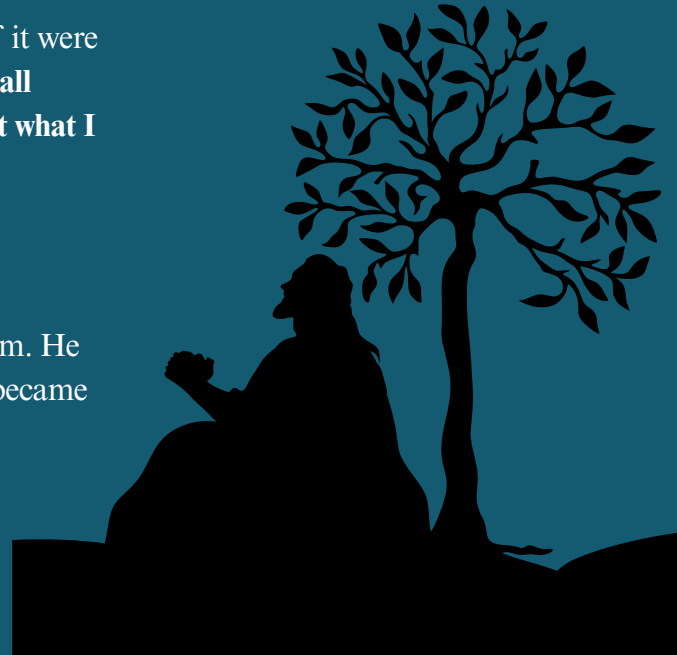
# SURRENDER

He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, “**Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will.**”

(Mark 14: 35-36)

[And to strengthen him an angel from heaven appeared to him. He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground.]

(Luke 22: 43-44)



## Reflections

Can you imagine being in such agony that your sweat becomes like drops of blood? This is something that Jesus was willing to go through for all of us. We are reminded that just a few chapters before this in the Bible, at the Last Supper, Jesus held up the cup of wine and said, “Drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.” We know that Jesus will ultimately shed his blood on the cross for all of us.

But again, Jesus was not alone. God sent an angel from heaven to strengthen him. This happened immediately after Jesus professed his faith to the Father, saying that all things are possible for him. Jesus then surrendered his will to the Father, saying that it should not be as he wills, but rather as the Father wills.

Jesus knew that he was in a state of distress and that we don’t always think clearly when we feel that way. It is human nature to want to get out of an uncomfortable or painful situation. We want things to change, so that they have a different ending, or for God to change his mind. Jesus understood this, but he chose to surrender to the Father anyway. In response, God heard him and sent an angel to strengthen him.

## Ponder

Do you find it hard to accept God's will in your life sometimes? How can this reflection on Jesus comfort you in those moments?

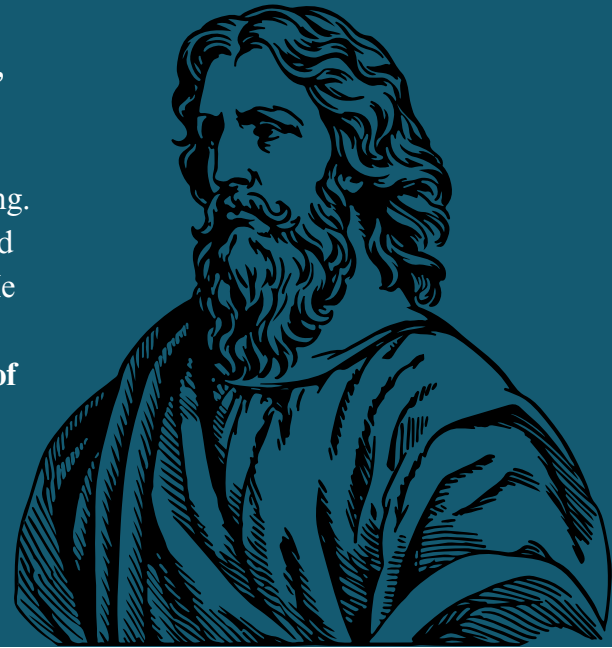
Do you believe that God can send help to strengthen you, such as your guardian angel?

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# VIGILANT

When he returned he found them asleep. He said to Peter, **“Simon, are you asleep? Could you not keep watch for one hour? Watch and pray that you may not undergo the test. The spirit is willing but the flesh is weak.”** Withdrawing again, he prayed, saying the same thing. Then he returned once more and found them asleep, for they could not keep their eyes open and did not know what to answer him. He returned a third time and said to them, **“Are you still sleeping and taking your rest? It is enough. The hour has come. Behold, the Son of Man is to be handed over to sinners. Get up, let us go. See, my betrayer is at hand.”**

(Mark 14: 37-42)



## Reflections

This moment seems to be one of panic. Jesus asked one simple thing of his disciples, that they remained and kept watch with him. Yet, he returned from prayer to find them asleep. He was understandably upset with them but asked again that they pray with him for only one hour. Jesus returned from prayer and again found them sleeping. We can imagine the disciples looking at him, speechless, as he asked them a second time why they couldn't stay awake to pray. Still, they fell asleep a third time and when Jesus returned it was too late.

Jesus understood that his disciples wanted to stay awake and pray with him. He knew that they desired to stand by him and not betray him. Yet he also knew that they had weaknesses and even human needs, such as sleeping in their state of exhaustion. Jesus knew that they didn't understand how he would suffer and die, and how each of them would be tested. He only hoped, from that moment in the garden, that they would remember to watch and to pray.



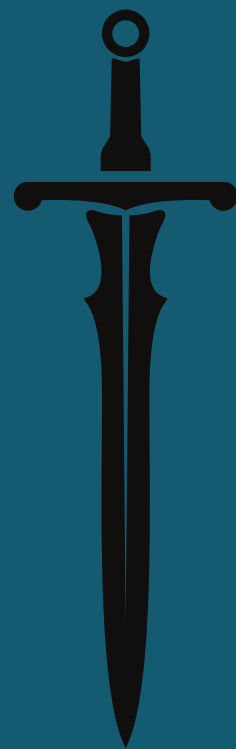
# IDENTITY

While he was still speaking, Judas, one of the Twelve, arrived, accompanied by a large crowd, with swords and clubs, who had come from the chief priests and the elders of the people.

(Matthew 26:47)

Jesus, knowing everything that was going to happen to him, went out and said to them, “Whom are you looking for?” They answered him, “Jesus the Nazorean.” he said to them, **“I AM.” Judas his betrayer was also with them. When he said to them, “I AM,”** they turned away and fell to the ground. So he again asked them, “Whom are you looking for?” They said, “Jesus the Nazorean.” Jesus answered, **“I told you that I AM. So if you are looking for me, let these men go.”** This was to fulfill what he had said, “I have not lost any of those you gave me.”

(John 18: 4-9)



## Reflections

When God appeared to Moses in the burning bush and Moses asked who he was, God said, “I am who I am.” Then God commanded Moses to say to the Israelites, “I AM has sent me to you.” This certainly seems confusing, I mean, who is he? But he also defined himself to Moses through relationships with others when he said that he was “The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob.” God told Moses that his name was “I AM, Lord, and God of your fathers,” and that he would be remembered by these names throughout all generations.

We can only imagine then what the chief priests must have thought when they came for Jesus in the garden and he answered them, saying “I AM.” The Scripture tells us that they turned away and fell to the ground. That was certainly a powerful reaction, either from absolute shock or from a supernatural awe. God’s name has power.

Also, we notice that despite Jesus’ anguish at his approaching death and his devastation at the disciples not staying awake with him, when the moment came for him to be taken, he thought of others and not of himself. Jesus asked the mob to let the disciples go free. This follows the prayer that he prayed for them to the Father, when he prayed that they would continue to be guarded from evil, have the fulfillment of joy, and be sanctified in truth (Jn 17:6).

## Ponder

Why do you think that God's name is powerful and mysterious and confusing all at the same time? What could we add to the end of "I AM" (creator, redeemer, sanctifier...)? Do you believe that Jesus is always thinking of you and desires you to be safe from evil and full of joy and truth?

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# ABANDONED

His betrayer had arranged a sign with them, saying, “The man I shall kiss is the one; arrest him.” Immediately he went over to Jesus and said, “Hail, Rabbi!” and he kissed him.

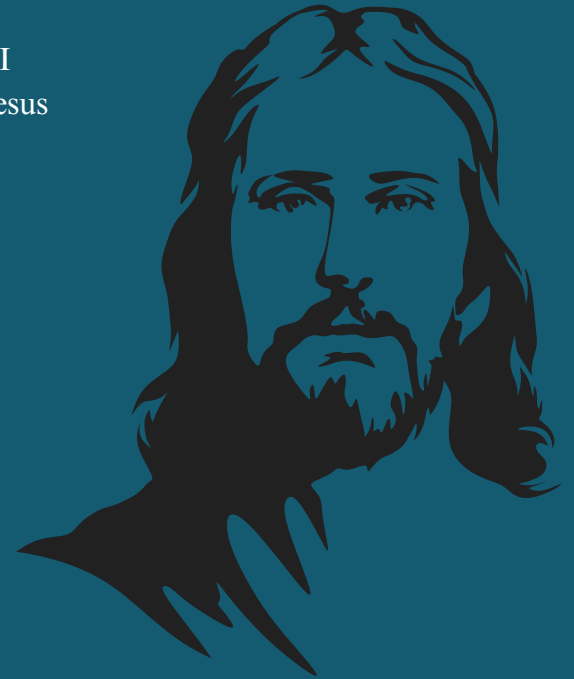
(Matthew 26: 48-49)

**“Judas, are you betraying the Son of Man with a kiss?”**

(Luke 22: 48)

Jesus answered him, **“Friend, do what you have come for.”**

(Matthew 26: 50)



## Reflections

Betrayed with a kiss! Why is this such a hard thing to accept? First, we know that Judas was one of Jesus’ trusted apostles. He was one of the 12 men whom Jesus set apart from all others, and who shared all things intimately with him. Judas had likely become one of Jesus’ best friends, and a kiss on the cheek was a sign of deep friendship and respect.

As well, Judas greeted Jesus by saying, “Hail Rabbi!” This was a sign of deep reverence and a title given to a respected teacher, such as a chief priest. Judas was still hoping that he could play both sides. But Jesus confronted Judas directly, knowing what he had done, and asked him if he had betrayed “the Son of Man” with a kiss. This certainly must have stopped Judas in his tracks, hearing Jesus refer to himself in this way and knowing that Judas was the one who betrayed him.

Still, somehow Jesus called Judas “friend” and told him to do what he came for. How could Jesus be so forgiving in the moment and how did he understand Judas’ weaknesses and cooperate with his evil plans? Could it be that Jesus saw the Father’s will in this?

## Ponder

Have you ever felt abandoned or betrayed by a close friend or family member? Jesus is our greatest example of forgiving through abandonment and betrayal.

Are we able to embrace others as friends, even after we have been hurt? How can we be guided by Jesus in knowing when to step back from a friendship and when to trust again?

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# HEALED



His disciples realized what was about to happen, and they asked, “Lord, shall we strike with a sword?” And one of them struck the high priest’s servant and cut off his right ear. But Jesus said in reply, **“Stop, no more of this!” Then he touched the servant’s ear and healed him.**

(Luke 22: 49-51)

## Reflections

The Gospel of John (Jn 18:10) tells us that the disciple who cut off the servant’s ear was Peter. It also tells us that the servant’s name was Malchus. When we think of Peter throughout Scripture, we often think of a man who is hasty and acts quickly without thinking things through. This situation proves that. The other disciples asked Jesus if they should fight with swords to defend him from being arrested and taken by the mob. Yet, before Jesus could answer, Peter cut off someone’s ear!

Peter loved Jesus and physically defending him was the only thing that he knew how to do in that moment. Jesus stopped Peter and continued to teach him through his actions. John tells us that Jesus said to Peter, “Shall I not drink the cup which the Father has given me?” This meant that Jesus knew he must be taken and killed to fulfill the will of the Father, so that all men would be saved through his sacrifice.

But Jesus did not only think of a last instruction for Peter, he also thought of Malchus, the slave whose ear had been cut off. Amid the chaos, Jesus noticed Malchus and he healed his ear with a touch.

## Ponder

Do you find yourself acting without thinking first when you don't know what to do in a situation? How can prayer and turning to Jesus help you to make a better decision?

In what ways has Jesus healed you, like he did to Malchus? It could be the simple healing of friendship, a heartbreak, or a disappointment. Jesus always takes the time to notice us and to heal the areas of our life that need it most.

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# FULFILLED

Then Jesus said to him, “Put your sword back into its sheath, for all who take the sword will perish by the sword. Do you think that I cannot call upon my Father and he will not provide me at this moment with more than twelve legions of angels? But then how would the scriptures be fulfilled which say that it must come to pass in this way?” At that hour Jesus said to the crowds, “Have you come out as against a robber, with swords and clubs to seize me? Day after day I sat teaching in the temple area, yet you did not arrest me. But all this has come to pass that the writings of the prophets may be fulfilled.” Then all the disciples left him and fled.

(Matthew 26: 52-56)



## Reflections

Imagine how silly Peter must have felt when he realized who he was trying to defend. Surely Jesus, the Savior of the World, could have protected himself if he wanted to. As Jesus said, he could have called on God the Father to send down thousands and thousands of angels to protect him. But Jesus was not going to do that because the Scriptures had to be fulfilled through the events that were going to happen.

There are many Scriptures and prophecies that were fulfilled through Jesus. As we read through the Old Testament, more examples of these come to life every time we look back. One prophecy from Isaiah (Is 25:7-8) reads, “And he will destroy on this mountain the covering that is cast over all peoples, the veil that is spread over all nations. He will swallow up death for ever, and the Lord God will wipe away tears from all faces, and the reproach of his people he will take away from all the earth; for the Lord has spoken.” If only Peter knew that Jesus was about to destroy death forever!

Jesus also challenged the mob who had come to arrest him, asking them why they had come in the darkness of night, rather than arrest him in front of everyone in broad daylight. Again, Jesus told them that this was part of the fulfillment of the Old Testament prophecies. Imagine how the disciples and the crowd must have felt in that moment, recalling the prophecies, and seeing the eerie connection before them. His disciples must have understood how serious the coming hours would be for Jesus and how he would be tested and abused. In their great sorrow and fear, they ran.

# Ponder

How can we find peace in Jesus' command of the situation by the end of the night in the garden? Does it bring you comfort to know that Jesus could have saved himself from the sadness and pain of his death, but that he chose to suffer for you out of love?

Jesus shows us the importance of Scripture in knowing more about him and in strengthening ourselves against evil. How can meditating on these moments in Jesus' life help us to grow closer to him?

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# PLENARY INDULGENCE

*A plenary indulgence, when granted, fully removes all temporal punishment of one's sin from the faithful. On Holy Thursday, a plenary indulgence is granted to the baptized faithful who piously recite the verses of the Tantum Ergo (below) after the Mass of the Lord's Supper on Holy Thursday during the solemn reposition of the Most Blessed Sacrament. In addition, you must receive the sacrament of Penance, holy Communion and pray for the intentions of the pope within several days before or after the indulgenced act.*  
- Norms and Grants in the official Manual of Indulgences, fourth edition (1999)

## TANTUM ERGO

Tantum ergo Sacramentum, Veneremur cernui: Et antiquum documentum, Novo cedat ritui: Præstet fides supplementum, Sensuum defectui. Genitori, Genitoque, Laus et iubilatio, Salus, honor, virtus quoque, Sit et benedictio: Procedenti ab utroque, Compar sit laudatio.  
Amen.

## CREDIT

A special word of thanks to the Diocese of Arlington for sharing their reflections for this resource.

