

Holy Thursday

SEVEN CHURCHES PILGRIMAGE

TEEN REFLECTIONS



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

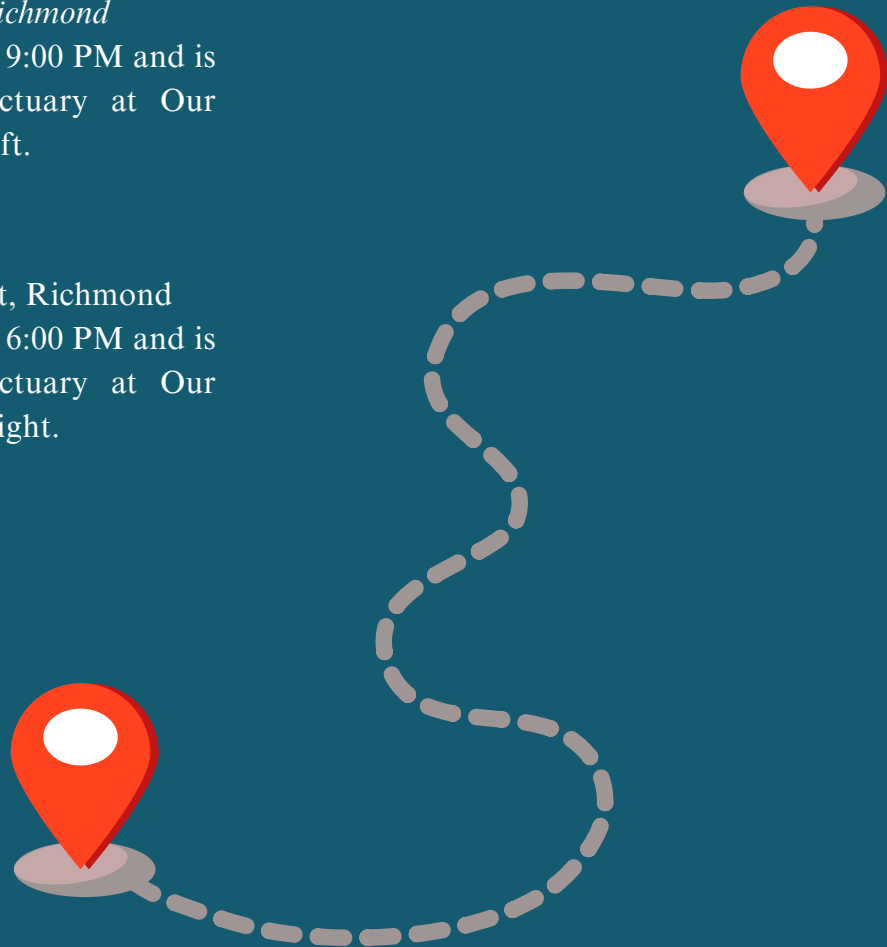
215 N. 25th Street, Richmond

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

Reflecting on this dramatic scene known traditionally as “The Agony in the garden”, we see Jesus present along with Peter, James and John. We should deeply reflect on how Jesus lived his life, and how his followers did because we are called to do both.

Looking at Jesus first, we see that he is sorrowful. He is suffering both because he understands deeply how much sin has broken and corrupted the world, but also how much physical suffering he was about to endure through his Passion. However, even in the face of this suffering, Christ turns to prayer. We don’t hear what his prayer is initially and that’s fine. His example to us is perfectly clear: in sorrowful times, whether due to our own sin or the brokenness of the world, we are to turn to prayer. Prayer is what focuses our minds and hearts, and it is the means by which we are strengthened to go out in hope and courage to confront that sorrow and its sources.

Looking also at the Apostles, we see them being obedient. They are there with him. Even if they don’t entirely understand the suffering that Jesus feels in his mind and soul that knows all things, they are there. They remain faithfully by his side, and they learn that: the first response to sorrow is not to run, but to remain; to remain in prayer.

One of the greatest young saints of the Church is St. Therese of Liseiux (1873-1897). Even as a teenager Therese has such a powerful prayer life that she was encouraged to write down her insights about prayer. The Church does the same – teaching us that no matter how young someone is, they are still capable of (and indeed called to) being holy and being wise. The church emphasizes this by quoting St Therese in the Catechism:

Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and love, embracing trial and joy. -CCC #2558.

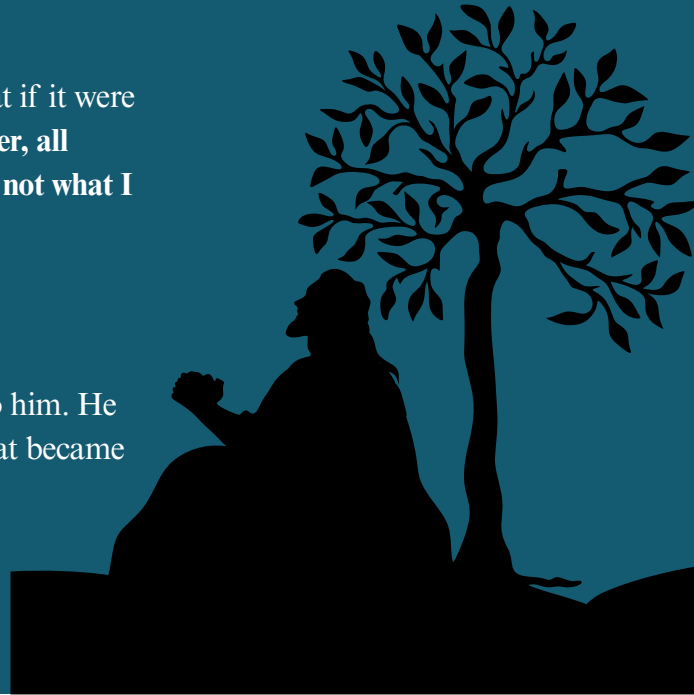
SURRENDER

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

It's very easy to be so focused on the fact that Jesus is God that we can forget that he is entirely human; the same as we are in all things except sin (cf. Heb 4:15; EP #IV). This means that he could suffer like us, be scared like us, and make choices like us.

Jesus knew both the reality of crucifixion having lived his life under the Roman rule of the 1st century, and he also knew the pending suffering of his mind and heart under the weight of all the sins of human history. Indeed he knew this reality so well, that he began to sweat blood, a rare but real medical occurrence that can happen to people under immense stress (remember that St. Luke was a doctor). However, even in the midst of all of this, Jesus had the courage to surrender to the Father's will for his life, knowing it was the means with which all humanity would be offered salvation.

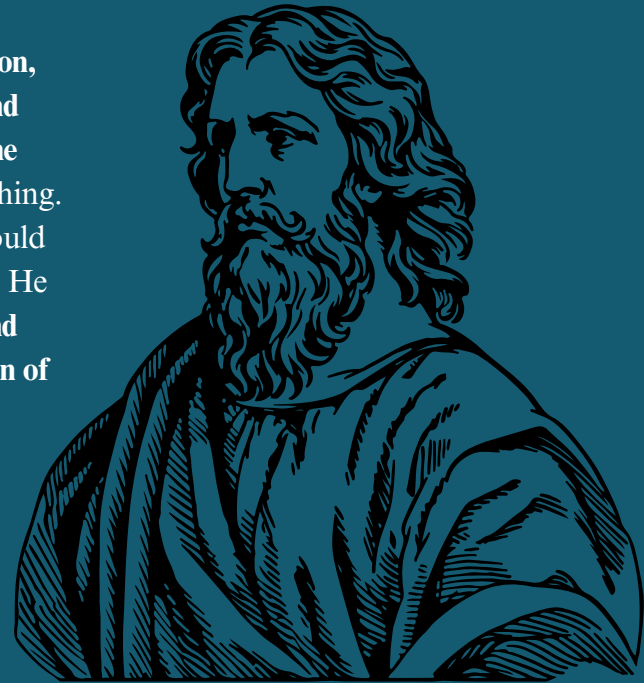
For us, we are not going to be called to be the Savior of the world, but we will be called to face our sufferings throughout life with Christ-like courage and to choose to surrender to God's will. We should be brave in those moments for, in Baptism, we are given the gift of Courage, a gift that is strengthened in Confirmation plus we are also given the aid of our Guardian Angel. What a gift! As scary as it can be to suffer, whether physical pain, or heartbreak, or some other form, God uses those sufferings to help save the world, just like Jesus did, and all we have to do is say “yes” to him in surrender, for “Jesus gives all to those who surrender all”! This beautiful reminder comes from St. Bernadette (1844-1879), who was just a teenager in Lourdes, France, when she had visions of Our Lady asking for a shrine to be built that would become a pilgrimage place for the suffering peoples of the world.

The desire to embrace his Father's plan of redeeming love inspired Jesus' whole life, for his redemptive passion was the very reason for his Incarnation. —CCC #607

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

In the craziness of life, it is easy to get distracted and pulled away from what we know we should be doing. Add in the constant noise around us, and it's actually quite an accomplishment when we complete any task. Despite this, we have to allow grace to empower us to be vigilant in the pursuit of holiness.

As Christians and disciples, we once again look at both the perfect example of Jesus as well as the expectation given to his followers, of whom we are a part. Jesus is perfectly vigilant in the garden. He knows that his Passion has begun and he turns to deep prayer in preparation for the coming sufferings. He also knows that he must care for, teach, and even admonish his followers so that they too can grow in vigilance for the Christian life.

When we look at those apostles with Jesus, we can see ourselves in them. How many times have you tried to stay awake for something important, and despite your efforts fell right to sleep? This is the greatest moment of suffering in all of history, and yet they still fall asleep in the middle of it. Being vigilant is incredibly difficult, yet incredibly necessary. We are to always pursue virtue through the grace of God. We must courageously take up our crosses each and every day (cf. Luke 9:23), being vigilant in seeking to grow closer to God.

One of the greatest witnesses to vigilance is the teenager St. Dominic Savio (1842-1857). Throughout his young life, Dominic committed to being a saint. He knew it was why he existed (and why all of us exist!) and made a commitment on the date of his First Holy Communion to do exactly this by receiving the Sacraments often, by making Sundays and feast days special, by having a strong relationship with Jesus and Mary, and by committing to never sin, no matter the cost.

Since we know neither the day nor the hour, we should follow the advice of the Lord and watch constantly so that... [we may] be numbered among the blessed. —CCC #1036

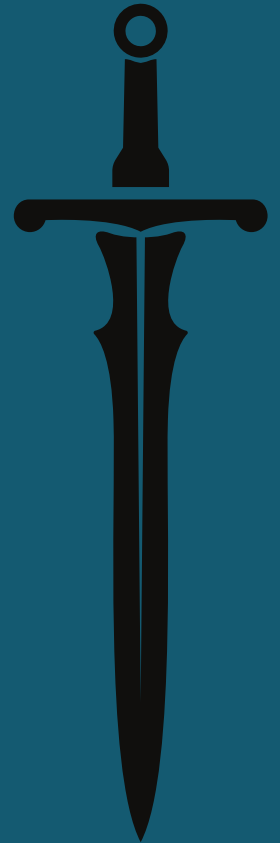
IDENTITY

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

One of the common rites of passage as a teenager is to be given a nickname by your friends. This nickname may have little to do with your actual name, but whether or not it does, it seems to always have something to do with your achievements, failings, habits, or quirks. These nicknames often stick with us (particularly amongst guys), and in a certain way this is a beautiful thing. Our futures are frequently shaped by the way we live out our lives.

However, as much as this is a part of human life, it is not the full definition of who we are. Our truest identity is that of a Child of God. We are adopted by him in Baptism, and each time we open ourselves up more to the grace God offers us, we are drawn more into him and our true identity.

In the scene from Jesus' arrest above, we see something radically important: Jesus claiming the name of "I AM." He is God Incarnate, who revealed his Name to be "I am who I am" to Moses (cf. Ex. 3: 13-15). Jesus, which means "God Saves" (cf. CCC #430), is also the 2nd Person of the Trinity. He is God, the eternal I AM, the eternal Present. This is who he also is for us. He is always there for us and we are invited to call on boldly, just like little children do when they run to their parents with each story, joy, need, or fear. We must "dare" to call him "Our Father" as Holy Mass directs us, with the same boldness with which Jesus declared himself "I AM".

In the 15th century, God called a young girl, St. Joan of Arc (1412-1431), to lead the struggling French army in fighting back against foreign invaders. Despite everyone's doubts that a teenage girl could have anything to offer in the ways of war, Joan's holiness and courage were obvious, and they inspired an entire nation. She knew deeply that she was a child of God, and this drove all her actions as she boldly proclaimed, "I am not afraid. I was born to do this."
"A name expresses a person's essence and identity. God has a name; He is not an anonymous force. [He is] capable of being known intimately and addressed personally."—CCC #203

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

The feeling of being alone or abandoned is unfortunately one of the worst feelings a human can experience. God himself told us that it is “not good for man to be alone” (Gen 1:18). However, these feelings are uniquely challenging for teenagers. With the conflict of wanting more privacy and responsibility tugging against still being a child, the changing nature of many friendships, and the beginnings of romantic relationships, there are numerous situations where this feeling is especially pronounced as a young person.

Christ knew these feelings himself. He desired to be like us, which meant he had to know what it was like to be both betrayed and abandoned. He was betrayed by one of his closest friends (Judas, whom he entrusted what little money his ministry had), and abandoned by all of the other apostles, save St. John.

Knowing this reality about abandonment, Christ promises that he will never abandon us, even until the end of time (cf. Matt. 28:20). More than just making a promise that will never be broken, Christ tangibly keeps that promise by giving us the Church, the Holy Spirit, and the Sacraments, especially the Eucharist. Think about it: the King of the Universe, the Word of God, through whom all things were made, is the same person who suffered and died for our sins, only to rise again at Easter, giving us the promise that we will do the same. He is the same person who wants so much to be close to us that he allows himself to be small, present in the tiny Eucharistic Host, and to remain present, even in the silence of the tabernacle, just so we can come and be close to him. In the Eucharist we have the perfect proof of a God who will never abandon us.

This reality has been expressed richly in the life of Blessed Carlo Acutis (1991-2006), the first Millennial to be beatified (and hopefully canonized soon!). Carlo knew that many of this generation were lonely and needed Christ – so he created a website to share the great stories throughout history of various Eucharistic miracles around the world. He wanted people of all ages to read about these miracles and be reminded of Christ’s closeness to them in the Blessed Sacrament, while teaching them that “the Eucharist is the highway to heaven”.

“The principle fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ... what material food produces in bodily life, Holy Communion wonderfully achieves in our spiritual life.”—CCC #1391-1392

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

At the moment of his salvific self-offering, Jesus reaches down and heals the servant with his touch. This moment echoes who Jesus is throughout the Gospels, Christ the Divine Physician who heals the blind, the woman with the hemorrhages, and countless others, fulfilling the words of the prophet Isaiah: “He took our infirmities and bore our diseases. (Mt 8:17)

He heals the servant’s ear. Our ears too need healing. We listen to the lies of the world, the lies we tell ourselves, or the lies we believe about God. Our words and actions can be this same sword the disciples wanted to use, which we justify on the basis of perceived injustice, anger or hurt. We need Jesus to touch our ears and tell our hearts “Stop! No more of this!” when we spiral into thoughts, words and actions that are not of his image and likeness.

We need Jesus to touch our ears and our hearts. The Good News is that he wants to heal us, as he told Moses in Marah: “For I am the Lord, your healer” (Ex 15:26). Christ continues to heal us and restore our dignity through his touch in the sacraments. In a homily for Corpus Christi, Pope Francis said, “The Eucharist fulfills the Covenant which sanctifies us, purifies us, and unites us in a marvelous communion with God. In that way we learn that the Eucharist is not a prize for the good, but strength of the weak; for sinners it is pardon; it is the viaticum that helps us move forward, to walk.”

We do not have record of the servant’s response to Jesus. This moment of encounter lasted less than a minute, but the servant could never be the same. There would always be the life before Christ healed him, and then life after he met Jesus’ healing touch. Jesus saw the one who needed to be healed. He sees us, and we too are never the same.

F U L F I L L E D

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

We all are created for a purpose. And we are all created to be one with God – to be holy! To be a saint! This is the destiny of every human person! However, each unique person is given gifts and opportunities to fulfill specific tasks that no other human person in all of history can. This is no different for young people, but you have an extra gift: your youth.

Specific to the account above from St. Matthew, we are reminded that God’s plans for salvation are always fulfilled. We can trust the promises of the Old Testament precisely because God Himself became one of us and lived out his humanity and divinity to the full, so that we could have the grace to do the same. (We, of course, are not divine, yet we are invited to share in God’s divine life!) Indeed, even when we fail to cooperate with the plan, it remains in place, fulfilled by Christ. This held true in the lives of two young figures of the Old Testament, King David and the Prophet Jeremiah.

Both of these wonderful figures struggled to believe they could make a difference because of their youth, or their abilities were doubted by others because of that same youth, or both. David was the forgotten son, not even considered by his father Jesse that the prophet Samuel might recognize him as the future king of Israel and anoint him (1 Sam.16: 1-14). David would then go on to do amazing things like slaying Goliath (1 Sam. 17) and being a victorious general (1 Sam 18), before uniting the tribes of Israel as their king (2 Sam. 2).

Jeremiah was so doubtful of his ability to be a prophet at a young age that God called him out on it (Jer. 1:6-7) explicitly, and he struggled with accepting this even as he had great success as a prophet, even getting mad enough at God during a difficult time to accuse the Lord of “duping” him into being a prophet (Jer. 20:7). However, we see that through grace he is able to fulfill his mission and by the time we get to chapter 29, Jeremiah is reminding everyone that God has a plan for each of us, one that will fulfill our every desire (cf. Jer. 29:11).

“Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity... Many children, through the strength of the Holy Spirit they have received, have bravely fought for Christ.”—CCC #1308 (Quoting St Thomas Aquinas)

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.

