

HOLY THURSDAY

7

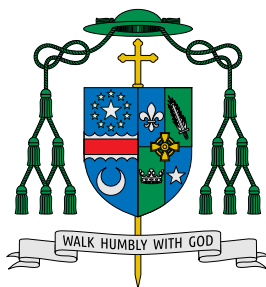
CHURCHES PILGRIMAGE

REFLECTIONS FOR PARENTS WITH CHILDREN

(one per family please)



DIOCESE OF ARLINGTON
YOUTH, CAMPUS, & YOUNG ADULT MINISTRIES



Dear Pilgrims,

On this solemn evening, I commend you for going on this spiritual journey of tending to our Lord in the Garden of Gethsemane.

The Garden of Gethsemane is a place caught in the middle and filled with tension. For Our Lord, it is flanked by significant activity. On one side is Jesus' Last Supper, the institution of the Eucharist and holy priesthood. On the other side is the Passion and Resurrection. Between these momentous occasions for the people of God is Jesus' call to the apostles and for you today: "remain here and keep watch with me." In this, he invites us to be with him - in the midst of his burden, in the midst of his pain. But he also wants to walk alongside us in the tension in our lives - to accompany us, to make us whole. All we must do is remain with him. It is my prayer that for these few precious moments you will take him up on this offer. Turn away from the distractions, obligations, and activities of the past and what may come in the future. For now, simply remain with Jesus Christ.

Know that as you seek Our Lord through this time of pilgrimage, you go with my prayers for you. May Our Lord Jesus bless you with his peace in these sacred days and always.

Sincerely in Christ,

Michael F. Burbidge

*Most Reverend Michael F. Burbidge
Bishop of Arlington*



JOIN JESUS

WELCOME TO THE GARDEN

On this evening some 2000 years ago, Jesus of Nazareth went out into a garden in the dead of night. In agony he prayed, knowing what he was about to endure. He was utterly alone, even though he had asked for the accompaniment of his friends. As Catholics, we believe that Christ is alive in the Scripture and the Eucharist. So tonight, we join him in the garden, through Word and Sacrament. Thank you for being with him.

Throughout our Diocese, people will enter this pilgrimage of remaining with Jesus in the garden. This guide provides you with Scriptures verses, reflections, and tools to make the most of this time in prayer. Please use these however you wish - remembering that what is most important is that you spend time with Jesus in the garden.

HOW TO USE THIS GUIDE

This pilgrimage weaves together passages from all four Gospels to take you through the narrative of Jesus' time in the Garden of Gethsemane. It is broken into seven reflections which we recommend you pray through at seven different churches. You can do it with a group or on your own. If you are unable to travel, you may still use this guide to pray anywhere! We recommend you spend 10-15 minutes in prayer with each passage but go at a pace that is natural for you.

We consolidated information about which churches you can pray



at and created suggested routes by region. Adoration at an Altar of Repose happens directly after the Mass of the Lord's Supper and lasts through midnight. Times will vary based on Parish. Select 7 churches from the route that works best for you/your group and use our interactive Google Map to navigate to the churches! These routes are suggestions for what options are in a particular region; so feel free to add (from other routes), visit churches not listed, omit, or double up on churches according to what works best for your travel!

PRAY

Consider using this process of engaging in silent prayer for each reflection:

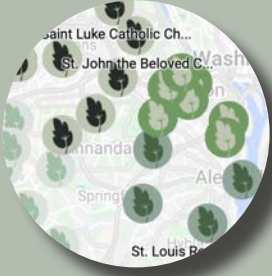
ACKNOWLEDGE – As you begin prayer, acknowledge the presence of God. Invite him to be present to you.

RELATE – Take a personal inventory of your thoughts, emotions, and desires. Share them with God.

RECEIVE – Pause and ask God what he thinks/feels. Listen for him. Open yourself to receive from him – be it words, ideas, feelings, or more questions.

RESPOND – Engage in dialogue with God and seek resolutions (be they large or small) wherever possible. Offer your resolutions to God and ask for him to accomplish them in you.

ROUTES



Scan the QR code to easily navigate the route of your choice with our custom map.



Choose a route that works best for you or your group. Each description has the name, address and general location of the altar of repose for the given church. Furthermore, use the QR code above to open up a map of all the church routes.

FIG — ARLINGTON ROUTE

Cathedral of Saint Thomas More

*3901 Cathedral Ln, Arlington, VA
in Burke Hall (below main church)*

Our Lady of Lourdes Catholic Church

*830 23rd St S, Arlington, VA
in the parish hall*

St. Charles Catholic Church

*3304 Washington Blvd, Arlington, VA
in the parish chapel*

St. Agnes Catholic Church

*1910 N Randolph St, Arlington, VA
in the parish hall downstairs, ground floor*

St. Ann Catholic Church

*5312 10th St N, Arlington, VA
in the chapel next to main church*

St. Anthony Catholic Church

*3305 Glen Carlyn Rd, Falls Church, VA
in the school gymnasium*

St. Rita Catholic Church

*3815 Russell Rd, Alexandria, VA
in the church at Blessed Mother side altar*

OLIVE— ALEXANDRIA ROUTE

St. Rita Catholic Church

3815 Russell Rd, Alexandria, VA
in the church at Blessed Mother side altar

Basilica of Saint Mary

313 Duke St, Alexandria, VA
in the Lyceum at 313 Duke St.

St. Louis Catholic Church

2907 Popkins Ln, Alexandria, VA
in the school gymnasium
(across from church front entrance).

Good Shepherd Catholic Church

8710 Mount Vernon Hwy, Alexandria, VA
in the parish hall

St. Lawrence Catholic Church

6222 Franconia Rd, Alexandria, VA
in the parish hall

Queen of Apostles Catholic Church

4401 Sano St, Alexandria, VA
in Hannon Hall
(around back and below church)

Our Lady of Lourdes Catholic Church

830 23rd St S, Arlington, VA
in the parish hall

ACACIA— FAIRFAX ROUTE

St. Leo the Great Catholic Church

3700 Blenheim Blvd., Fairfax, VA
in the school gymnasium

St. Mary of Sorrows Catholic Church

5222 Sideburn Rd, Fairfax, VA
beneath St. Joseph statue in main church

Church of the Nativity

6400 Nativity Ln, Burke, VA
in the Fr. Ready Room
(school entrance)

St. Raymond of Peñafort Roman Catholic Church

8750 Pohick Rd, Springfield, VA
in the parish hall under church

St Robert Bellarmine Chapel - GMU

4515 Roberts Rd, Fairfax, VA
in the church hall (lower level)

Holy Spirit Catholic Church

5121 Woodland Way, Annandale, VA
in the church narthex

St Ambrose Catholic Church

3901 Woodburn Rd, Annandale, VA
in the parish hall

PALM—STERLING ROUTE

St. Veronica Catholic Church

3460 Centreville Rd, Chantilly, VA
in the parish hall

St. Theresa Catholic Church

21370 St Theresa Ln, Ashburn, VA
across driveway from church
entrance door

Christ the Redeemer Catholic Church

46833 Harry Byrd Hwy, Sterling, VA
in the parish hall (right of main
entrance)

St. Joseph Catholic Church

750 Peachtree St, Herndon, VA
in the nave of the church

Our Lady of Hope Catholic Church

46639 Algonkian Pkwy, Sterling, VA
in the narthex of church

St. John Neumann Catholic Church

11900 Lawyers Rd, Reston, VA
in the St. Francis de Sales Chapel

St. Thomas a Becket Catholic Church

1421 Wiehle Ave, Reston, VA
in the parish hall

St. Mark Catholic Church

9970 Vale Rd, Vienna, VA
in the chapel

CEDAR—MANASSAS ROUTE

Holy Trinity Catholic Church

8213 Linton Hall Rd, Gainesville, VA
in the baptistry

St. Andrew the Apostle Catholic Church

6720 Union Mill Rd, Clifton, VA
in Hannan Hall

St. Elizabeth Ann Seton Catholic Church

12809 Valleywood Dr, Lake Ridge, VA
in Seton Hall across from main church

Our Lady of Angels Catholic Church

13752 Marys Way, Woodbridge, VA
in the adoration chapel

Holy Family Catholic Church

14160 Ferndale Rd, Woodbridge, VA
in Fr. Griffin Hall (gymnasium)

Sacred Heart Catholic Church

12975 Purcell Rd, Manassas, VA
in the church (Downstairs in hall)

All Saints Catholic Church

9300 Stonewall Rd, Manassas, VA
in the Parish Activities Center (across
courtyard)

Watch and pray
so that you will
not fall into any
temptation.



Scan the code above to view
our website with the most
up to date information about
routes and locations.

CYPRESS—TYSONS ROUTE

St. Ambrose Catholic Church

3901 Woodburn Rd, Annandale, VA
in the parish hall

St. Philip Catholic Church

7500 St. Phillips Ct., Falls Church, VA
in Hayden Hall

St. James Catholic Church

905 Park Ave, Falls Church, VA
in the school gymnasium

St. John the Beloved Catholic Church

6422 Linway Terrace, McLean, VA
in the parish hall (located in school
building)

Saint Luke Catholic Church

7001 Georgetown Pike, McLean, VA
in the main church/Flaherty Hall

Our Lady of Good Counsel Catholic Church

8601 Wolftrap Rd SE, Vienna, VA
in the chapel

St. Mark Catholic Church

9970 Vale Rd, Vienna, VA
in the chapel

Father, if you
are willing, take
this cup from
me; yet not my
will, but yours
be done.





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)

REFLECTION

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?



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)

REFLECTION

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?

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)

REFLECTION

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.

PONDER

- How can you keep watch with Jesus in your life? How can you know what God is doing in your life and how he is strengthening you for the hard moments?
- How can you make sure that your spirit is always willing to serve the Lord, even when you are tired, sick, or unmotivated?



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)*

REFLECTION

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 ab-

solute 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?



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)

REFLECTION

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?



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)

REFLECTION

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.



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)

REFLECTION

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 prophesies 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 prophesy 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?



NIGHT PRAYER

The Liturgy of the Hours, or the Divine Office, is the official prayer of the Church. The last prayer of the day is Night Prayer (known as Compline). Night Prayer is to be prayed as your last prayer before going to bed. We encourage you to join the Church in saying this prayer to conclude your pilgrimage before resting for the night. Some churches will say this prayer together before Benediction. Otherwise, say it on your own. If you want to learn more about the Liturgy of the Hours please visit divineoffice.org.

INTRODUCTION

God, + come to my assistance.

— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

— as it was in the beginning, is now, and will be for ever. Amen

EXAMINATION OF CONSCIENCE

Either in silence or using one of the Penitential Acts from the Roman Missal.

HYMN

O Christ, resplendent as the day,
you clear away the dark of night;
by faith we know you, Light from Light,
proclaiming light to all the blest.

O holy Lord, we humbly pray:
Watch over us throughout this night
and grant us calm and silent hours,
that we may find our rest in you.

And when our eyes are closed in sleep,
still let our hearts keep watch for you;
protect and guard by your right hand
the faithful, filled with love for you.

O strong defender, see our plight,
subdue our foes, who lie in wait;
direct and guide your servants, Lord,
whom you have purchased with your blood.

To you, O Christ, most loving King,
and to the Father, glory be,
one with the Spirit Paraclete,
from age to age for evermore. Amen.

PSALMODY

Ant. Night holds no terrors for me sleeping under God's wings.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I trust!"

It is he who will free you from the snare
of the fowler who seeks to destroy you;
he will conceal you with his pinions
and under his wings you will find refuge.

You will not fear the terror of the night
nor the arrow that flies by day,
nor the plague that prowls in the darkness
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: "I am with you,"
I will save him in distress and give him glory.

With length of life I will content him;
I shall let him see my saving power.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

Ant. Night holds no terrors for me sleeping under God's wings.

READING

Revelation 22:4-5

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

Ant. For our sake Christ was obedient, accepting even death.

GOSPEL CANTICLE

Luke 2:29-32

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Lord, + now you let your servant go in peace;
*your word has been fulfilled:
my own eyes have seen the salvation
which you have prepared in the sight of every people:
a light to reveal you to the nations and the glory of your people Israel.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

CONCLUDING PRAYER

Lord, we beg you to visit this house and banish from it
all the deadly power of the enemy.
May your holy angels dwell here to keep us in peace,
and may your blessing be upon us always.
We ask this through Christ our Lord.
— Amen.

FINAL BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
— Amen.

HYMN IN HONOR OF THE BLESSED VIRGIN MARY

Ave, Regina caelorum,
ave, Domina angelorum,
salve, radix, salve, porta,
ex qua mundo lux est orta.
Gaude, Virgo gloriosa,
super omnes speciosa;
vale, o valde decora,
et pro nobis Christum exora.

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 confession, 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.



DIOCESE OF ARLINGTON
YOUTH, CAMPUS, & YOUNG ADULT MINISTRIES