



Holy Week

Reflections 2020

Holy Thursday 2020

Amongst the challenges and struggles of the world at this time,
we come to reflect and to **be still**.

So many people in our world today are serving the sick, the dying, and those in need.

On Holy Thursday Jesus' assumed the role of servant at his Last Supper with His disciples

His calloused, carpenter's hands broke bread.

The hands that had healed so many, washed His friends' feet.

And as he served them, he left them with a new commandment:

"Just as I have loved you, you also are to love one another" John 13:34



Moments in time.

Take a moment to look at your own hands.

These hands carry the memories of a life's work.

They are hands that have played as a child,

Hands that have worked and created,

Hands that have nurtured and held,

Hands that have cared for and comforted,

Hands that have prayed.

What are some of the things that your hands remember at this time?

What beautiful moments have they been part of?



Christ Has No Body

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world.
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.*

St. Teresa of Avila (1515–1582)



Good Friday 2020

Stations of the Cross

You are invited to follow the Stations of the Cross as they are depicted in the Calvary Adelaide Hospital chapel. The gospel of Mark gives a window into Jesus' heart and humanity. By "walking the Stations" we make a 'spiritual pilgrimage', entering imaginatively into Jesus' last journey, reflecting on our own struggles, fears, hopes and yearnings. God is with us in all the experiences of our lives. In a time of uncertainty, we invite you into an inner quiet place to meet with your God. Breathe in the words,

"Help me be still and know You"

1. Jesus is condemned to death



Jesus stands in the most human of spaces. He has already experienced profound solidarity with the poorest and most vulnerable of his society. Now he is condemned to death. Pilate washes his hands of responsibility but Jesus places himself in God's hands.

At this time, you are invited to **be still** and reflect on God holding you ,
as you open your hands and follow Jesus' final journey.

2. Jesus accepts His Cross



I will **be still** and hear the unsettled voice of my soul, the cry of the voiceless, the isolated, and those who are wounded by life.

At this time, we are all collectively grieving an unsettled life,
and sharing a burden of suffering.
What burdens am I carrying?
What is required of me at this time?

3. Jesus falls for the first time



I will **be still** and recognise that Jesus is familiar with the hardest of roads.

I too take difficult steps, each day, with courage.

I too fall, and brace myself for what I must continue to endure.

Be still and be aware:

what gives me the courage to get up and keep going?

4. Jesus meets His mother



I will **be still** and reflect on Mary, Jesus' mother, who remained at His side throughout His ordeal.

While she held her son with fierce love, she knew that she would, eventually, need to let go. At this time, many are not able to be physically with their families.

Mary knew this sorrow profoundly: the desire to comfort and hold, the agony of letting go.

If I cannot physically be present to those I love, I can hold them in my heart, I can hold them in prayer.

5. Simon helps Jesus carry the cross



Jesus struggles, grows tired, and confronts his own weakness.

He needs others to help Him on the journey.

It is sometimes a struggle for us to accept help in difficult times,

but our burdens cannot be carried alone.

May I **be still** and reflect on those, in my own life, who have helped me bear the load.

6. Veronica wipes the face of Jesus



In her act of compassion, Veronica discovers the image of God's face.

Be still and reflect on how you experience the face of God.

"Help me be still and know You"

Calvary staff are invited to reflect on the words of Venerable Mary Potter: *You are on Calvary now, watching and tending Our Dear Lord in the person of your patient... Let every little action, the shaking of the pillows, the drink given when thirsty, the wash which so refreshes the poor sufferer, be done as though for Jesus Himself...'*

7. Jesus falls for the second time



Jesus experiences profound exhaustion and debility, on his knees, under the weight of the cross.

Be still and know that God has walked the path of suffering and understands the loneliness of what must be endured in solitude.

God seeds in us, the hopes that draw us on, our will to live, our will to love.

Be still and become aware
of that source of life and love within you.

8. Jesus meets the women of Jerusalem



The women of Jerusalem reached out to Jesus in pity and in longing. Jesus told them not to weep for Him, but for themselves, and for their children.

None of us escape suffering in our lives.

We reach instinctively to others

In the desire to console

And be consoled.

Be still and become aware
of the yearnings of your own heart.

9. Jesus falls for the third time



"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Matthew 11:28.

Be still and be aware of

the tender compassion that God has for each one of us
when our burdens become too much to bear.

Allow yourself to feel compassion for yourself, for your
own weaknesses and failings.

10. Jesus is stripped of His clothing



Jesus is stripped of everything. He is naked.
But the dignity of his loving heart is not diminished.
He is clothed with compassion and humility.

He reveals his true self to us.

When I feel as though I have nothing left,
Help me **be still and know You**.

11. Jesus is nailed to the cross



In the midst of his own pain, Jesus extended his forgiving
heart from the cross and commended his mother and his
friends into each other's care.

You are invited to **be still** and to wonder:

What am I being called to forgive? In others? In myself?

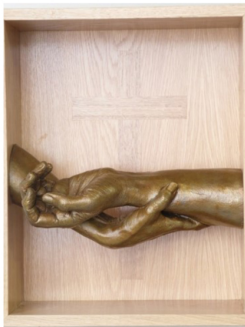
Who is God commending into my care?

12. Jesus dies on the cross



"Into your hands I commend my spirit."
Be still, breathe out, let go.

13. Jesus is taken down from the cross



Jesus' body lies in his mother's arms.
He is held in strength and tenderness.
He is held in grief for all that has been lost,
and gratitude for all that was.
Jesus knows the mystery of death. He is in God's hands.
Be still and know yourself beloved.
Be still and give thanks
for the gifts that loved ones have brought to your life.

14. Jesus is laid in the tomb



In solidarity with all humanity, Jesus' body is washed,
anointed, wrapped and laid in the tomb.
It is so hard to say goodbye.
Death is a veil that we cannot see beyond.
But we trust in those experiences of love that we *can*
see,
which continue to touch our lives in many ways,
That we draw upon to hold each other,
Tenderly.

Holy Saturday: Jesus in the Tomb

"Holy Saturday is a day nobody talks about much in the liturgical year... nothing really happens in most churches on Holy Saturday... There are no public ceremonies, no particular liturgies to interrupt the sense of waiting and vacuity that mark the day. For the most part, we are simply left on our own on Holy Saturday. And yet every human being who has ever walked the earth has known what the emptiness of Holy Saturday is about.

At some point in our lives, we will all know the power of overwhelming loss - when life as we know it changes, when all hope dies in mid-flight. Then, and only then, can we begin to understand the purpose of Holy Saturday.

The importance of Holy Saturday lies in its power to bring us to the kind of faith that the spiritual masters call 'mature.' Holy Saturday faith is not about counting our blessings; it is about dealing with darkness and growing in hope. Without the Holy Saturdays of life, none of us may ever really grow up spiritually.

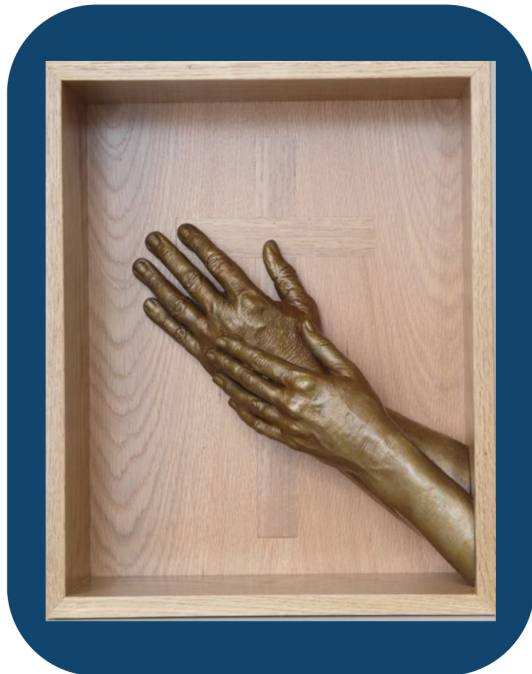
On Holy Saturday, we come face-to-face with the questions we try so hard to avoid the rest of the year: how do we deal with the God of darkness as well as the Giver of light? Have we been abandoned? Are we left now on our own in this world? Is there nothing else?"

Sr. Joan Chittister

Holy Saturday: Jesus in the Tomb

For Reflection:

- Can you recall other times of waiting and unknowing in your life? What certainties did you have to let go of? How did these experiences change you?
- Sr. Helen Prejean used to say to the prisoners with whom she worked: *"Tell me about the God you don't believe in, because I'm pretty sure I don't believe in that God either."* How is your image of God developing and changing?
- As we sit in deep uncertainty in these current times, what gives you hope?
- Are there any signs that you already have what you think you are waiting for?



Reflection for Easter Sunday 2020

Lockdown

Yes, there is fear.
Yes, there is isolation.
Yes, there is panic buying.
Yes, there is sickness.
Yes, there is even death,
But,
They say in Wuhan after so many years
of noise,
They can hear the birds again.
They say that after just a week of quiet,
The sky is no longer thick with fumes,
But blue and grey and clear.
They say in Assisi,
People are singing to each other
Across the empty squares,
So that those who are alone
May hear the sounds of family around
them.
They say that a hotel in the west of
Ireland
is offering free meals and delivery to the
housebound.
Today a young woman I know
Is busy spreading fliers with her number
throughout the neighbourhood,
So that the elders may have
someone to call on.
All over the world people are slowing
down and reflecting.
All over the world people are looking at
their neighbours in a new way.

All over the world people are waking
up to a new reality,
To how big we really are,
To how little control we really have,
To what really matters,
To love.
So, we pray and we remember that,
Yes, there is fear.
But it does not have to be hate.
Yes, there is isolation,
But there does not have to be
loneliness.
Yes, there is panic buying,
But there does not have to be
meanness.
Yes, there is sickness,
But there does not have to be
disease of the soul.
Yes, there is even death,
But there can always be a rebirth of
love.
Wake to the choices you make as to
how to live.
Today, Breathe,
Listen.
We are always encompassed by Love.
Open the windows of your soul,
And though you may not be able
To touch across the empty square,
Sing.

Friar Richard Hendrick, 2020



