

# Iowa City

## Holy Thursday

### Altar of Repose Pilgrimage

*“Could you not watch with me one hour?”*

Holy Thursday invites us to remain near the Lord in his hour of love, sorrow, and surrender. After Mass, the Blessed Sacrament is taken in procession to an Altar of Repose, recalling Christ’s journey from the Upper Room toward Gethsemane. This pilgrimage offers a way to keep vigil with him, to pray in silence, and to entrust our hearts to his Eucharistic presence.

*May these visits help us adore Jesus more deeply, console his Heart, and learn again what it means to say: “Not my will, but yours be done.”*

#### Churches to Visit

Visit any or all of the churches below. The order is flexible; choose what is most practical for your group or family.

Church	Altar of Repose Location	Until
St. Mary of the Visitation	Parish Hall off Linn St.	10:00 p.m.
St. Patrick	Sacred Heart Chapel	12:00 a.m.
St. Thomas More	Reservation Chapel behind the main altar	11:00 p.m.
St. Wenceslaus	Parish Hall	12:00 a.m. Confession 9:00-10:00 p.m.
Newman Center	Newman Multipurpose Room	10:00 p.m. with Night Prayer



## **Meditations for the Visits**

These may be used one at each church, or returned to throughout the pilgrimage.

### **1. “This is my body, given up for you.”**

Jesus does not merely give a teaching on love; he gives himself. On Holy Thursday, he places into the hands of the Church the gift of his very Body and Blood. Before the Altar of Repose, receive that truth personally: he is here for you. Let gratitude lead to wonder, and wonder lead to adoration.

### **2. “Remain here and keep watch.”**

In Gethsemane the disciples could not stay awake with the Lord, yet he still desired their company. Our visit tonight is a small answer to that request. We do not come because we are strong or impressive, but because love wants to stay near. Offer Jesus your attentive presence, however simple it may be.

### **3. The humility of Christ**

The One whom heaven cannot contain allows himself to be carried in procession and hidden in a chapel of repose. The Lord chooses littleness, silence, and vulnerability. Ask for the grace to recognize him not only in moments of glory, but in all the hidden places where sacrificial love is at work.

### **4. Pray for priests and for the Church**

Holy Thursday is bound up with the institution of the Eucharist and the priesthood. Give thanks for the priests who have brought Christ to you in the sacraments. Pray for fidelity, holiness, and joy in those who serve the Church, and ask for new vocations rooted in deep love for Jesus.

### **5. Learn the obedience of love**

At the beginning of the Passion, Jesus entrusts himself fully to the Father. He accepts sorrow, loneliness, and suffering without ceasing to love. Before him tonight, place your own fears, fatigue, and unfinished burdens. Ask for a heart that can say with him: “Father, your will be done.”

## Scripture for Lectio Divina

At one or more stops, pray slowly with one of these passages. Read the text once, notice a word or phrase that stands out, speak to the Lord from your heart, and rest with him in silence.

### The Eucharist

**Luke 22:14-20:** The institution of the Eucharist at the Last Supper.

**1 Corinthians 11:23-26:** Saint Paul hands on what he received concerning the Body and Blood of the Lord.

**John 6:51-58:** Jesus teaches that his flesh is true food and his blood true drink.

### Gethsemane

**Matthew 26:36-46:** “Remain here and keep watch with me.”

**Mark 14:32-42:** Jesus prays in agony and finds the disciples asleep.

**Luke 22:39-46:** “Not my will but yours be done.”

### Love and Service

**John 13:1-15:** Jesus washes the feet of his disciples.

**John 13:34-35:** “Love one another as I have loved you.”

**Philippians 2:5-11:** Christ empties himself and takes the form of a servant.

### Abiding with the Lord

**John 15:1-11:** “Remain in me, as I remain in you.”

**Psalms 27:** A prayer of trust and longing for the Lord’s presence.

**Psalms 63:** “My soul is thirsting for you, O Lord my God.”

### A simple way to pray lectio divina:

- Read - Receive the passage slowly and attentively.
- Meditate - Notice the word or phrase that catches your heart.
- Pray - Speak to Jesus honestly about what rises within you.
- Contemplate - Rest quietly in his presence.

## Prayers for Adoration

### Prayer Before the Blessed Sacrament

Lord Jesus Christ, truly present in the Most Holy Eucharist, I adore you. I thank you for remaining with your Church and for giving yourself to us as food for eternal life. On this holy night, keep me near to your Heart. Teach me to watch and pray with you, to love what you love, and to follow you faithfully on the way of the Cross. Amen.

### An Act of Thanksgiving

Jesus, I thank you for the gift of the Eucharist, for the gift of your priesthood, and for the gift of your love poured out for the salvation of the world. Receive my praise, my gratitude, and my desire to belong more completely to you. Amen.

### For Consolation of the Lord

My Jesus, in this hour of your agony, I do not want to leave you alone. Accept the poor offering of my presence. Unite my heart to yours. Where I have been asleep in faith, awaken me. Where I have been afraid, strengthen me. Where I have withheld love, convert me. Amen.

### For the Church

Lord Jesus, bless your Church. Sanctify your priests. Strengthen deacons, seminarians, and all who serve your people. Raise up holy vocations, deepen Eucharistic faith, and gather your people into unity, reverence, and charity. Amen.

### Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Permit me not to be separated from you.

From the wicked foe defend me.

At the hour of my death call me

and bid me come to you,

that with your saints I may praise you

forever and ever. Amen.

*Stay with us, Lord, for it is evening, and our hearts long for you.*