

April 7, 2023

Good Friday



"When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit". *John 19:30*

Today, reflect on His sacrificial death - all for love of you. #goodfriday #besustained\

How to obtain a plenary indulgence during Holy Week 2023 - CNA Staff

A plenary indulgence is a grace granted by the Catholic Church through the merits of Jesus Christ, Mary, and all the saints to remove the temporal punishment due to sin.

The indulgence applies to sins already forgiven. A plenary indulgence cleanses the soul as if the person had just been baptized.

A plenary indulgence can be obtained during Holy Week for oneself or for a deceased person if one of the following works established by the Church is performed.

Holy Thursday — April 6, 2023

~ If during the solemn reservation of the Blessed Sacrament (typically on a side altar), which follows the Mass of the Lord's Supper, you recite or sing the eucharistic hymn "Tantum Ergo."

~ If you adore the solemnly reserved Blessed Sacrament for a half hour.

Good Friday — April 7, 2023

~ If you venerate the cross in the solemn celebration of the Lord's Passion.

~ If you piously participate in the Stations of the Cross.

Holy Saturday — April 8, 2023

~ If two or more people pray the holy rosary.

~ If you attend the celebration of the Easter Vigil at night and renew your baptismal promises, which is part of the liturgy of that Mass.

Conditions in all cases:

Parish Office Communication

In order to obtain the plenary indulgence, in addition to performing the specific works mentioned above, the following conditions must be fulfilled:

- ~ Detachment from all sin, even venial.
- ~ Sacramental confession, holy Communion, and prayer for the intentions of the pope. These three conditions can be fulfilled a few days before or after performing the works to gain the indulgence, but it is appropriate that Communion and the prayer take place on the same day that the work is completed.
- ~ A single sacramental confession is sufficient for several plenary indulgences, but frequent sacramental confession is encouraged in order to obtain the grace of deeper conversion and purity of heart.
- ~ For each plenary indulgence that is sought, however, a separate holy Communion and a separate prayer for the intentions of the Holy Father are required.
- ~ The prayer for the intentions of the Holy Father is left up to the choice of the individual, but an Our Father and Hail Mary are suggested.

[How to Recite the Chaplet of The Divine Mercy | The Divine Mercy](#)

Divine Mercy Novena - Day 1 [The Chaplet of The Divine Mercy Novena - Day 1 | The Divine Mercy](#)

1. Today's Readings: [Good Friday of the Lord's Passion | USCCB](#)

2. The RE Corner with Jan Heithaus: "Have I ever meditated for long on the depths of grief and pain suffered by Mary as she watched Jesus die? How might such a meditation increase my love for her, and my gratitude for what she endured in union with her Son for the sake of a sinful world?" *A Year with Mary by Paul Thigpen*

3. Quotes of the Day:

~"Whenever anything disagreeable or displeasing happens to you, remember Christ Crucified and be silent." *St. John of the Cross*

~"The agony in Gethsemane was the introduction to the agony of the Cross on Good Friday. The holy hour, the hour of the redemption of the world." *Pope St. John Paul II*

***Good Friday is a Day of Abstinence and a Day of Fast***

***St. Joseph, Pray for Us!***

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## Our Lady's Sorrow at the Cross

*Can we even begin to imagine the depth of sorrow that Our Lady felt as she watched her dear Son die on the cross? Blessed Henry Suso imagines her telling what she experienced on that dreadful day.*

All the sorrow that ever could afflict a heart would be like only a drop in the ocean compared to the unfathomable sorrow that my maternal heart at that time endured. Keep in mind that the dearer, the sweeter, the more precious the beloved one is, the more insupportable is his loss and death. Nowhere on the whole earth was there ever a more tender one born, a lovelier one seen, than my own best beloved one, Jesus Christ, by whom and in whom I had entire possession all that the world could bestow? I was already dead to myself and lived only in him. So, when at last my own fair Love was slain, then only did I utterly die. And as my only love was but one and, even more, dear to me about all other loves, so my only sorrow was but one, and a sorrow above all sorrows that ever were expressed. Oh

His fair and gentle humanity was, to me, a delightful spectacle. His dignified divinity was, to my eyes, a sweet contemplation. To think of him was my heart's delight; to speak of him was my pastime; to hear his sweet words with music to my soul. He was my heart's mirror, my soul's comfort. Heaven and earth, and all that is within them, I possessed in his sweet presence. When I saw my love suspended in mortal agony before me, what a terrible sight! What a moment was that! How my heart died within me! How my courage was extinguished! How my strength failed me! How all my senses forsook me!

I looked up, but I could not help my Child. I looked down and saw only those who so cruelly abused him. How narrow then to me was all this world! I had lost all heart; my voice had fled from me; and I had lost all strength.

-Blessed Henry Suso, *The Parable of the Pilgrim*

*Source: A Year with Mary, by Paul Thigpen*