

# Holy Thursday

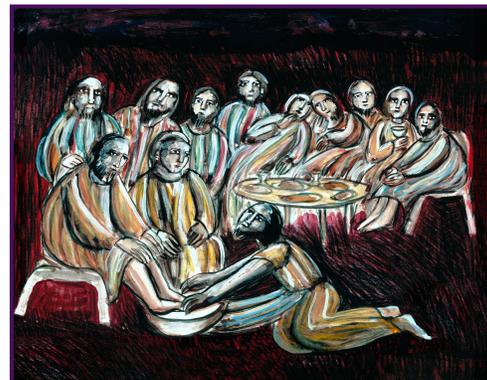
Cycle A | April 2, 2026

## WISDOM FROM THE CELLS

I would say to Jesus to forgive me for not being a better follower, and during moments when I do not seek his guidance. That I am sorry for seeking Him when I have come to feel at my lowest point in life, feeling at my end, and grasping for His love and protection. In my darkest moments, He has been there for me. When I have felt all alone in my cell, I have prayed and felt His comfort, which gave me the peace I needed. How blessed I am to reach out to Him, even though I have sinned so much, He answers my prayers and doesn't forsake me. I would say to Jesus how much I would want to be more like Him and follow His teachings. At times, I think about my sins. I have caused so much pain and suffering, and I pray that He brings peace to those I have harmed and helps them heal from it all.

I would say how thankful I am to Him for looking over my family and keeping them safe. I would say to Jesus to illuminate my mind and heart to better serve Him and others. I want to walk the right path. I know that only through Him, I will be able to face all the challenges that may present themselves. By always keeping Him present in my thoughts and words, I give Him my love.

-Alejandro, who is in a California State Prison.



Art by John August Swanson

## INTRODUCTION

During Lent, we have focused on what is important in our lives. As we remember the death and resurrection of Jesus, we are invited to choose life over death.

What are the good things I miss in my life? Who are the people in my life who really give me love and life?

The death and resurrection of Jesus show us that we too have the ability to find life in the darkness of our lives.

## OPENING PRAYER

Let us pray:

Lord,

Through Jesus, we know that life and love triumph over death and destruction. Help us to choose the path that leads to life. Guide us in our thoughts, words, and actions and give us strength to follow your will.

We ask this through Christ, our Lord. **R. Amen.**



# LITURGY OF THE WORD

## Gospel: John 13:1-15

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. He came to Simon Peter, who said to him, "Master, are you going to wash my feet?" Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later." Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me." Simon Peter said to him, "Master, then not only my feet, but my hands and head as well." Jesus said to him, "Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all." For he knew who would betray him; for this reason, he said, "Not all of you are clean." So when he had washed their feet and put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

The Gospel of the Lord.

**R. Praise to you, Lord Jesus Christ.**

## WASHING OF THE FEET OR HANDS

Christ washed the feet of those who respected him and looked to him as a wise teacher. Jesus tells us to do as He has done, and wash each other's feet out of respect and love.

## PRAYER

*Lord, as we wash these tired feet, grant that we may also wash away all hatred, sadness, and anger so that we may follow and serve you.  
Amen.*



*Fr. Mike washes the feet of the youth at Sylmar Juvenile Hall.*



# PRAYER ACTIVITY: “WASHING THE HANDS OF MY ENEMY”

**NARRATOR:** This story takes place in the waiting room at White Memorial Hospital. **FROGGY** is from THE HILLS and **PUPPET** is from THE RIVERS. **FROGGY** and **PUPPET** are from rival neighborhoods, and they don't get along. These enemies are both in the hospital for a checkup recovery for gunshot wounds. For 2 months, both of them have been working at Homeboy Industries. Even though they haven't bumped heads with each other, you can feel the hate and tension between them. The doctor rushes into the waiting room to tell **FROGGY** something unexpected.

**DOCTOR:** Froggy, your homeboy has been shot and is in the operating room. He needs type AB blood right now!

**FROGGY:** I have type B blood, *ese*.

**NARRATOR:** The Doctor knows Puppet could help out and turns to Puppet. Puppet stands up.

**PUPPET:** Yo Dawg, I'll give him some blood. I got type AB blood.

**NARRATOR:** Froggy looks at him, tripping out. Puppet leaves the room. He comes back a half hour later. There is blood on his hands from a vein that popped while giving blood.

**PUPPET:** Damn homie! I can't move my hand.

**NARRATOR:** Puppet tries to get the water basin to wash his hands.

**FROGGY:** What's up, *Perro*? Let me give you a hand with that.

**NARRATOR:** Froggy gets the water basin and a towel for Puppet. Puppet starts washing his hands.

**FROGGY:** Gracias for doing that for my homie. If he lives, it will be because of your blood.

**PUPPET:** During these two months with us enemies working together at Homeboy Industries, I kept thinking that while we were growing up, we were brainwashed to hate each other.

**FROGGY:** What do you mean?

**PUPPET:** I mean, here we spend all our energy killing our raza – people we went to school with and grew up with, we end up killing. Working with Father G, none of this makes sense.

**FROGGY:** Damn homie, I've been thinking the same thing. I thought when I went out on my first mission and took someone out, I thought I would feel good because I earned my respect, but instead I have had nightmares ever since, and I don't feel *firme* about it.

**PUPPET:** When I saw this blood on my hands, I was glad I was using it for good. I kept thinking that banging for the barrio would take away the pain, but it has only brought more. My childhood was so messed up, my step pops beating me for no reason. I used to see blood on the walls from the beating he gave my *jefa*.

**FROGGY:** I guess we all carry around deep wounds and scars. We think that by doing crazy things, we are going to feel better, but we are only lying to ourselves.

**PUPPET:** *Serio* homie, I never took the time to think about it, but you are right.

**FROGGY:** I feel that with you, Puppet, saving my homie's life, I see how lame it is to see you as my enemy. When I return to work tomorrow, I know I will see you as my friend. It feels weird telling you this, but I know it's the truth. Maybe the real enemy is not some other *vato* from a different barrio, but the system that never gives us a chance in life.

**NARRATOR:** Froggy and Puppet shake hands. THE END.



# MEDITATION: WASHING OF THE FEET

*(from the eyes of peter)*

we were waiting to  
celebrate this meal  
as we reflected on  
what it mean to be  
together tonight

there was  
a nervous energy  
around the table  
when jesus took off  
his outer garment  
and drooped a towel  
over his shoulder

he walked over  
to a small table  
at the corner  
of the room  
and picked up  
large basin  
and he said to us:  
i desire so much  
to do something that  
you will never forget

then he knelt  
in front of me

and said  
peter, put your feet  
inside this basin  
I want to clean  
your feet

now every eye  
in the room  
was focused on us

then peter said:  
jesus,  
what are you doing?  
has the pressure  
of these days  
gotten to you?  
what's wrong?  
you're our master  
only servants wash  
other people's feet  
i can't let you  
wash my feet  
this is not your work

jesus saying to peter:  
why has it been  
so hard for you  
to realize that  
we are all equal?

jesus, said peter  
you have a calling  
people respect you  
you are looked upon  
as a leader

as i was looking  
into jesus' eyes  
i could tell  
he was serious about  
washing my feet  
he looked at me  
and smiled  
lighting up  
the whole room

jesus grabbed  
hold of my feet  
now feeling  
the warm water  
as he cleaned the dirt  
off my feet

what was happening?

the one i respect  
more than any  
other person

is washing my feet

jesus,  
i want you to  
know that i want  
to be like you  
more than  
anything else  
in the world  
i will never forget  
this moment of you  
cleaning my feet  
and doing it  
with such love

i also want to  
learn to wash feet  
to be a foot washer  
and not to seek  
after the delusion  
of fame and glory  
but to learn every day  
to stoop down  
to do this simple task  
of serving others

**REFLECTION:** What do I say to Jesus while he washes my feet?

## CLOSING PRAYER

Let us pray:  
Lord,  
Through your example of self-giving love  
and the simple action of washing feet,  
help us to follow your example of serving  
others and bring your light into the lives  
of those we meet.

We ask this through Christ, our Lord.  
**R. Amen.**

