



Hope in the Future

Reflection Four

Holy Thursday



The Washing of the Feet

At the Last Supper, Jesus took a basin and a towel, got down on his hands and knees and washed the feet of all of his apostles. After this action he commanded the apostles, “I have given you a model to follow, so that as I have done for you, you should also do” (John 13:15). This is Jesus’s commandment: Just as Jesus has been a servant to his apostles, so the apostles must go out into the world and be servants to everyone around them.

We are called to do the same in our daily lives. We are not called literally to wash each other’s feet (though sometimes that may be the case). The action of washing one another’s feet reminds us of the call to humble servitude. Foot washing is not a re-enactment or re-creation of a past event, but rather, it is a commemorative action that reminds us that God calls us first and foremost to be servants to others in our daily lives.

I am like Jesus ‘servant to others’ in my daily life by.....



Take and eat Take and drink

No Christian Community can be built up unless it has as its basis and pivot the celebration of the Holy Eucharist. It is from this therefore that any attempt to form a community must begin.

(Vat 2: Constitution on Sacred Liturgy)

Most Catholics see Holy Communion primarily as a wonderful personal union with our Lord. And so it is, of course. But there is another dimension to the reception of Holy Communion which is not, perhaps, sufficiently emphasised but which is nevertheless of great importance if we are to make the sacrament effective in our lives. It is through Holy Communion that a Christian Community is made a community. If a community is a group of people who have a common feature, the unifying factor in the Christian community is Christ himself. By the body of Christ we are made the body of Christ. As St Paul says: "Is not the bread we break a participation in Christ's body? The one bread makes us one body, though we are many in number, the same bread is shared by all."

(1 Cor. 10:16-17).

I think the Holy Eucharist helps us to build a loving community through.....

Christian love is a necessary consequence of Holy Communion. It is the way we reduce to practice, in the details of daily living, our profound union with one another that is created through the Holy Eucharist. It shows itself in thought, word and deed, and must do so, unless we are going to be accused of having a theoretical faith that is a practical lie. So often the unity that is created in Holy Communion is shattered into hundreds of fragments—the pathetic sight of people hurrying away from the Church, not even greeting one another or welcoming the stranger.

Practical Christian love means to think kindly of people—those people we have just been made one with: to speak kindly of them and to them and to treat them kindly.

(Your Faith: Redemptorist Publication)

I can show others this practical love for the people of my Church Community by.....

What material food produces in our bodily life, Holy Communion wonderfully achieves in our Spiritual life. Communion with the flesh of the risen Christ, a flesh given life and giving life through the Holy Spirit preserves, increases and renews life given in Baptism. The growth in the Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.

(Catechism of the Catholic Church #1391)

John 13:1-20: Jesus Washes the Disciples' Feet

13 Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. ²The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper ³Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, ⁴got up from the table, took off his outer robe, and tied a towel around himself. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. ⁶He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' ⁷Jesus answered, 'You do not know now what I am doing, but later you will understand.' ⁸Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' ⁹Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' ¹⁰Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' ¹¹For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

¹²After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you?' ¹³You call me Teacher and Lord—and you are right, for that is what I am. ¹⁴So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵For I have set you an example, that you also should do as I have done to you. ¹⁶Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. ¹⁷If you know these things, you are blessed if you do them. ¹⁸I am not speaking of all of you; I know whom I have chosen. But it is to fulfil the scripture, "The one who ate my bread has lifted his heel against me." ¹⁹I tell you this now, before it occurs, so that when it does occur, you may believe that I am he. ²⁰Very truly, I tell you, whoever receives one whom I send receives me; and whoever receives me receives him who sent me.'

I think Jesus is saying to me.....

