

# The Psalms: A Prayer Book for Holy Week

Kathie Budesky, IHM, MA  
Saturday, March 28, 10:00am-4:00pm  
Suggested Offering: \$50

## Lenten Day of Reflection

The words of the Psalms, the ancient prayers of the Jewish people, were frequently on the lips of Jesus as he turned to prayer at critical junctures in his life. Thus, it is fitting for us to look to the Psalms for our prayer as we enter into the holiest season of the year and remember the events of Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday. In addition to input, there will be time for personal prayer and reflection, sharing, and a lunch from Panera Bakery. The program will end in time for participation in the Palm Sunday liturgy.

**Kathie Budesky, IHM, MA**, the director of Visitation Spirituality Center, has many years of experience in secondary education, both in the religious studies classroom and in the principal's office. A graduate of the Institute in Creation-Centered Spirituality at Mundelein College, she was a staff associate in the Ignatian Program in Spiritual Direction and Retreat Ministry at Guelph, Ontario.



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## Visitation Spirituality Center

The Psalms: A Prayer Book for Holy Week

Saturday, March 28, 2026

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

*We are a place of welcome  
for all who seek quiet space,  
spiritual companionship  
or opportunity or spiritual growth.*

