Consider beginning by reading this letter written by St. Peter Claver
From a letter by Saint Peter Claver, priest:

Yesterday, May 30, 1627, on the feast of the Most Holy Trinity, numerous blacks, brought from the rivers of Africa, disembarked from a large ship. Carrying two baskets of oranges, lemons, sweet biscuits, and I know not what else, we hurried toward them. When we approached their quarters, we thought we were entering another Guinea. We had to force our way through the crowd until we reached the sick. Large numbers of the sick were lying on the wet ground or rather in puddles of mud. To prevent excessive dampness, someone had thought of building up a mound with a mixture of tiles and broken pieces of bricks. This, then, was their couch, a very uncomfortable one not only for that reason, but especially because they were naked, without any clothing to protect them.

We laid aside our cloaks, therefore, and brought from a warehouse whatever was handy to build a platform. In that way we covered a space to which we at last transferred the sick, by forcing a passage through bands of slaves. Then we divided the sick into two groups: one group my companion approached with an interpreter, while I addressed the other group. There were two blacks, nearer death than life, already cold, whose pulse could scarcely be detected. With the help of a tile we pulled some live coals together and placed them in the middle near the dying men. Into this fire we tossed aromatics. Of these we had two wallets full, and we used them all up on this occasion. Then, using our own cloaks, for they had nothing of this sort, and to ask the owners for others would have been a waste of words, we provided for them a smoke treatment, by which they seemed to recover their warmth and the breath of life. The joy in their eyes as they looked at us was something to see.

This was how we spoke to them, not with words but with our hands and our actions. And in fact, convinced as they were that they had been brought here to be eaten, any other language would have proved utterly useless. Then we sat, or rather knelt, beside them and bathed their faces and bodies with wine. We made every effort to encourage them with friendly gestures and displayed in their presence the emotions which somehow naturally tend to hearten the sick.

After this we began an elementary instruction about baptism, that is, the wonderful effects of the sacrament on body and soul. When by their answers to our questions they showed they had sufficiently understood this, we went on to a more extensive instruction, namely, about the one God, who rewards and punishes each one according to his merit, and the rest. We asked them to make an act of contrition and to manifest their detestation of their sins. Finally, when they appeared sufficiently prepared, we declared to them the mysteries of the Trinity, the Incarnation and the Passion. Showing them Christ fastened to the cross, as he is depicted on the baptismal font on which streams of blood flow down from his wounds, we led them in reciting an act of contrition in their own language.

Collect:

O God, who made Saint Peter Claver a slave of slaves
and strengthened him
with wonderful charity and patience
as he came to their help,
grant, through his intercession,
that, seeking the things of Jesus Christ,
we may love our neighbor in deeds and in truth.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.
Reading 1  Isaiah 58:6-11

Thus says the LORD:
This is the fasting that I wish:
releasing those bound unjustly,
untying the thongs of the yoke;
Setting free the oppressed,
breaking every yoke;
Sharing your bread with the hungry,
sHELTERING the oppressed and the homeless;
Clothing the naked when you see them,
and not turning your back on your own.
Then your light shall break forth like the dawn,
and your wound shall quickly be healed;
Your vindication shall go before you,
and the glory of the LORD shall be your rear guard.
Then you shall call, and the LORD will answer,
you shall cry for help, and he will say: Here I am!
If you remove from your midst oppression,
false accusation and malicious speech;
If you bestow your bread on the hungry
and satisfy the afflicted;
Then light shall rise for you in darkness,
and the gloom shall become for you like midday;
Then the LORD will guide you always
and give you plenty even on the parched land.
He will renew your strength,
and you shall be like a watered garden,
like a spring whose water never fails.

Responsorial Psalm  Ps 1:1-2, 3, 4, and 6

R. (92:13-14) The just will flourish like the palm tree in the garden of the Lord.

Blessed the man who follows not
the counsel of the wicked
Nor walks in the way of sinners,
nor sits in the company of the insolent,
But delights in the law of the LORD
and meditates on his law day and night.

R. (92:13-14) The just will flourish like the palm tree in the garden of the Lord.

He is like a tree
planted near running water,
That yields its fruit in due season,
and whose leaves never fade.
Whatever he does, prospers.
R. (92:13-14) The just will flourish like the palm tree in the garden of the Lord.

Not so, the wicked, not so;
they are like chaff which the wind drives away.
For the LORD watches over the way of the just,
but the way of the wicked vanishes.

R. (92:13-14) The just will flourish like the palm tree in the garden of the Lord.

Verse before the Gospel  Jn 13:34
   I give you a new commandment:
   love one another as I have loved you.

Gospel  Mt 25:31-40

   Jesus said to his disciples:
   "When the Son of Man comes in his glory,
   and all the angels with him,
   he will sit upon his glorious throne,
   and all the nations will be assembled before him.
   And he will separate them one from another,
   as a shepherd separates the sheep from the goats.
   He will place the sheep on his right and the goats on his left.
   Then the king will say to those on his right,
   'Come, you who are blessed by my Father.
   Inherit the kingdom prepared for you from the foundation of the world.
   For I was hungry and you gave me food,
   I was thirsty and you gave me drink,
   a stranger and you welcomed me,
   naked and you clothed me,
   ill and you cared for me,
   in prison and you visited me.'
   Then the righteous will answer him and say,
   'Lord, when did we see you hungry and feed you,
   or thirsty and give you drink?
   When did we see you a stranger and welcome you,
   or naked and clothe you?
   When did we see you ill or in prison, and visit you?'
   And the king will say to them in reply,
   'Amen, I say to you, whatever you did
   for one of the least brothers of mine you did for me.'"
Petitions

*Knowing that God is kind and merciful,*
*we entrust him with our needs*
*and the needs of the whole world.*

For our Church’s leaders, that the Holy Spirit will guide their efforts to carry out their responsibility to protect children, youth, and adults and to promote healing among those who have suffered abuse,
Let us pray to the Lord.

For our country, that we may be united in building a society in which all people have the opportunity to live with dignity and hope, especially the poor, immigrants and refugees, the elderly, and the unborn,
Let us pray to the Lord…

That all people may live in greater harmony and work to put an end to all racial prejudice and discrimination, believing that God can heal every wound and right every wrong,
Let us pray to the Lord.

That the Lord will raise up saints in our time who will be leaders in the particular fight to rid the nation of the evil of racism,
Let us pray to the Lord.

For all who have died because of racial prejudice or violence, may they come to know the peace of God in the heavenly kingdom,
Let us pray to the Lord…

*Loving Father,*
*help us to grow more fervent in our love*
*for you and for our neighbor.*

*Through Christ our Lord. (Amen.)*