

LENT Holy Week @ Home

WALKING WITH CHRIST

April 5 Palm Sunday of the Lord's Passion

Liturgical Color is **Red**

Procession: Mt 21:1-11

1st Reading: Is 50:4-7

Psalm Response: Ps 22:8-9, 17-20, 23-24

2nd Reading: Phil 2:6-11

Gospel: Mt 26:14-27:66

Palm Sunday

Holy Week begins on Palm Sunday with the joyous triumphant entrance of Jesus into Jerusalem. The Church celebrates this liturgy by waving palms and singing "Hosanna", which actually means *save now* or *savior*. Today is an important day in the Church to focus on worshipping our Lord and thanking Him for the gift of His sacrifice.

Celebrate @ Home Activities

The triumphant entry of Jesus in the Gospel of Matthew says, "A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. (Matthew 21:8). Celebrate Palm Sunday with your family by cutting a branch of leaves from your own backyard and hold it high while watching a livestream Mass. This is way of participating in the liturgy as a people gathered. Liturgy literally means *the work of the people*.

Another way of celebrating Palm Sunday is to create a door hanging of branches. Not only can this represent the triumphant entrance into Jerusalem, but can also be symbolic of the Jewish Passover story, where the Israelites marked their doors to be saved. The story is part of the Passover narrative that Jesus celebrated with his Apostles.

If your family likes to do artwork, share in the making of a door banner. Using butcher paper, or the back of a roll of wrapping paper, markers or crayons, decorate with words of praise.

If you don't have butcher paper, use the back of Christmas wrapping paper and connect the Christmas story to Easter.



Links for More Ideas and Activities

[The Deacon's Bench](#) : A Beautiful Idea for Palm Sunday

[Building Faith](#) : Holy Week in a box



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for sharing these great ideas for families!
Our website RCfaithquest.syrdio.org has many ideas for this holy season!



April 6, Monday of Holy Week

Liturgical Color is Purple

1st Reading: Is 42:1-7

Psalm Response: Ps 27:1-3,13-14

Gospel: Jn 12:1-11

In today's Gospel, Jesus shares a meal with his friend, Lazarus, who was raised from the dead. Jesus gives us "new life" through Him. Spring is essentially a time where we visibly see new life "spring forth" in nature. On Monday of Holy Week families can reflect on the gift of new life that Jesus shares with us.

Celebrate @ Home Activities

Create a dish garden that includes a tomb. There are many ways to create your dish garden. You can use a styrofoam meat tray, some rocks, a plastic cup for the tomb, and some seeds. Close the tomb until Easter.

After creating and enjoying your Resurrection Garden, you may like to give it away on Holy Thursday as an act of service. Simply leave it on the doorstep of a neighbor or relative to share your joy!

Take a nature walk and search for pussy willow or forsythia branches. Cut the branches that may not be bloomed yet and place in water. Buds will bloom by Easter.



Links for More Ideas and Activities

Catholicclcing.com : Resurrection Garden; How To Make One Fast, Cheap, And Easy!

IBelieve.com : 8 Prayers to Pray each day of Holy Week

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April 7 Tuesday of Holy Week

Liturgical color is **Purple**

1st Reading: Is 49:1-6

Psalm Response: Ps 71:1-6, 15, 17

Gospel: Jn 13:21-33, 36-38

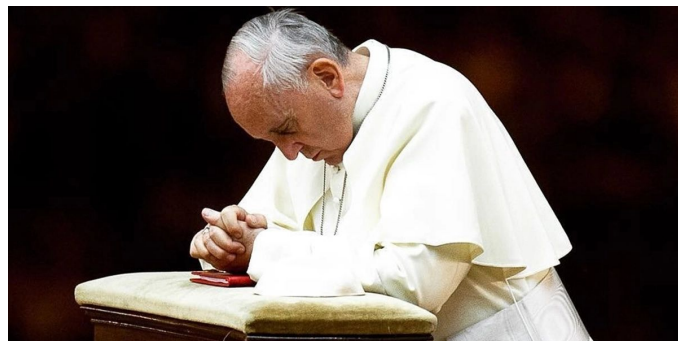
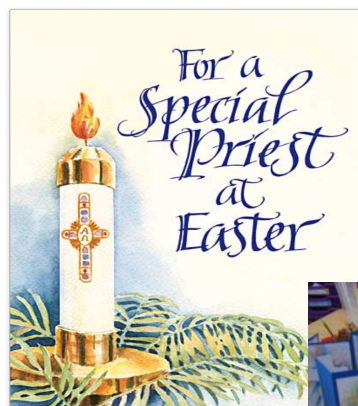
The Chrism Mass we celebrate today focuses on the blessing of the holy oils and the chrism which we will use throughout the coming year in the celebration of the sacraments of Baptisms, Confirmations, Anointings of the Sick and Ordinations. We do this, at this special time of year, to remind ourselves that all sacraments and sacramentals draw their power from the paschal mystery. The oils and the chrism are physical signs of a supernatural reality — the sacramental unity of the Church formed by the anointing of all believers at Baptism and Confirmation, and priests in a special way at Ordination. During this liturgy the priests of the diocese renew their vows.

Celebrate @ Home Activities

Say prayers for vocations.

Create and send handmade Easter Cards today to your pastors so they receive them by Easter.

Pray for the sick. Pope Francis is making a special call for prayers for all the sick and suffering, in the context of the global Covid-19 pandemic.(See video) In his message, the Holy Father invokes the Blessed Virgin Mary with the ancient prayer *"We fly to thy protection, O Holy Mother of God. Despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen."*



Links for More Ideas and Activities

[USCCB](#) : Prayers for Vocations

[Vatican News](#) : Pope Francis prays for the sick

[Issu.com/fransican](#) : Downloadable Coloring pages

[A Closer Look at the Holy Oils](#) : An article about the Chrism Mass



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LENT Holy Week @ Home

April 8, Wednesday of Holy Week

Liturgical Color is **Purple**

1st Reading: Is 50:4-9

Psalm Response: Ps 69:8-10, 21-22,31, 33-34

Gospel: Mt 26: 14-25

In the time of Jesus, Wednesday was the day before the Jewish Passover which Jesus was about to celebrate with his apostles. In the Jewish tradition, the day before the Passover was a day of cleaning. In today's culture we speak of spring cleaning. In this time of being at home during Holy Week, spend time as a family to do some deep spring cleaning, literally and spiritually. Not only can we find the dirt in the corners of our rooms, but through prayer and an examination of conscience, one can "come clean" of sins and forgive other for wrongdoings. Reflecting on The Lord's Prayer, "...forgive us our trespasses as we forgive those who trespass against us."

Spring clean your hearts with an examination of conscience and plan to receive the Sacrament of Penance in the near future.

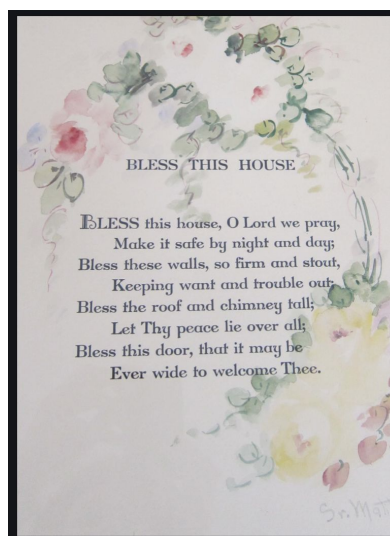
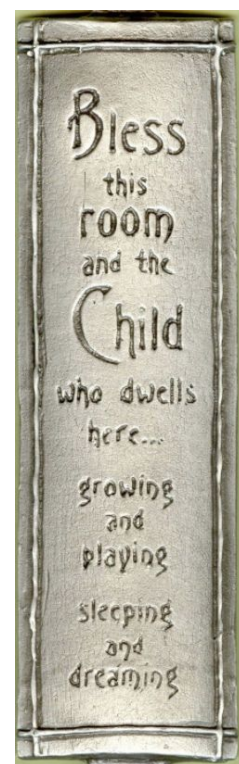
Celebrate @ Home Activities

- Share this time of family spring cleaning.
- As each room is cleaned, bless the room with a simple prayer and sprinkling of Holy Water.
- As a family, have one member lead an examination of conscience. The United States Conference of Catholic Bishops (USCCB) has a variety of ways to do an examination of conscience.



Act of Contrition

My God,
I am sorry for my sins with
all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you whom
I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and
died for us. In his name, my God, have mercy.



Links for More Ideas and Activities

Stmarysvancouver.ca : House Blessing

USCCB : Examination of Conscience

USCCB : How to Go to Confession



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April 9 Holy Thursday

The Triduum Begins

Liturgical Color is White

1st Reading: Ex 12:1-8, 11-14

Psalm Response: Ps 116:12-13, 15-18

2nd Reading: 1 Cor 11:23-26

Gospel Jn 13:1-15

On Holy Thursday we celebrate the institution of the Eucharist as the true Body and Blood of Jesus Christ and the institution of the Sacrament of the Priesthood. The foot washing scene in the Gospel of John is not only meant to be an example of humble service, but primarily a record of the institution of the Christian priesthood and thus the Scriptural root of the sacrament of holy orders.

Celebrate @ Home Activities

Reenact the Last Supper with your family. The Last Supper was the the Passover Meal or Seder Meal, but Jesus made a new Covenant with the breaking of the bread and blessing of the cup.

The washing of the feet is a symbolic ritual of humble service. By virtue of our baptism, we are called to serve one another and care for each other, spiritually and physically. As a family, how can you serve each other in the home? How can you serve others? Plan ways to serve.

Learn more about Corporal and Spiritual Works of Mercy.



Links for More Ideas and Activities

NationalCatholicRegister.com : 89 Practical Recommendations for the Spiritual Works of Mercy

USCCB : Corporal Works of Mercy

CatholicCulture.org : The Seder Meal as a Christian Home Celebration: Preparing and Celebrating the Holy Thursday Meal



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April 10, Good Friday

Liturgical Color is Red

1st Reading: Is 52:13 - 53:12

Psalm Response: Ps 31: 2,6,12-13, 15-17, 25

2nd Reading: Heb 4:14-16; 5:7-9

Gospel: Jn 18:1-19:42

On Good Friday, the world was in darkness, figuratively and literally. Jesus, our Savior was nailed to the cross, suffered and died for our sins as the world was in darkness. "From noon until three in the afternoon darkness came over all the land." (Matt 27:45).

Celebrate @ Home Activities

In this time of "darkness", families can reflect on the what it means to live in darkness, physically and spiritually. Jesus is the light of our salvation, without Him, we are spiritually living in the dark, disconnected from God. Take this time to "unplug" from noon on Friday through noon Saturday. Disconnect from the internet, the TV, cell phones, etc. Spend the quiet time in prayer, reading the scriptures, pray the Sorrowful Mysteries of the Rosary, pray and reflect on the Stations of the Cross.

Craft your own Stations of the Cross at home. Adults and children can engage in this activity. See the link below.



Links for More Ideas and Activities

[Shrine of Christ's Passion](#): A Virtual Tour

[Bustedhalo.com](#): Virtual Stations of the Cross

[Bustedhalo.com](#): The Rosary in Two Minutes

[Catholic-link.org](#) : What is and a step by step guide on how to pray Lectio Divina

[Catholiclcing.com](#) : Printable Stations of The Cross Craft for Kids

[CatholicFamily.org/uk](#) : The Way of the Cross for Families at Home



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April 11 Holy Saturday

There are several readings for Holy Saturday, click on the USCCB website link to pray with your family.

<http://www.usccb.org/bible/readings/041120.cfm>

On Holy Saturday the world stands vigil for the resurrection of Jesus.

The Easter Vigil celebration begins at dusk. The vigil opens with The Service of Light, which includes the blessing of the new fire, the lighting of candles and of the Paschal Candle to symbolize the Light of Christ, or *Lumen Christi*. Then the assembled faithful hear the scriptural telling of the salvation history. The vigil of Easter was especially devoted to the baptism of catechumens.

Many families dye Easter eggs on this day. You may wonder from where this tradition came. The Romans used to have a saying: *Omne vivum ex ovo*, or "All life comes from an egg." Eggs have long been a symbol of fertility and rebirth. Early Christians in Mesopotamia (modern day Syria and Iraq) dyed chicken eggs red in remembrance of the blood Jesus shed on the cross. By the Middle Ages, the egg also became a symbol of the sealed tomb of Jesus. On Easter Sunday, Christians would carry eggs that they would tap against the eggs of the Christians they greeted. The cracks that formed in these eggs symbolized Jesus breaking out of the tomb.

Celebrate @ Home Activities

Build an Easter Fire in your fireplace or fire pit or light candles to represent the Light of Christ. Sitting by the light, read aloud the scriptures of the vigil liturgy. You may wish to reflect on some of these reading in a lectio divina practice (see the Good Friday material for hints on Lectio Divina).

Decorating hard boiled eggs. Mix ½ cup boiling water, 1 teaspoon white vinegar and food color in a bowl to achieve the desired colors for your egg dye.



Links for More Ideas and Activities

CatholicCulture.org : Easter Vigil at Home

Bustedhalo.com : Lectio Divina- A Beginner's Guide

[Our Domestic Church](http://OurDomesticChurch.com) : Making a home Paschal Candle

BHG.com : All Natural Easter Egg Dye with ingredients from your kitchen



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EASTER @ HOME

April 12 EASTER

Alleluia!

The Resurrection of the Lord

Liturgical Color is White

1st Reading: Acts 10:34, 37-43

Psalm Response: Ps 118:1-2, 16-17, 22-23

2nd Reading: Col 3:1-4

Gospel: Jn 20:1-9

With the end of our Lenten observance, we joyously celebrate celebration of Christ's resurrection from the dead, with joyous shouts of Alleluia on Easter. Sunday marks the beginning of the Easter Season which last for 50 days, ending with Pentecost. During these 50 days, the Old Testament readings during Mass are replaced with readings from the Acts of the Apostles.

There are many contries in the world where kite flying on Easter and Easter Monday is tradition. Guyana, Grenada, Haiti and Barbados, to name a few. Kite flying symbolizes the resurrection of Jesus and hope.

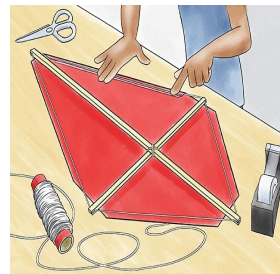
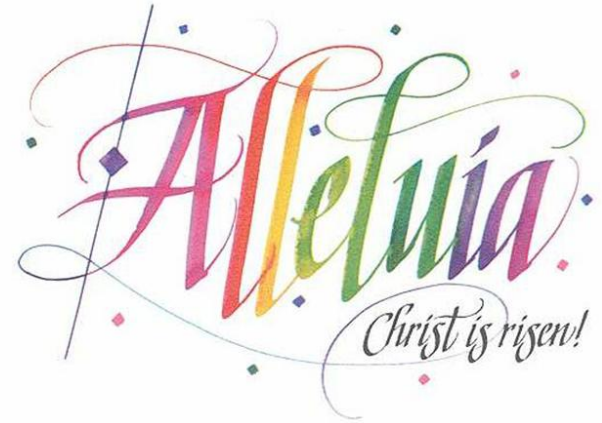
Celebrate @ Home Activities

Alleluia! Make a joyful noise and sing Alleluia! Create banners or signs and post to your own facebook pages to share the Good News with friends and family!

Bake Resurrection Biscuits. A marshmallow is wrapped in pastry dough, then dipped in butter and cinnamon. After baking, the marshmallow disappears! The hollow biscuit reminds us of the empty tomb and the sweetness of Salvation of which Jesus gifted to the world.

Music in the air! Play Handel's *Messiah* which was originally written as an Easter offering. Learn more about George Frederick Handel and the history of this piece of music.

Make and fly kites to symbolize Jesus's resurrection.



Links for More Ideas and Activities

Celebratingholidays.com : Resurrections Biscuits Recipe

Growingupcatholic.com : Celebrating Easter- Ideas for Busy Families

YouTube.com : How to make a kite?



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