

**HOLY WEEK
FROM HOME**

Create a Prayer Space for Holy Week



During a time when our Church buildings are closed, the Church as the people of God continues in our homes. With a few everyday items, you can create a special worship space in your home which can serve as a focus for your Holy Week Journey and remember this is a journey that you don't make alone, we all journey together

If you live on your own, remember that you are 'surrounded by a great cloud of witnesses' (Hebrews 12:1) as you pray, so you never worship alone! Also, in his letters, Paul frequently sends greeting to people and adds the phrase 'and to the church at your house' (see Romans 16:5, 1 Corinthians 16:19 and Colossians 4:15, for example). From the earliest time, worship happened in homes, not in special buildings. This could be an opportunity for us to walk in the shoes of those early followers of Christ.

This guide will help you set up a space to mark the events of Holy Week and Easter in your homes.

Scared Space

We invite you to create a simple sacred space in your home. This could be in the corner of your bedroom or sitting room. It should be somewhere that you can go for some quiet time each day. Use some symbols in your space – such as a cross, candles, a bible or some significant symbol for you. Try to add to this each day of Holy week that represents the day for you & your family - significant prayers, events, people, symbols, pictures, etc. Be creative, yet keep it simple. Let it be your little oasis, sanctuary, it can also be the a gathering place for your family. It doesn't have to be a big space, but it should be somewhere that you see every day and can spend time – a family room or dining room is good. You could also make it the centerpiece of your table.



Set the space apart by using a tablecloth or other piece of fabric – colours like purple, red and white are good. Use the visual symbol of a cross to show that the space is holy. It could be as simple as two sticks from your garden tied together with string. Add a candle to your space as a symbol of Christ's presence with you as you pray. Make sure that you never leave a candle burning unattended and that the candle is only lit for the duration of your prayer time.

If your house doesn't have much space, perhaps a special chair with a plant or a picture beside it will be enough to set apart that space as you Holy Week worship space. As Holy Week progresses, you can add different symbols to illustrate the story and help you enter into the journey.



Create sacred time, choose a time when you know you won't be distracted by other things. Turn off your computer or TV for a little while. If you are connecting to the Easter Liturgies through the TV, Social media or Parish webcam and disconnect from any social media. You may like to phone a friend and have your worship time together. Or just arrange with others in your parish to be praying at the same time.

Mark the beginning and end of the worship time with a sound – it could be a bell if you have one, a sentence of scripture, a piece of music, or something else you choose. Sit in such a way that you are able to focus on your prayer.

Sacred Conversations

Prayer time doesn't have to be just the liturgy or prayers. When you gather with the you family in your home, or when you phone a friend after your private prayer time, talk about the events of Holy Week and the bible stories which record them. Talk about your response to God's love which is
For children especially, these conversations don't have to be deep or complex. Starting a conversation with "I wonder..." is a great way to have a conversation about Easter. Even if you think you know 'the answer', there is much to be gained by wondering together.



#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Palm Sunday

Jesus and His disciples make their entrance into Jerusalem. Two of His disciples went ahead of the rest and brought a donkey for Jesus to ride. Jesus is greeted by crowds waving palm branches and exclaiming, "Hosanna to the son of David!"

Scripture: Mark 11:8-10

Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, "Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!"

Activity: Palms and Races

Need: Green construction paper, pencil, scissors, glue, Lollypop sticks.

Have each person in your family trace their hand four or five times on the green paper. Using the scissors, cut out the hands. Apply glue to the sticks and arrange the hands (*thumbs together*) on either side of the stick so they resemble a palm leaf. Once the leaves are finished, set up a start and finish line and divide into teams. Since the palms were laid so Jesus's feet would not touch the ground, lay the palms, from your team, end to end and try to be the first one across without actually touching the ground. Once you step on a palm, lay another in front. Then, once you step on that one, reach back for the other and, again, place it in front. Keep this going all the way across the finish line!

Prayer: Faithful God, we give you praise this day! The people gathered to surround Jesus with shouts of praise, yet here we are at home to keep our neighbours safe by social distancing. We join our "Hosanna!" with people all over the world you are praising you this day. Be with us as we walk with Jesus during this coming week.

AMEN.

Food Idea: Since Jesus and his disciples were on their way to Jerusalem, take the opportunity to try some different foods from that region. Ideas include Baklava, hummus, or Israeli salad.

Baklava Ingredients

200g butter, plus extra for greasing
200g pistachios 50g walnuts
50g pecans 3 tbsps honey
2 x 270g pack filo pastry

For the syrup

250g golden caster sugar 50g honey
2 tsp orange blossom water ½ tsp ground cinnamon
¼ tsp ground cardamom (from 3 pods)

STEP 1 - Heat oven to 180C/160C fan/gas 4 and grease a 21cm x 21cm square cake tin with butter. Chop the nuts into small pieces using a food processor, taking care not to blitz them to a paste. Put them into a bowl, stir in the honey and a pinch of salt and set aside.

STEP 2 - Melt the butter in a pan over a low heat. Cut the first pack of filo pastry sheets in half (so that they fit the tin). Put one sheet in the tin and brush with the melted butter. Lay another sheet on top and brush with butter again, keep layering like this until the whole pack is used up.

STEP 3 - Spread the honey and nut mixture over the pastry and press it down lightly with the back of a spoon. Open the other pack of filo, cut in half and continue the layering and buttering process. When you reach the last sheet pour any remaining butter over the top to finish. Use a sharp knife to cut deep lines into the pastry to create either squares or diamond shapes then bake in the oven for 20 mins.

STEP 4 - Reduce the heat to 150C/130C fan/gas 2 and bake for a further 45 mins. While the baklava cooks put all the syrup ingredients into a saucepan and add 200ml water. Heat gently until the sugar has dissolved then boil the mixture for 8-10 mins or until it has reduced to the consistency of runny honey.

STEP 5 - When the baklava comes out of the oven, pour the warm syrup over the top, allowing it to run into the lines you have cut. Leave it to soak in and serve when it's completely cold.



A Prayer Ritual at Home

Gather around the sacred space with the other members of your household. If possible, take some green branches from your garden to represent the branches people waved on that first Palm Sunday. If you cannot gather some branches, perhaps take some pieces of cloth to represent the cloaks laid before Jesus on this entry to Jerusalem.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Opening Prayer

Lord Jesus, we recall today your entry into Jerusalem those many years ago. The people waved branches and sang in welcome. As we prepare to walk with you through that first Holy Week, we pause to become aware of your presence and welcome you into our hearts *(Pause in Silence)*

Let us say together **‘Hosanna, Hosanna in the Highest, Blessed is he who comes in the name of the Lord, Hosanna in the Highest.’**

Reading

‘And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.’ (From the Gospel of the day, full text (<https://www.catholicbishops.ie/readings/?feature=sunday>))

Reflection

Jesus enters Jerusalem. The liturgy invites us to share in the joy and celebration of the people who cry out in praise of their Lord; a joy that will fade and leaves a bitter and sorrowful taste by the end of the account of the Passion. This celebration seems to combine stories of joy and suffering, mistakes and successes, which are part of our daily lives as disciples. It somehow expresses the contradictory feelings that we too, the men and women of today, experience: the capacity for great love... but also for great hatred; the capacity for courageous self-sacrifice, but also the ability to ‘wash our hands’ at the right moment; the capacity for loyalty, but also for great abandonment and betrayal. *(Pope Francis, 25th March 2018.)*

Ritual Action

Place the branches or pieces of cloth in the sacred space.

Intercessions *Light the Candle*

As we light this candle we take a moment to remember and pray for Christians throughout the world who will celebrate this week as holy. *(Pause)* We pray for our needs and the needs of the world. We remember in our prayer ...

(Bring your intentions to God) **Lord, in your mercy. Hear our prayer.**

Our Father ...

Prayer

Loving Father be with us in these days as we recall how the divine goodness of Jesus had to struggle with the darkness of this world. Help us in our own daily struggles to live the life you created us for. Lead us to triumph as Jesus did so that we may always live in your presence. Through Christ our Lord. Amen.

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

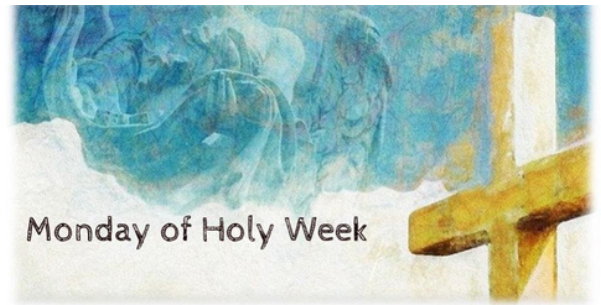
Sign of the Cross ...

To do

- Place a piece of palm or a green branch on your door to let people know it is Palm Sunday
- Post a picture of your sacred space on Social Media (using the hashtag **#holyweekathome**) and let people know that you are preparing to celebrate the greatest week of the church year.
- Pick a character from the bible to walk with you through this Holy Week – for example Peter, Mary, Mary Magdalen, one of the Apostles, an ordinary citizen of Jerusalem – try to see what they see, imagine their thoughts and feelings as the events unfold.

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Monday of Holy Week

Monday of Holy Week

Most of the people Jesus met in his final days were against him.

Yet in today's gospel story, a week before he was crucified, he was honoured in a most personal and inspired way. One evening, while dining with his friends in Bethany, his hostess, Mary, went to great expense to show her devotion to him. In spite of the sarcastic words of Judas, Mary anointed the feet of Jesus with expensive perfume and dried them with her hair. A few days later, during the Last Supper, Jesus washed the feet of his disciples.

Scripture: John 12:1-11

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

Activity: Your House of Prayer Need:

Paper, pencils, tape.

Create your own "house of prayer" by writing down reminders to pray. It can be specific prayers. It can be names of friends or family you would like to pray for or just to pray in general, but write your thoughts on the paper and tape them up around the house. Mirrors, the refrigerator, the television, and doors are all good reminder places we will see frequently.

Prayer:

God of all times, as we walk with Jesus as he walks toward to cross of Good Friday, be present with us in all of the twists and turns of this Holy Week story. AMEN.

Food Idea:

Donuts! There is a cute saying that goes, "**Donut forget to pray!**" Yes, it's a cute saying but it also has a great message (*plus your kids will love the sweet treat!*)

Donut Recipe

For the dough

70g (2 1/2 oz) butter
500g (1 1/4 lb) plain flour
1 teaspoon baking powder
70g (2 1/2 oz) sugar
1 egg
260ml (9 fl oz) milk
vegetable oil for frying



STEP 1 - Sieve flour and baking powder into a bowl and rub in butter. Mix in the sugar.

STEP 2 - Beat egg and milk together. Make a well in flour mixture, then pour in the egg mixture. Mix together to form a soft dough.

STEP 3 - Roll out dough on a well floured surface to about 1cm (1/2 in) thick and cut to shape of choice. Personally I use 2 different sized biscuit cutters.

STEP 4 - Fry in hot oil (at approximately 180 degrees C) for 30 seconds, turn over and cook for a further 30 seconds until golden brown.

STEP 5 - Drain on kitchen paper until cool. Roll in sugar or decorate with icing as desired.

A Prayer Ritual at Home

Gather with some members of your household, if you can. Place a small glass jar of olive oil in the sacred space.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

United in Prayer
Together as a Church. Praying at Home

Opening Prayer

Lord Jesus, in your last days, Mary anointed your feet with the best of oil she could find. She sensed that a long and difficult road lay ahead for you. She was preparing you for the suffering of your passion and death. Lord, be with the whole world in these days of great suffering and death. Abundantly anoint us with your strength for the trials and tribulations of life. Ease our anxiety, comfort us in our sorrow. Amen.

Reading

'Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. [...] Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair. The house was full of the scent of the ointment.' *(From the Gospel of the day, full text John 12:1-11)*

Reflection

The anointing of Jesus is deeply poignant. The custom at the time was to anoint the body of someone who had died with oils before they were laid to rest. Mary, without knowing it, was preparing Jesus' body for the suffering it was to undergo. Suffering and pain, sickness and death are a mysterious constant in life. For Christians, Jesus' journey through suffering, through pain and through death to the glory of the resurrection gives us hope. He shows us a God who stands on the side of the sick, on the side of the suffering and on the side of the dying. We hope in a God who, although we may not fully understand it, ultimately brings goodness out of bad, health out of sickness, comfort out of fear, and even life out of death. That same God, we pray, is with us at this time of anxiety and suffering and that same God will lead us to a time where the dark clouds that loom over us are no more.

Ritual Action

Using an individual cotton bud or a piece of cotton wool dipped in the oil, each person makes the sign of the cross on their forehead saying: May the Lord be my strength and my protection both now and forever. Amen

Intercessions *Light the candle*

As we light this candle we pray especially for all those who are sick from the Coronavirus and for all those who have died and their families. We pray for all those who are worried or anxious because of the effect the current crisis is having on their lives. *(Pause)* We remember in our prayer *(Bring your intentions to God)* **Lord, in your mercy. Hear our prayer.**

Our Father ...

Prayer of St John Henry Newman

May the Lord support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in his mercy may he give us a safe lodging, and holy rest, and peace at the last. Amen

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

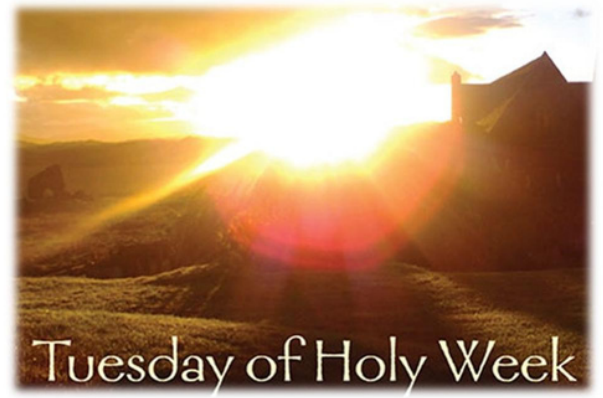
Sign of the Cross...

To do

- If you have a Trócaire box, ask each one in the house to contribute something for those who are less well off – place the box in the sacred space.
- Watch a Holy Week film for example Gibson's The Passion of the Christ (not for younger viewers); Jesus of Nazareth, The Greatest Story Ever Told, Risen.

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Tuesday of Holy Week

In his account of the Last Supper St. John interweaves two strands: imminent loss and future triumph. Even among the Twelve who sat at table with Jesus, there was one who would betray him, another who would deny him. He had to contend with their general incomprehension of what awaited him next day. But the Evangelist knew that Jesus faced this supreme trial with a firm hope and willing acceptance. This is also our hope, as we gather around his memory with reverence, this Holy Week.

Scripture: John 13:21-33, 36-38

When he had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come."

Activity: Pay Attention and Pray Need:
Pencils, paper.

Take a moment to reflect on what may be causing you anxiety today. Draw a picture or write it down on your paper. As a family, take turns sharing what it is you are feeling. Then as a family pray for strength during this time of uncertainty. Reach out to your community of faith and friends via social media or a phone call and let them know that you are also praying for them.

Prayer:

Merciful God, during this time of uncertainty, we remember how Jesus told his disciples to stay alert and to pray for strength. Give us strength and courage this day. Thank you that you are with us in our anxiety and will never leave us on our own, AMEN.

Food Idea:

Spaghetti! Heat up some spaghetti sauce on the stove and boil the water for noodles. As you wait for the noodles to boil, talk about how we never know the precise moment that the noodles will begin to boil but we know that through the heat, they eventually will boil. Just as we are patient for the noodles to boil, when we pray, we must also practice patience. We can rely on the faithfulness of Jesus to be with us always as we wait for things to fall into place in our lives. Then, mix your spaghetti sauce and noodles together and enjoy your spaghetti!

Spaghetti Bolognese Recipe



450g lean minced beef/
lamb
1 tin of tomatoes
6 mushrooms chopped
1 red pepper sliced
2 carrots chopped
1 onion finely chopped
1 low salt beef or vegetable stock cube
275ml of boiling water
1 dessertspoon tomato sauce
1 dessertspoon flour
225g spaghetti

STEP 1 - Cook the mince beef, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes. (There is sufficient fat in mince for frying, so no more is needed). Drain any excess fat from pan.

STEP 2 - Add flour and stir well.

STEP 3 - Dissolve the stock cube in a 275ml of boiling water.

STEP 4 - Add the stock, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 30 minutes

STEP 5 - Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.

STEP 6 - Serve with the bolognese sauce on top.

A Prayer Ritual at Home

In the prayer space place pictures of people you care about.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

United in Prayer

Together as a Church. Praying at Home

Opening Prayer

Lord the pain of being betrayed by someone you loved and trusted must have been hard. Was your life not worth more than thirty pieces of silver? Lord help us to appreciate our family and friends – each one unique, each one a gift from you. Help us always to be honest with them in our words and in our actions. Help us to work so that true love, harmony and peace may reign among us. Amen.

Reading

‘While at supper with his disciples, Jesus was troubled in Spirit and declared, ‘I tell you solemnly, one of you will betray me’. The disciples looked at one another, wondering who he meant.’ *(From the Gospel of the day, full text John 13:21-33, 36-38)*

Reflection

There are growing tensions as the passion and crucifixion nears. This time the tension is not from outside – it is closer to home. It is from within the very group of Jesus’ closest friends. Although each one is different, they somehow had felt the call and followed Jesus. They had shared the common experience of being with him these last few years – they had listened to his every word and witnessed things they could only have dreamt of. They had built a bond—a band of brothers. Now right in their midst, distrust and disharmony was festering. One of their own – one of their number was about to betray Jesus. How easily even the best of relationships can break down. How important it is to appreciate those we love and those who love us – our family and our friends. How we must work to bring peace to petty quarrels and unity to divisions so that love and harmony and peace may reign between us.

Ritual Action

Pause in silence to pray for harmony among our family and friends - for those whose pictures have been placed in the sacred space. Lord, help us always to get along. Help us never to betray each other in word or action. Help us to grow in love for each other. As a sign of our commitment to this let us offer each other a sign of peace. *All exchange a sign of peace as appropriate and safe to do so.*

Intercessions *Light the candle*

As we light this candle we pray especially for harmony and peace among family and friends among nations and peoples. *(Pause)* We pray for our needs and the needs of the whole world. We remember in our prayer ... *(Bring your intentions to God)* **Lord, in your mercy. Hear our prayer.**

Our Father ...

Prayer of St Francis

Lord, make me an instrument of your peace, Where there is hatred, let me sow love
Where there is injury, pardon. Where there is doubt, faith
Where there is despair, hope, Where there is darkness, light
And where there is sadness, joy. Amen

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross ...

To do

- Before the sun sets, make peace with everyone in the house. Take time to tell each one in your family that you care for them. Call those who are absent and tell them too.
- Pray for areas for the world that suffer from war or violence. Look up on the internet Christian communities that are suffering persecution at this time.

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Wednesday of Holy Week

Today is "Spy Wednesday," so called from the betrayal by Judas Iscariot, one of the inner circle. Poor Judas was doubtless a talented man, probably very astute, who was moved by idealism to follow Jesus; but when it came to the test he proved unreliable, profoundly untrustworthy. Any of us can have a painful experience of betrayal. Perhaps we confided in someone who later used our personal secrets against us. The message of "Spy Wednesday" is that malice need not have the last word; God had the last word by raising his Son from the dead. From this betrayal and the many other injuries suffered by Jesus, God brought great good. Good can also emerge from any of the misfortune we have to bear in life.

Scripture: Matthew 26:14-25

Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, "What will you give me if I betray him to you?" They paid him thirty pieces of silver. And from that moment he began to look for an opportunity to betray him.

Activity: Collecting Silver

Need: Thirty pieces of silver.

Collect thirty "pieces of silver" and decide which organisation you'd like to donate to. Can everyone in your family contribute? The "silver" can include any coins of the same colour.

Prayer:

Forgiving God, there are times in our lives when we turn away from you and do not love others as Jesus teaches us to love. We ask for your forgiveness. Give us the courage to follow the teaching of Jesus to love one another. We thank you for your mercy, AMEN.

Food Idea:

Silver dollar pancakes. Mix together your favourite pancake batter and drop small amounts of batter onto the pan. Cook thoroughly and enjoy!

Silver Dollar Pancake Recipe

These tiny American pancakes are served with traditional maple syrup and bacon

- 200g plain flour
- 1 tbsp baking powder
- 1 tbsp sugar
- a pinch of salt
- 2 eggs
- 300ml milk
- 30g melted butter, plus extra for frying
- 200g streaky bacon
- 6 tbsp maple syrup

STEP 1 - Stir together the dry ingredients in a mixing bowl, and make a well in the centre

STEP 2 - Break the eggs into the well, then pour in the milk and melted butter, and stir well to combine. Cover the mixture with a tea-towel and leave to stand for 30 minutes.

STEP 3 - Melt a little butter in a frying pan, and dollop 1 scant tablespoon of batter into the pan to make one pancake. Repeat, leaving a clear 2cm around each to allow for spreading. When the pancake is bubbling on the top, turn it over for 1 minute, then remove from the pan. You might need to do these in batches – keep them warm, separated from each other with greaseproof paper or cling film.

STEP 4 - In a separate pan, fry the bacon until crisp. Serve alongside the pancakes with a drizzle of maple syrup!



A Prayer Ritual at Home

In your sacred space, place some pieces of silver and a picture of the Prodigal Son (see below). This ritual should be celebrated quietly and slowly giving time to reflect on one's life and to open your heart to the forgiving and healing love of God.

United in Prayer

Together as a Church. Praying at Home

Pope Francis' Advice

Recently Pope Francis spoke about what we can do when we cannot go to confession because of the current restrictions. He advised: 'It is very clear: If you cannot find a priest to confess to, speak directly with God, your Father, and tell him the truth. Say, "Lord, I did this, this, this. Forgive me," and ask for pardon with all your heart.' Make an act of contrition, the pope said, and promise God, 'I will go to confession afterward, but forgive me now.' And immediately you will return to a state of grace with God.' (Pope Francis, 20 March 2020)
In the name of the Father and of the Son and of the Holy Spirit. Amen.

Examination of Conscience

Let us pause, deep down in the silence of our heart, to examine our conscience *(Pause – and take your time)*
How have I failed to love God, failed to do what is right, failed to love others?

Confession of Sin

Using your own words, in the silence of your heart, speak directly to God about your sins. *(Pause – and take your time)* 'Lord, I did this ..., this ..., this ... Forgive me!' and ask for pardon with all your heart.

Act of Contrition

Then say: O my God, I thank you for loving me, I am sorry for all my sins, help me to live like Jesus and not to sin again. Amen.

Commitment to Celebrate the Sacrament of Reconciliation

Dear Lord, I firmly amend, once I can, to celebrate the Sacrament of Reconciliation, but good Lord forgive me now. Amen.

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross...

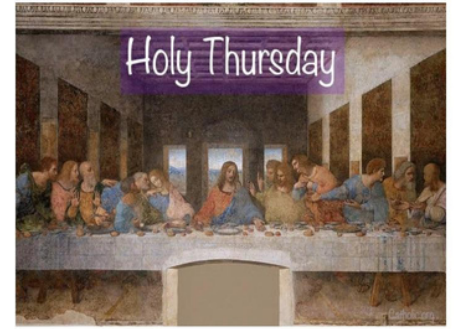
To do

- Think of three good things in your life and thank God for them.
- Make a random act of kindness for someone in your house or elsewhere. Pray an online Stations of the Cross.
- Practice reconciliation where there are disagreements.
- Read the story of the prodigal son (Luke 15:11-32) or view it told in a YouTube clip.
- Access one of the Gospels and read the account of Jesus' death on the cross.



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Holy Thursday

On this Holy Thursday, Jesus and his disciples sat down together to celebrate the Passover. This was a special meal meant to remind everyone of how God saved the Israelites and brought them out of Egypt. Before they ate the meal, Jesus knelt down and washed his disciples' feet. This was something that a servant would normally do and the disciples were shocked! But Jesus told them that they were to love one another like this, by serving one another. We call this day "Maundy" Thursday because "Maundy" means "mandate" – Jesus commanded his disciples to love one another the way Jesus loved them. At the end of the meal, frequently called "The Last Supper", Jesus took bread and wine, which was tradition at the end of a Jewish meal, and he blessed them and told his followers to remember him whenever they gathered together. Later that Thursday night, Jesus is betrayed by Judas and taken to the house of one of the high priests where they begin to make a case against Him to use in a trial.

Scripture: John 13:1-15

After 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? You call me Teacher and Lord-and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.

Activity: Activity: Cup Decorating

Need: Paper cup, stickers, markers, glitter, etc.

Decorate your paper cup any way you'd like so you can use it with your "last supper" meal.

Prayer:

God of mercy, as we prepare this meal, we remember how Jesus told us to remember him whenever we break bread and share a cup with one another. We thank you for Jesus and for his love for us and we remember his teaching us to love one another, AMEN.

Food Idea:

Mimic a last supper meal with your own family. Choose a family favorite meal and use this time to talk about what feelings Jesus might have been experiencing at His own supper. Then, use the unleavened bread (or crackers) and wine (you can also use grape juice) to recreate communion. There are lots of easy unleavened bread recipes online so encourage your kids to help bake as well!

Unleavened Bread Recipe

2 cups + 2 TBSP flour
1 cup of cold water
1/2 tsp salt



STEP 1 - Combine the salt and flour together in a large bowl. Stir in the water until the dough comes together. Knead for 5 minutes.

STEP 2 - Pre-heat pan over medium-low heat.

STEP 3 - Pinch off 7 pieces of dough and form into balls. Roll out each piece on a lightly floured surface (approx 6-7-inch ovals).

STEP 4 - Cook on a hot pan for 2 minutes on each side. Serve or store covered.

A Prayer Ritual at Home

Gather with other members of your household, if you can. Place a jug of warm water, a bowl and a towel on your kitchen table or in your sacred space, if you have one. Beside it place an unlit candle. Include a bible, if you have one, opened on John 13:1-15.



In the name of the Father and of the Son and of the Holy Spirit. Amen.

Opening Prayer

Loving God, in the gift of your Eucharist you have shown the depth of your love for us. In the washing of feet, you call us to share this love in our service of others. Help us to welcome your saving presence into our lives. Grant us the courage to bring your love to those with whom we share our lives and to all those in need. Through Christ our Lord. Amen.

Reading

Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it around his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. ..'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.' *(From the Gospel of the day – see John 13:1-15 for full text)*

Reflection

'I have given you an example so that you may do what I have done for you'. The love of Jesus is being poured out into our world in so many extraordinary ways in these days. This love demonstrates to us that we are not isolated individuals, even if we are in isolation from one another. Divine love unites each one of us. Pope Francis, during the special blessing he gave on March 27th, spoke of how 'our lives are woven together and sustained by ordinary, often forgotten people; doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women and so many others who have understood that no one reaches salvation by themselves.' Today the washing of feet goes on, the love of God endures. Take a moment to reflect on the many ways you witness and give witness to 'the washing of feet' in your life.

Ritual Action

While particular safety advice may mean this is not possible, if it is possible and a number of the household are present, people are invited to follow the example of Jesus and to take it in turn to wash and dry the feet of another. As those gathered do so, be aware of how it feels personally to both receive and do this sacred action. If praying by yourself, or if unable to have your foot washed, at this time pour the water into the bowl and unfold the towel at this time.

Intercessions *Light the candle.*

As we light this candle we take a moment to remember and pray for all those many people who are living the example of Jesus in these very days. *(Pause)* We pray for our needs and the needs of the world this day. We remember in our prayer... *(Bring your intentions to God)* **Lord, in your mercy. Hear our prayer.**

Our Father ...

Prayer

God of mercy and compassion, may we be sustained by your abiding presence with us as we continue our journey through Holy Week. May the example of your son call us to the service of others, knowing that we have the strength to do your will through the gift and nourishment of your Eucharist. Through Christ our Lord. Amen.

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross ...

To do

- Try to make a special effort to share a family meal today or if you are not with family to give them a call.
- Say a grace before and after your meal. Share a favourite recipe on social media or elsewhere.
- Remind yourself of this year's Trócaire Lenten campaign (see trocaire.org and your Trócaire box) and think about how you can support their work.

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Good Friday

Good Friday is, by far, the most somber and arduous day of the Holy Week. On this day, our savior Jesus Christ was wrongfully accused in illegal trials and sentenced to death via crucifixion. He was nailed to a wooden cross and suffered for many hours before His death. Friday evening, Jesus is taken down from the cross and placed in a tomb.

Scripture: John 18:1-19:42

After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

Activity: Activity: Cross Art

Need: Paper, painter's tape, paint, paint brushes.

Place the painter's tape, in the shape of the cross, at the centre of the piece of paper. Then, pick out your favorite colours to paint with. Paint the entire piece of paper (including over the top of the tape) and wait for it to dry. When it has dried, carefully pull the painter's tape off to reveal a beautiful white cross among your artwork.

Prayer:

Be with us this day, O God, as we remember that Jesus died upon a cross many years ago. We are sad yet we know that you are with us no matter how we feel. Thank you that your love for us is stronger than death, AMEN.

Food Idea:

Make a rectangle pan of Rice Krispy Treats and empty it onto a cutting board. Cut the rectangle into a large cross and have fun decorating it with sprinkles and frosting before enjoying the delicious treat!

Rice Crispy Squares Recipe



45 grams butter
300 grams mini marshmallows
180 grams rice krispies
edible glitter or sprinkles (optional)

STEP 1 - Melt the butter in a large, heavy-based saucepan over a low heat.

STEP 2 - Add the marshmallows and cook gently until they are completely melted and blended, stirring constantly.

STEP 3 - Take the pan off the heat and immediately add the cereal, mixing lightly until well coated

STEP 4 - Press the mixture into a greased 32cm x 23cm tin / 13 x 9 inch pan; you may have to put on vinyl CSI gloves and press it down into the corners, as it will be very sticky. Flatten the top and then scatter over the edible glitter or sprinkles, if so inclined.

STEP 5 - Let the marshmallow crispy squares cool completely in the tin and then cut them into .



A Prayer Ritual at Home

Gather with other members of your household, if you can. Place a cross on a table or in a sacred space, if you have one in the home, together with an unlit candle. If you don't have a cross, you may be able to make a simple cross with something from the garden. Include a bible, if you have one, opened on John 18:1-19: 42. (You may wish to use a children's bible if young children are present)

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Opening Prayer

God of all life, we turn to you in prayer on this Good Friday, bringing the sickness and pain of our lives and of our world to the foot of the cross. On this day may your cross stand as a sign of hope for us in the midst of our time of trial, bringing courage and peace to each of our hearts. Through Christ our Lord. Amen.

Reading

Then they took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle... At the place where he had been crucified there was a garden, and in the garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there. (From the Gospel of the day – see John 18:1-19:42 for full text)

Reflection

Jesus has taken on our suffering and born our pain on the cross. Even in this time of great trial and suffering across the world, we can trust in the Lord who embraces us with his saving love. As Pope Francis reminded us during his special blessing on 27 March, 'The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved. We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love'.

Ritual action

Each person in the household is invited to take up the cross in turn. As you look upon the cross, welcome into your heart the truth that by his cross, we have been saved, we have been redeemed, we have a hope. In quiet prayer, bring to God what needs healing in your life. When you are ready, conclude with the acclamation 'We adore your cross, O Lord. Have mercy on us' before passing the cross to another.

Intercessions *Light the candle.*

As we light this candle we take a moment to remember and pray for all who are suffering and enduring the hardships of this present time. As people of hope, we place their pain at the Cross, confident of God's comforting and healing embrace. We pray for our needs and the needs of the world this day. We remember in our prayer ... *(Bring your intentions to God)* Lord, in your mercy. Hear our prayer.

Our Father ...

Prayer

God of our hope, source of our consolation, we embrace your cross and recognise you as our courage and strength. Take root in our hearts as we make our journey through Holy Week that we may hold firm onto your love that saves us. Through Christ our Lord. Amen.

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross ...

To do

- Take a quiet moment today in the garden or by a window and look out at the trees, thinking about what Jesus' sacrifice of love on the cross means for you.
- If there is someone to whom you need to say sorry, do so today by whatever means you have, in person, phone, text...

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Holy Saturday

This day in the Holy Week is the day Jesus lay in the tomb. While many of his disciples had fled the scene, some of the women who followed Jesus stayed behind. They buried Jesus in a borrowed tomb on Friday before the Sabbath began. The tomb was then sealed tightly and guarded by Roman soldiers. On Saturday we remember how Jesus' disciples must have felt, thinking that everything was over, knowing that Jesus was dead.

Scripture: Mark 16:1-7

But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"

Activity: Moment of Silence
Need: Just yourself.

Take a moment out of your day as an individual or as a family and just be silent. Use this time to reflect on what happened to Jesus and the miracle that is to come. You can also use this time to pray if you'd like.

Prayer:

We rest in your love, O God as we keep silence this day. We wait for the coming of the dawn of Easter light. Be with us in our wait, AMEN.

Food Idea:

We're quietest when we sleep so let's make food that makes us sleepy. Turkey has a naturally occurring amino acid that blocks proteins. Normally after consuming it, we become very sleepy. Make your families own favourite turkey dish and get some rest!

Oven Fried Turkey Cutlets With Parmesan Cheese Recipe



4 (1/2 to 1-inch) turkey cutlets
salt to taste
Freshly ground black pepper to taste
1 cup panko bread crumbs
1/2 cup Parmesan cheese (shredded)
2 large eggs
2 tablespoons spicy mustard
Dash hot sauce

STEP 1 - Gather the ingredients and preheat oven to 425 F.

STEP 2 - Grease a large, shallow baking pan or line it with parchment paper or nonstick foil.

STEP 3 - Pat the turkey cutlets with paper towels to dry and then sprinkle with salt and pepper.

STEP 4 - In a bowl, beat the eggs with the spicy mustard and a dash of hot sauce; set aside.

STEP 5 - In another bowl, combine the panko crumbs and cheese.

STEP 6 - Dip turkey cutlets in the egg mixture, coating well, then coat with the crumb mixture. Arrange in the foil-lined baking pan.

STEP 7 - Cook for 12 to 20 minutes or until cooked through, depending on thickness.

STEP 7 - Serve and enjoy!

An Evening Prayer Ritual at Home

Gather with other members of your household, if you can. Prepare a table or a sacred space, with an unlit candle in the centre with an individual candle beside it for each person who has gathered. People might like to use their own baptism candle if they have it. Include a bible, if you have one, open on Genesis 1, as well as a jug of water, a small branch of greenery and an empty bowl.

Lighting of the Candle - *At the beginning of this prayer ritual, people may wish, if they can, to go out to their garden and into the darkness of the night. One person lights the main candle and says the following:* May the light of Christ rising in glory dispel the darkness of our hearts and minds, and bring us hope, peace and newness of life. *Then lighting each household member's candle in turn, says:* **The light of Christ with the response as each candle is lit: Thanks be to God.**

Quiet reflection - Take a moment to look upon the flame of your candle and consider what it means for you to welcome Christ as the light of your life on this night.

Opening Prayer - On this blessed night we give you thanks, Lord God, that your light has come into our world to overcome the darkness. May its flame burn ever bright in our hearts that we may be filled everyday with the joy of our Easter faith. Through Christ our Lord. Amen. *The lit candles can now be placed beside the bible.*

Reading - *Before the Gospel reading is proclaimed welcome it once more with a familiar sung Alleluia.*

A reading from the holy Gospel according to **Mark 16:1-7**

*When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'" The Gospel of the Lord. **Thanks be to God***

Reflection - 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. His not here, for he has risen, as he said he would.' These words bring us to the deepest truth of our faith. In Jesus' passage from death to life, we are redeemed, we are saved, we are given the promise of fullness of life in God. Through our baptism and our belief in the resurrection, our fears, our doubts, our lives are transformed. Easter faith invites us to welcome the gift of this transformation into the core of our being. On this night we can begin again. Yet we can only do this by welcoming the risen Lord, Christ who is our guiding light, into our lives. As Pope Francis reminds us 'We are not self-sufficient; by ourselves we flounder: we need the Lord, like ancient navigators needed the stars'. (Words from special blessing on 27 March) On this night we proclaim Christ as our morning star who never sets, our light and our way who guides us along the true path.

Ritual Action - A remembrance of baptism - On this night we remember the gift of our baptism in which we come to share in Christ's journey from death to new life. Through the words of Pope Francis may we begin to touch the depth of the meaning of baptism in our lives. *Some water is poured from the jug into the bowl each time a quote from Pope Francis has been shared:*

- Baptism is the best gift we have received. Through it we belong to God and we possess the joy of salvation. *As water is poured we respond: **Blessed be God for ever.***
- We are called to live our baptism every day, as new creatures, clothed in Christ. *As water is poured we respond: **Blessed be God for ever.***
- With the grace of baptism and eucharistic communion, I can become an instrument of God's mercy, of that beautiful mercy of God. *As water is poured we respond: **Blessed be God for ever.***
- All of the baptised must announce Jesus with our life, with our witness, and with our words. *As water is poured we respond: **Blessed be God for ever.***
- In the end, every Christian man and woman, by virtue of baptism has received a mission.

Each one of us has to respond, as best we can, to the Lord's call to build up his Body, the Church. *As water is poured we respond: **Blessed be God for ever.***

Each person is invited to take the bowl of water and make a sign of the cross upon themselves with the water or, if more appropriate or safer to do so using a small branch of greenery, those gathered can be sprinkled with water.

Intercessions - We take a moment to unite in prayer with the Church across the world on this night, remembering especially those preparing for Easter baptism who must wait a while longer this year. We pray for our needs and the needs of the world this day. We remember in our prayer... *(Bring your intentions to God)* **Lord, in your mercy. Hear our prayer.**

Our Father ...

Final acclamation - Together we acclaim: Jesus Christ is risen. Alleluia, alleluia! **Sign of the Cross ...**

Light in the window - *At the end of this prayer take your main candle and place it safely in the window of your home as a beacon of Easter hope to the world.*

To do

- Set aside 20 minutes to declutter some space and do a mini spring clean – it might be that sock drawer or kitchen drawer you keeping meaning to do; listen to some reflective music; do some family baking to

#Holy week at Home

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Easter Sunday

The Bible says that early on the first day of the week, the women went to the tomb to finish preparing Jesus' body for burial. When the women got to the tomb, they discovered that the tomb was empty! The large boulder that covered the entrance to the tomb had been rolled away and Jesus was gone. An angel appeared to the women and told them they need not be afraid. Jesus had risen! The women went back to the other disciples to tell them all they had seen.

Scripture: Luke 24:13-35

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "The Lord has risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Activity: Secret Message

Need: Paper, white crayons, watercolor.

Use the white crayon to draw and write secret pictures and messages that have to do with Easter Sunday. Hand the paper to another member of your family and have them paint the paper with watercolor to reveal the secrets underneath! Ideas include the words "He is risen," a hill with three crosses, an empty tomb, etc.

Prayer:

God of life, we have experienced many different emotions this past week and today we are jumping up and down in joyful exuberance. Jesus is alive! What a surprise to remember that in the midst of dark times, you surprise us with new life. Thank you! Thank you! Thank you! , AMEN.

Food Idea:

Enjoy the evening with whatever traditional meal your family makes for Easter dinner. If you don't have a tradition, put the eggs you just coloured to good use and make some egg salad!

Make Coloured Easter Eggs



Place a single layer of eggs in a saucepan. Add cold water to come at least 1 inch above the eggs. Cover and bring the water to a boil; turn off the heat. Let the eggs stand covered in the hot water for 15 minutes for large eggs, 12 minutes for medium, and 18 minutes for extra large.

Mix 1 teaspoon vinegar and 10 to 20 drops food color in a cup to achieve desired colors.

Repeat for each colour.

Dip hard-boiled eggs in dye for about 5 minutes. Use a slotted spoon, wire egg holder or tongs to add and remove eggs from dye.

A Prayer Ritual at Home

In the prayer space place pictures of people you care about. Gather with other members of your household, if you can. On a table or in a sacred space, safely place a lighted candle in the centre. You might include some of the following items on the table: an unlit individual (baptism) candle; any photos of family baptisms; a bowl of water and a green branch, a bible, open on John 20:1-9; your Easter egg, if it isn't eaten already! If there are flowers in the garden why not head out and pick some for the space before you start your prayer together.

United in Prayer
Together as a Church. Praying at Home

In the name of the Father and of the Son and of the Holy Spirit. Amen.

An Easter Litany

This is the day the Lord has made. R **Alleluia, alleluia!**

God's love has no end. R. **Alleluia, alleluia!**

God has raised us up. R. **Alleluia, alleluia!**

And given us the gift of new life. R. **Alleluia, alleluia!**

Reading

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb ... Till this moment they had failed to understand the teaching of Scripture, that he must raise from the dead. (From the Gospel of the day, full text John 20:1-9)

Reflection

In his Easter Sunday greeting in 2019, Pope Francis addressed these words to every Christian: 'Christ is alive! He is our hope, and in a wonderful way he brings youth to our world. Everything he touches becomes young, new, full of life ... Christ is alive and he wants you to be alive! He is in you, he is with you and he never abandons you.' On this Easter morning take a moment to recognise and appreciate all the signs of hope and new life around us: light ... water ... flowers ... eggs ... baptism memories and photos ... one another!

Ritual action

Light your candle from the main candle as a reminder of the light of Christ within you. Then take some time to enjoy the signs of life around you. This might include blessing yourself with the water/taking a flower and smelling it/taking a taste of your Easter egg/looking at your photos while remembering and sharing your memories of family baptisms, choosing names and godparents ...

Intercessions

On this Easter day, as we look upon our burning candle we take a moment to remember and pray for all those who need to hear the good news of resurrection this day, and for all those bringing life to others in so many ways in these very days. We pray for our needs and the needs of the world this day.

We remember in our prayer ... *(bring your intentions to God)*

Lord, who raises us up from our graves and calls us to new life, in your mercy. **Hear our prayer.**

Our Father ...

Prayer

Lord of all life, we have journeyed to Easter and in the most difficult of trials we proclaim still the joy of your resurrection, we embrace with gladness the new life to which you call each one of us.

Bless us, our families and all the world, with your constant presence that we may give you thanks every day and share the good news of our faith with all we meet. Through Christ our Lord. Amen.

Acclamation Christ is risen. Alleluia, alleluia!

Sign of the Cross...

To do

- Place a (baptism) candle and flowers on your dinner table;
- send a greeting in some way to your parents and godparents; say a prayer for your parents and godparents;
- watch a family movie; listen/play some music together; eat chocolate!!!