



Lourdes ECHURCH

Holy Week at Home

Reflection, Prayer, and Activity Guide

Holy Week is a time in our liturgical year that is particularly rich in the "smells and bells" of our Catholic tradition. The physical items that we use as we pray and worship help us to connect to the events of Jesus' life during his last days on earth. They also point us to the spiritual realities that we can't experience with our five senses, but can understand through faith.

Use the reflection, prayer, and activity resources included in this brochure as a companion to the live-streams of our parish's Holy Week services. We hope and pray that they will deepen your family's connection to Jesus and his church, and help you to celebrate Holy Week with great joy and trust in God's love and mercy.

Palm Sunday

Reflect & Share

When we participate in Mass on Palm Sunday we remember and relive Jesus' triumphant entry into Jerusalem. While the Gospel is proclaimed, we join in and shout "Hosanna " along with the crowd that gathered along the city streets. Before the end of the Gospel reading, we're shouting again, but this time we're calling for Jesus' crucifixion. The quick change in our responses is a reminder that in Jesus' life, as in ours, the good and the bad mix together and if we leave out either the story is incomplete. How has God been with you in the good and bad days of your life?

“

Dear Jesus...

you are Emmanuel, King of Kings, Lord of Lords, Prince of Peace, and Lamb of God. During your life you shared our human experience of good days and bad days. Help us to know that you are walking with us in every circumstance. Give us the grace we need to shout “Hosanna” even when the journey is difficult.

Amen.

”



Activity

Here are a couple of ways to add some “palms” to your worship today! Choose one and process around your house.

- The reason people used Palms in Jesus' day is that they were handy. Go out into your yard and look around for some branches, leaves, or flowers that you could wave instead of palms and carefully cut them and bring them inside.
- Use green construction paper to make your own palms! Trace your hands and tape them together so they look like a big palm branch. Add a banner that says “Hosanna!” and hang it up somewhere in your house where you'll see it throughout the rest of Holy Week!

Monday of Holy Week

Reflect & Share

The desert days of Lent can drag on, but now we are in the Holy Week “home stretch” before we get to celebrate Easter. Look back on the ways you entered into the practices of prayer, fasting, and almsgiving. Did you experience God's love and mercy for yourself this Lent? How? Did you pass love and mercy on to others?

“

Dear Jesus...

you freely give your love and mercy to all of humanity. Help us accept that wonderful gift and to respond to it with gratitude, praise, and obedience. Give us the grace we need to share your saving love with others through our words and actions.

Amen.

”



Activity

When we pray the Divine Mercy Chaplet, we ask Jesus to “have mercy on us and on the whole world”. God lets us participate in his mission of mercy through our actions. Look up the Spiritual and Corporal Works of Mercy and make a list of the things you could do to bring mercy into the lives of those in your family and neighborhood during the days and weeks to come.

Tuesday of Holy Week

Reflect & Share

The entire Old Testament of the Bible reminds us of all the incredible things God has done to be in relationship with his family. A garden paradise. Noah and the flood. A parted Red Sea. Manna in the desert. A shepherd turned king. The prophets all call out to the people to remember those feats and place their trust in the Father. Then in the New Testament, we see hundreds of prophecies fulfilled as a virgin gives birth to Jesus, our Emmanuel, who heals the wounded, feeds the hungry, and raises the dead. What incredible, praise worthy things has God done in your life?

“

Dear Jesus...

you are our rock and our salvation, always there when we call out to you. Help us to recall all of the ways you love and provide for us. Never let us forget to praise you.

Amen.

”



Activity

Get out your Bible and read Psalm 71:1-8. If you went to Mass today, you'd hear this Psalm proclaimed and you'd respond with "I will sing of your salvation" after each stanza. God loves hearing us sing his praise! If anyone in your home is a musician, have them lead you in song. Or turn on some Christian music and sing along. Remember that God is our rock, our refuge, our hope, and our salvation...he deserves all of our praise and gratitude!

Wednesday of Holy Week

Reflect & Share

Waiting for something to happen is never easy. We wait excitedly for fun things, like birthdays and visits from friends. We wait anxiously for not so fun things, like news from the doctor. Now while we're waiting to celebrate Easter, it's tempting to rush ahead because we know the end of the story...Jesus rises from the dead and wins our salvation! But don't skip the waiting...God is working. While we wait, God stretches our capacity to enter into an experience. How is God stretching you during the waiting of Lent so as to prepare you to experience even more Easter joy?

“

Dear Jesus...

you know how hard waiting is and you meet us in times of excitement and anxiety. Give us peace and patience which allow us to wait well and give your Spirit time to help us grow as disciples. Help us to keep in step with you on the journey towards your cross and resurrection so that we don't miss anything you want us to see along the way.

Amen.

”



Activity

Pray a Rosary on your own or with your family, either in person or over FaceTime, Duo, or Zoom.

On Wednesdays, we pray the Glorious Mysteries and, with Mary, our spiritual mother, meditate on the glory of Jesus' resurrection. Hope in the resurrection helps us wait with patience and confidence during the desert days of Lent and along any rocky roads we may face in life.

Holy Thursday

Reflect & Share

Today we begin the Triduum, three days that become one because the events that happened on these three days in Jesus' life connect them in a way that can't be separated. This is an amazing example of God's ability to operate unbound by time and space. So many important things happen during the Triduum! Today we remember and make present the Last Supper, where Jesus instituted the Eucharist and the priesthood, and where he modeled love and service by washing the filthy feet of his disciples.



“

Dear Jesus...

**you give us your Body and Blood to strengthen us
and you show us what true love and leadership look
like. You make us a family bonded by an eternal
covenant. You give us priests to guide us in faith.
Help us to always be your thankful disciples.**

Amen.

”

Activity

Bake this simple bread as a family. While it bakes, wash each other's feet.

2 ½ cups whole wheat flour

2 tbsp. butter or margarine, melted but not hot

1 ½ tsp. baking powder

1 ½ cups milk

1 cup white flour

2 tsp. salt

3 tbsp. honey (be generous)

2 tsp. sugar

Combine dry ingredients. Mix in honey, milk and butter. Stir well. Dough will be cookie dough consistency and very sticky. Lightly knead with flour. Spray round pan generously. Place dough in pan and pat down to about ½" using wet fingers. Spray the top of bread with vegetable spray. Bake at 450° for 12-20 minutes or until light brown. Best served warm. If using gluten free flour, be extra generous with honey.

Good Friday - Celebration of the Passion of the Lord

Reflect & Share

Nineteen hours that changed the world. Today we celebrate our Lord's Passion. Passion comes from the Latin for *to suffer*. On Good Friday our readings invite us to journey with Jesus, to be witnesses to the suffering he endured for our salvation. From his agony in the Garden of Gethsemane, to the scourging at the pillar, the crowning with thorns, and his eventual crucifixion and death on the cross. We are reminded, as we join the crowd in shouting "crucify him, crucify him," that it was for our sins that Jesus suffered and died. It was because of the incredible love he has for each of us that he was willing to carry those sins to the cross.

“

Dear Jesus...

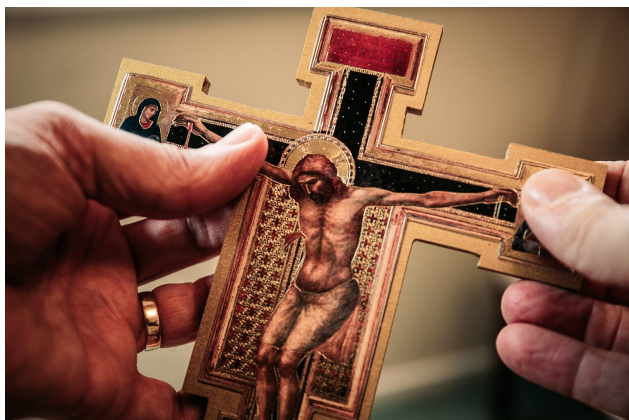
**we honor the death you endured for us, and we hope also to share in your resurrection.
Help us to be truly sorry for our sins. Never allow us to refuse to see you, broken and
suffering, in the faces of those around us – especially those most in need.**

Amen.

”

Activity

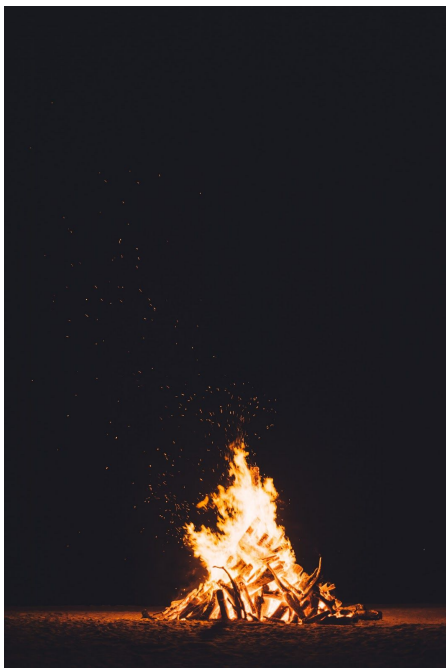
Before today's livestream of the Celebration of the Passion of the Lord (at 3:00 pm), set up a prayer space at home. Include a red or purple cloth, a crucifix, and your Bible, opened to John, chapter 18 and 19. When Father and the Deacons venerate the cross, take some time to share your gratitude to Jesus for the death he endured for you by kissing your crucifix. Join us from 4-7:30 pm for a driving Stations of the Cross. Download the prayers and follow the map, pausing at each address to pray the stations. Be sure to be safe and to stay in your car.



Holy Saturday - Easter Vigil

Reflect & Share

Under normal circumstances, church communities all over the world would gather for the Easter Vigil tonight. We'd joyfully welcome new members into our family of faith through Baptism, Confirmation and First Holy Communion. This year, we can't gather, but we can still celebrate! The scriptures proclaim God's marvelous pursuit of a relationship with humanity throughout history and the darkness caused by sin is conquered by the light from Jesus' resurrection. Reflect on your own Baptism. What does belonging to the family of the Catholic Church mean to you? After the fasting of Lent, are you ready to welcome the Light of Christ into your life with hope and joy? How will you share that light with others?



“

Dear Jesus...

**we rejoice that your cross wins salvation for us
and we renew the promises of our Baptism. Give us
the grace to renounce sin, rejoice in your love, and
follow the example of virtuous living found in the
lives of the Saints. Help us to shine your light
into all the dark places of the world.**

Amen.

”

Activity

Tune in to the livestream of the Easter Vigil Mass tonight at 8:30 pm.

At a vigil, we wait, keeping watch in prayer. At this vigil, we wait for Christ's resurrection. Light plays a big role in the liturgy at the Easter Vigil. The Paschal Candle reminds us that Jesus Christ is the light of the world..

Tonight, light a candle, or a campfire, as a reminder that all Christians are called to shine the Light of Christ in the world. Sing "This Little Light of Mine" or "Amazing Grace".

Easter Sunday

Reflect & Share

The day has finally come, the season of waiting is over. God has raised Jesus from the dead and it's time to rejoice! Yet, for our own health and for the common good, we must alter the way we usually celebrate the resurrection of our Lord and Saviour, and that might feel like a blow to our Easter joy. But remember, God isn't bound by space and time, Nothing can separate us from his love and the newness of life that Easter always brings. Think of your favorite Easter memories and share what made them so special.

“

My Jesus...

I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you.

Amen.

”



Activity

Get dressed in your Easter best and join our parish family for 10:30 Mass on Facebook live.

After Mass, make something special to eat for brunch. Go for a walk around your neighborhood and look for signs of new life in nature. Wish anyone you see a Happy Easter!

Decorate a poster that says “Christ indeed from death is risen, our new life obtaining. Have mercy, victor King, ever reigning! Amen. Alleluia.” and hang it in a place where you'll see it frequently during the Easter season!