

# CELEBRATE HOLY WEEK AND EASTER IN YOUR HOME

## Family Activities | Holy Week

### Palm Sunday

- Use Palms when participating in Palm Sunday Mass. These have been blessed and are available in the vestibule beginning Wed April 1st at Noon. You may look online for different ways to braid and weave palms; it's a wonderful family tradition.
- After Palm Sunday Mass, cover religious art, statues, crucifixes, etc., as we do at church.



### Holy Thursday

- Participate in Tenebrae. (streaming at 8:15 am)
- Prepare a Passover (Seder) meal together on Holy Thursday before the evening Mass. Search "Seder Meal, Catholic" for suggestions.
- Have the father (or adult) of the family wash everyone's feet on Holy Thursday.
- Read aloud the Passion together, giving everyone a part.
- Make a "garden" with flowers in your house in a quiet area (imagine processing through the church on Holy Thursday) and light a candle there with either a statue or picture of Jesus.

### Good Friday



- Participate in Tenebrae (streaming at 8:15 am)
- Uncover the crucifixes (leaving other religious items covered)
- Remember to Fast and to abstain from meat.
- Print the Stations of the Cross and hang them around the house to pray the Stations.
- Venerate a Crucifix and create petitions to pray together.
- Watch the movie *The Passion of the Christ*.

### Holy Saturday

- If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the *paschal fast* to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection. —USCCB
- Participate in Tenebrae. (streaming at 8:15 am)
- At nightfall, religious images and statues may be uncovered as we move toward the celebration of the Easter Vigil.
- Easter Vigil Masses begins at 8:30pm. Watch the Vigil Mass by candle-light\*, then turn on the lights at the *Alleluia* as the Gospel begins.

## Family Activities | Easter

*Christ is risen! He is risen indeed; Alleluia!*

- ◇ Dress in your Easter Best!
- ◇ Participate in Holy Mass and have a person (or people) ring a bell(s) during the Gloria.
- ◇ Have a celebration of treats after Vigil Mass or have an elaborate brunch after Easter Morning Mass.
- ◇ Take family pictures while dressed up.
- ◇ Feast and Rejoice!



### Suggested Movies

*The Ten Commandments* | the classic with Charlton Heston as Moses

*The Passion of the Christ* | parental guidance suggested

*The Prince of Egypt* | animated and recommended for children

*The Miracle Maker* | Claymation; a good film for children

*Babette's Feast* | for foreign film buffs; watch Bishop Barron's excellent commentary on the film afterward at Word On Fire.com

Remember to use *Formed.org*. If you haven't yet created an account, you'll need our parish code: J4V3RY

*\*hand-held candles—for use in participating in the Easter Vigil—will be available to pick up from the Vestibule beginning on Holy Thursday after Noon.*

### Other Traditions and Activities

\*Use Liturgical Colors in the home, such as a table cloths or runners, especially as the table is a sort-of altar of the family home.

*Purple (penance, humility) is the color of Lent. White (light, triumph, joy) is the color of Easter.*

\*Prepare Hot Cross Buns to be eaten on Good Friday

\*On Good Friday, take a long, silent walk as a family to imitate the Way of the Cross.

\*At 3pm on Good Friday, begin an hour of silent time.

\*Make an outdoor fire after dark on Holy Saturday.