

HOLY WEEK RESOURCES



Maundy Thursday

SCRIPTURE

JOHN 13:1-17

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

Jesus replied, "You do not realize now what I am doing, but later you will understand."

"No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

"Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." For he knew who was going to betray him, and that was why he said not every one was clean.

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.

REFLECTION

Today we remember Jesus giving us His Body and Blood in the Eucharist at the Last Supper, knowing what was going to happen to Him.

However, this Gospel tells of Jesus' selfless love for us as He does the job a slave would normally do...washes the feet of His friends.

These humble actions and the sacrifice of Jesus truly show us how we need to treat others, sometimes that involves doing things that we think aren't our job or that we wouldn't normally do.

Has anyone ever done something so humble for you, have they done something out of great love that isn't normally something they would do for you?

Have a think, what act of service for others could you do, that you might not normally?



ACTIVITIES

Act of service

Do something for someone to show your love for them. It could be something simple, like tidying up before you are told too or maybe it could be contacting someone to check that they are ok at this time and seeing if they need anything.

Share a meal

Share a special meal with your family, you could all work together to prepare it!

Bake some bread

Jesus broke bread with the disciples and shared it with them. You could do the same!

CHALLENGE

Washing Feet

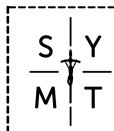
The act of Washing feet normally takes place in our Liturgy tonight, however this year it's not possible. So why not, as a family at home, do as Jesus did, take it in turns to wash each other's feet as a true act of service.

PRAYER

Lord as we remember you giving us the gift of yourself in service and as a sacrifice, we are truly thankful. Help us to enter into these last days of Holy Week with a renewed heart for service to others.

We pray for all who are working tirelessly to help family, friends and strangers at this difficult time. Give the strength, courage and perseverance to keep going.

Amen



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Good Friday

SCRIPTURE

The full account of the Passion of Jesus is read on Good Friday. It is a long passage that can be read together. You can find it in John 18:1 - 19:42.

Many people use today to reflect on the 'Seven Last Words of Jesus'; these are the last phrases of Jesus before He died, recorded in the Bible.

Seven Last Words:

1. Father, forgive them, for they know not what they do! (Luke 24:34)
2. This day you shall be with me in Paradise. (Luke 24:43)
3. Woman, behold your son.... Behold your mother. (John 19:26, 27)
4. My God, My God! why have you forsaken me? (Matt 27:26; Mark 15:34)
5. I thirst! (John 19:28)
6. It is finished. (John 19:30)
7. Father, into Your hands I commend my spirit. (Luke 24:46)

ACTIVITIES

Holy Week Garden

This is a popular activity for Good Friday that can last throughout the year. Find a suitable container and create your own Holy Week scene. You may want to include a path to symbolise the way of the cross, the hill of Calvary with a cross and a rock to represent the tomb.

Collect moss, twigs and rocks on a walk to create your garden, if you don't already have the items you need at home. If you have some, you may wish to plant seeds in some soil in your container, this way your Easter garden can grow throughout the year to remind you of the redemption and new life that Easter brings.

Make a cross to display in your home

There are many ways to make a cross. It could be with lollipop sticks stuck together, cut out of a piece of paper, drawn with chalk on your

REFLECTION

It seems strange that today is called 'Good Friday' when the scriptures we hear are full of suffering and sadness, how could there possibly be anything 'good' about it? This is why the 'Seven Last Words' are useful to reflect upon, in each phrase we are given a glimpse of hope on what would have been a very dark day for the Disciples and followers of Jesus.

When Jesus suffered on His journey to the Cross, and as he was crucified, He took upon Himself all of our sin, He offers us forgiveness and redemption. We have all done things that we wish we hadn't, times when we have upset others, and moments when we have walked away from God. The events of Good Friday mean that we can be with Jesus forever in Heaven, in Paradise. Now that is Good News!

Today is often a sombre day, and that's ok. Without the bleakness of Good Friday, we wouldn't be able to experience the joy of Easter Sunday!

Why not take some time today to read through the rest of the seven last words? Each one can teach us something about what the Passion of Jesus means for us. Take some time today to read through them and use them as a prompt for your prayer.



ACTIVITIES CONT...

driveway. Once you have created your cross, you may want to write a Bible verse from the Good Friday Bible account, decorate it and display it in a prominent place for passers-by to see. Let's share the Good News of this week!

Seven last words puzzle

Cut a cross out of a large piece of paper, split the cross into 7 smaller pieces. On each piece, write one of the phrases from the seven last words of Jesus. Build your cross back together. As you place each piece down, think about what the phrase means. This is a good activity to do together as a family and discuss the events of Good Friday.

Stations of the cross prayer walk

Today is a good day to talk a walk in your local area. While you are out walking, you may want to pause every now and again to pray one of the Stations of the Cross. You could take a portable cross with you (from your home or one made out of craft items like the ideas mentioned above). As you read, pray for those around you, that they will experience God's grace and mercy this week.

Alternatively, make 14 small crosses (lollipop/craft sticks would work well) and place them spread out in your garden or around your home. Pause at each cross to read one of the stations.

You may wish to search online for a children's appropriate Stations of the Cross. We found this booklet from the Archdiocese of Edinburgh:

<https://archedinburgh.org/wp-content/uploads/Stations-of-the-Cross-for-Children.pdf>

CHALLENGE

From the events of Good Friday described in the Bible, we can tell that Jesus was on the cross between 12 noon and 3pm, these are the most sacred hours of this special day.

Because of this, challenge yourself to hold a silence (or as much as possible) in your home at this time. You could even turn off your phone, TV and other devices and focus on spending time with your family. Use this time for prayer and reflecting on the meaning of Good Friday. You may wish to pray the rosary, pray the stations of the cross or go on a walk.

(If the whole time isn't possible or practical, try and hold a period of calm and reflection for however long you can)

PRAYER

Each Good Friday, a series of intercessions are read out as part of the liturgy. Take some time to pray for each of these intentions, on your own or as a household.

You may even wish to write your prayers down and display them as a banner/bunting for this Easter weekend. You would simply need to punch a hole through the top of a piece of paper and thread through some string or ribbon.

Here is the list of the solemn intercessions:

- For the Church
- For the Pope
- For the clergy and laity of the Church
- For those preparing for baptism
- For the unity of Christians
- For the Jewish people
- For those who do not believe in Christ
- For those who do not believe in God
- For all in public office
- For those in special need

Are there any other intentions, groups or individuals that you would like to pray for? Add these to your list and spend some time praying for them.



HOLY WEEK RESOURCES



Holy Saturday

SCRIPTURE

Normally, on Holy Saturday, we hear 7 readings and 7 Psalms at the Easter Vigil. This year we will hear just 3, here is one of them:

EXODUS 14:15-17

Then the Lord said to Moses, "Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. The Egyptians will know that I am the Lord when I gain glory through Pharaoh, his chariots and his horsemen."

ACTIVITIES

Clean your house!

Many families use Holy Saturday as a day of preparation for Easter. They Clean their houses to make sure it is ready to celebrate the Easter feast. Take some time to tidy your bedroom and help out with the little jobs around your house.

Go on a walk

The Israelites spent many years wandering in the desert, waiting for the promised land. Take a long walk today to think about how they must have felt and reflect on how we can have patience waiting on the Lord.

Learn about salvation history

The readings on Holy Saturday lead us through the whole the Bible, right from Genesis to Jesus, we call this Salvation History. There are a few places you can learn more about this. Watch a movie such as the Prince of Egypt, read the Old Testament or listen to a Bible podcast such as Fr Mike Schmitz Bible in a Year.

REFLECTION

Holy Saturday is a time of waiting and preparation. It is a time to wait and see the glory of God in the Resurrection of our saviour Jesus Christ. In the scriptures we hear God telling Moses to trust him and bring the Israelites to salvation by crossing the parting in the sea. Just as Moses led the Israelites through the parting in the sea, Jesus brought his people to rise with Him on Easter Sunday.

Holy Saturday is one of the quietest days within the Church as we do not have mass, but we have a vigil. We pray and wait throughout the day so we can rejoice on Easter Sunday.

We do this as people such as our Mother Mary waited and prayed outside Jesus' tomb. Although she must have felt upset, she knew that He would rise, just as He said.

On Holy Saturday although we are in unusual times, why don't you find the times of your parish vigil so you can attend either in person or online?



ACTIVITIES CONT...

Light of the World

At the Easter vigil, the congregation wait in the dark until the Paschal Candle arrives. The church is then flooded with light as each person lights their own candle. You can make a candle to display in your window.

Equipment: paper, scissors, colouring pens, sellotape

First, cut out the candle stick from paper.

Next cut out a flame shape and attach it to the candlestick.

Colour in and decorate you candle, then place it in your window.



CHALLENGE

Set aside 5-10 minutes before you go to sleep to pray for everyone around you: Family, friends, strangers.

Pray that they will know the joy of Easter and that they are able to stay safe in this pandemic.

Pray for all the people working in hospital this Easter saving lives.

And pray for yourself, pray that you can celebrate Easter knowing that Jesus is risen!

You could even write your prayers down and add to them over the Easter season.



PRAYER

Dear God,

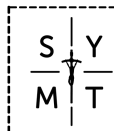
As we patiently wait this Holy Saturday, may you place a shield of protection on us to ward away any distractions from you. Help us to prepare well for your Son's resurrection tomorrow, on Easter Sunday.

Thank you for giving us life to the full through you and thank you for giving your only Son to be our saviour in the flesh. Give me courage to share the good news of Easter to people around me.

Thank you for the blessings you give me daily.

Amen.

You may want to listen to this song to help you enter into the silence and reflection of the day: New Wine by Hillsong



HOLY WEEK RESOURCES



Easter Sunday

SCRIPTURE

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.'"

ACTIVITIES

In the Tomb, Out of the Tomb

Equipment: masking or painters' tape

Place a long piece of tape on the floor to divide the playing area. Designate the right side of the line as "in the tomb" and the other side of the tape as "out of the tomb." Have a leader stand on the "out of the tomb" side, and have the rest of the players face you while standing in the "in the tomb" side of the line. When you call out either "in the tomb" or "out of the tomb," everyone should jump to the side you have called. If they fail to jump at all, or jump to the wrong side, they are out. Make it extra challenging by picking up the pace, and calling out the same side several times before switching. The leader can make it tricky by pointing to one side while calling out the other. The last person standing wins.

Roll the Stone

Equipment: several slightly heavy stones or balls

To play this outdoor game, all players stand in a line. The leader rolls the first stone in to the middle. Each player then rolls their stone aiming to get it as close to the leader as possible. The player with the stone closest to the leader's stone is the winner.

REFLECTION

Today's gospel is one of great hope. In the world of today, hope is something we have come to depend on. We see the light at the end of the tunnel in this gospel. The journey of Jesus has been one that was filled with great sadness, however in today's reading we see that great sadness transformed by the light. We have moved from the darkness of Good Friday into the light of Easter.

We are encouraged in this Gospel to be people of light, to be followers of the Risen Christ and to be people who believe.

Let us take some comfort that Jesus rose from the dead to save us. Today and every day he will do the same, there most certainly is light at the end of the tunnel.



ACTIVITIES CONT...

Cross Bookmark

Equipment: Cross cut-outs, glue, markers, glitter, thread or wool, hole punch

Provide each person with a cut-out of a cross (or alternately, cut vertical and horizontal rectangles and have them glue them together to form a cross). The cross should be small enough to fit in a standard bible. To tie the thread or wool through the cross, use the punch to make a hole in the top of the cross and gently tie it. Each person could then write their favourite scripture on their own cross or simply write "He is Alive".

Gospel Pictionary

Equipment: strips of paper

On strips of paper, write the names of characters and events relating to the resurrection story, and place them in a bucket or hat. Choose a player to start the game. Using the regular rules of Pictionary, or your own variation of those rules, have each player take a turn picking from the bucket and draw the word they select. The first person to guess the word or phrase, gets a point. The person with the most points at the end of the game wins.

PRAYER

Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.

CHALLENGE

Easter is a time of great joy. How can we spread more joy to the people around us?

Today's challenge is to do exactly that, spread joy, over the coming weeks of Eastertide, reach out to those around us, the people we care for most and share that joy with them. This could be something simple like a little bunch of flowers or sitting down and having a cup of tea.

