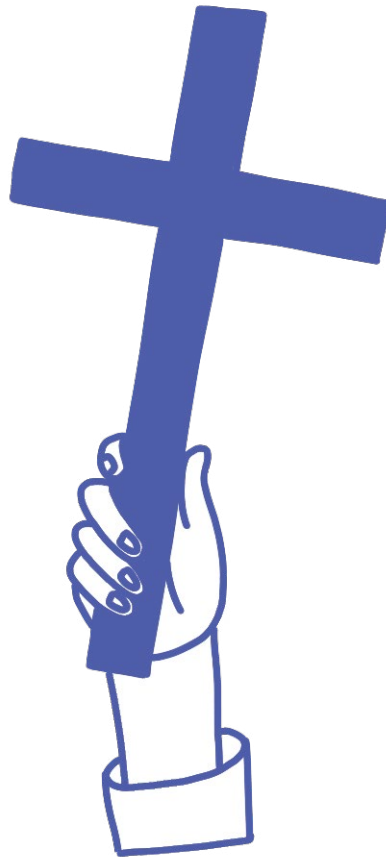


CATHOLIC
FAMILY
CRATE

Holy Week

AT HOME

Catholic family culture,
made simple.



Holy Week

AT HOME

Catholic family culture,
made simple.

Holy Week

Use this Holy Week guide to take your family deeper into the passion, death, and resurrection of Christ this Easter season.

We pray for a peaceful and blessed Holy Week for all of you.

THE CFC TEAM

Tips

PRINT NOW

Each day, your family will recite the Lenten verse and sing the Stabat Mater found on pages 4 and 5. We suggest you print and display those pages now for easy reference.

MORE INFORMATION

This section explains the history and importance of some of the elements included in your Holy Week packet.

Check that out here: [MORE INFORMATION](#).

HOLY WEEK WALK THROUGH

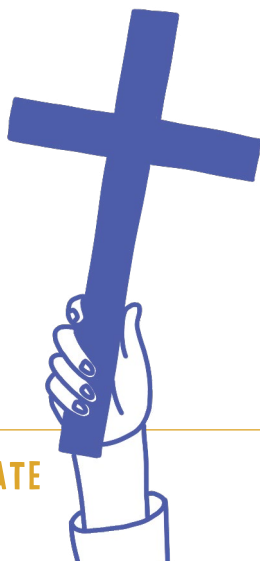
These links will take you directly to each day (or you can just scroll!):

- [Palm Sunday](#)
- [Monday](#)
- [Tuesday](#)
- [Spy Wednesday](#)
- [Holy Thursday](#)
- [Good Friday](#)
- [Holy Saturday](#)
- [Easter Sunday](#)

PRINTABLE ACTIVITIES

Some of the days have printable activities like coloring pages, handwriting practice, and puzzles. You'll be reminded to print those out in the "Prep Ahead" section on the days they're needed. (Or feel free to skip ahead and print them all at once.)

Printing Tip: Select *"borderless printing"* or *"print to edge"* so the art will go to the edge of the paper.



What you'll need

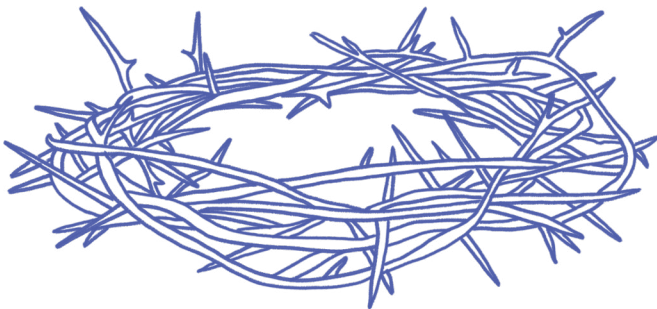
- Check your pantry and change jars for these items:

FOR RESURRECTION COOKIES

- 1 cup whole pecans
- 1 tsp. white vinegar
- 3 egg whites
- 1 pinch salt
- 1 cup sugar
- 1 Ziploc bag
- wax paper
- masking tape

FOR SPY WEDNESDAY

- 30 coins



More Information

Here's a little history and background on some of the elements you'll be covering!



MASS

The Holy Week schedule at church can seem quite intimidating, but we encourage you to attend as many Mass offerings as you can. Mass during Holy Week and Good Friday service is an invitation into the heart of Christianity and the Catholic faith. If you cannot attend Mass, consider sharing and discussing the readings with your family.

SCRIPTURE READING

Scripture is the foundation of the Catholic faith. The Word of God nourishes the Church and our souls. The Catechism reminds us of this, stating: "In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them" (CCC 104). We encourage you to meet with Jesus through his Sacred Word this Holy Week. Each day, share and discuss the Scripture with your saints in training.

VERSE OF THE WEEK: JOHN 18:36

In John 18:36, Jesus tells Pilate: "My kingdom does not belong to this world." Hang your print from the next page to help you memorize this verse as a family over the course of Holy Week. On Monday, Tuesday, and Wednesday of Holy Week, you will find resources to help your family focus on this verse. Once completed, hang your creations where you can see and practice them every day. You can also meditate on it, talk about what it means to each member of your family, draw it out, or play a memory game with it.

STABAT MATER

The Stabat Mater is a 13th century Latin prayer traditionally sung during Lent, particularly during the Stations of the Cross. Its name comes from the first few Latin words of the prayer: "Stabat mater dolorosa" ("The sorrowful mother was standing"). It is based on Simeon's prophecy that a sword would pierce Mary's soul (Luke 2:25-35). As you read or sing this beautiful prayer each day, reflect on the sufferings of Mary. **Feeling overwhelmed by the number of verses? Sing only the first verse or sing a different section each day.**

MY kingdom
DOES NOT
BELONG TO
THIS world.

John 18:36



STABAT MATER

At the cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.

Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

AMEN

Palm Sunday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Procession with Palms
- Coloring Page
- Word Search

Prep Ahead

- Print 1 coloring page per person
- Print 1 word search per person
- Print and hang the Stabat Mater and Verse of the Week to use every day
- Palm procession supplies

SCRIPTURE READING: JOHN 12:12-16

On the next day, when the great crowd that had come to the feast heard that Jesus was coming to Jerusalem, they took palm branches and went out to meet him, and cried out:

"Hosanna! Blessed is he who comes in the name of the Lord, [even] the king of Israel!"

Jesus found an ass and sat upon it, as it is written:

*Fear no more, O daughter of Zion;
see, your king comes, seated upon an ass's colt.*

His disciples did not understand this at first, but when Jesus had been glorified they remembered that these things were written about him and that they had done this for him.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36

PROCESSION WITH PALMS

Palm Sunday is the celebration of Christ's triumph as King of Israel. We encourage you to grab some "palms" from your yard, make your own palms out of construction paper, or use your palms from Mass to have a procession!

- + Children can take turns playing Jesus and the members of the crowd. As "Jesus" walks through the crowd gently wave the palms up and down.
- + Read **Matthew 21:1-11** aloud.
- + Have your family process around your home, yard, or living room.
- + Remind your little saints that palms symbolize victory—Christ's victory over death on Easter Sunday.
- + Greet your King with words from Scripture: "Hosanna! Blessed is he who comes in the name of the Lord!"





HOSANNA

TO THE

King



PALM SUNDAY WORD SEARCH

- + Jesus
- + Mount of Olives
- + disciples
- + colt
- + cloaks
- + palms
- + Hosanna
- + Christ
- + Passover
- + Bethany
- + Simon
- + perfume
- + lamb
- + bread
- + wine
- + Peter
- + Pilate
- + tomb

S	E	L	P	I	C	S	I	D	O	M	K	U	A	A
T	B	J	M	B	D	A	E	R	B	I	D	V	C	X
M	O	U	N	T	O	F	O	L	I	V	E	S	S	Z
W	B	G	P	R	J	E	N	I	W	I	H	I	L	O
E	C	L	A	A	D	H	B	A	N	N	A	S	O	H
M	O	R	S	V	K	L	E	H	S	C	M	B	K	V
U	L	A	S	N	A	F	T	J	L	I	V	B	K	E
F	T	Z	O	P	D	H	H	O	V	P	M	W	X	T
R	R	J	V	U	B	L	A	E	A	M	D	O	V	A
E	O	V	E	H	A	K	N	J	V	R	W	W	N	L
P	R	H	R	S	S	C	Y	A	E	J	O	C	A	I
M	Y	G	B	M	U	Q	T	T	H	F	K	M	P	P
X	P	G	Z	M	O	S	E	G	W	T	B	T	S	C
U	Y	Y	L	W	O	P	I	T	S	I	R	H	C	N
X	P	A	L	M	S	T	R	G	G	U	H	G	Q	J



Monday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Coloring Page

Prep Ahead

- Print 1 coloring page per person

SCRIPTURE READING: ISAIAH 42:1-4

Here is my servant, whom I uphold,
my chosen one with whom I am pleased.
Upon him I have put my spirit;
he shall bring forth justice to the nations.
He will not cry out, nor shout,
nor make his voice heard in the street.
A bruised reed he will not break,
and a dimly burning wick he will not quench.
He will faithfully bring forth justice.
He will not grow dim or be bruised
until he establishes justice on the earth;
the coastlands will wait for his teaching.

VERSE OF THE WEEK

"My kingdom does not belong to this world."
-John 18:36



A NOTE ABOUT THE VERSE OF THE WEEK

Spend these days really meditating on the Verse of the Week: color it, trace it, do handwriting practice with it, or try handlettering it yourself!



Tuesday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Handwriting Practice

Prep Ahead

- Print 1 handwriting practice (manuscript) per person

SCRIPTURE READING: JOHN 13:21-30

When he had said this, Jesus was deeply troubled and testified, "Amen, amen, I say to you, one of you will betray me." The disciples looked at one another, at a loss as to whom he meant. One of his disciples, the one whom Jesus loved, was reclining at Jesus' side. So Simon Peter nodded to him to find out whom he meant. He leaned back against Jesus' chest and said to him, "Master, who is it?" Jesus answered, "It is the one to whom I hand the morsel after I have dipped it." So he dipped the morsel and [took it and] handed it to Judas, son of Simon the Iscariot. After he took the morsel, Satan entered him. So Jesus said to him, "What you are going to do, do quickly." [Now] none of those reclining at table realized why he said this to him. Some thought that since Judas kept the money bag, Jesus had told him, "Buy what we need for the feast," or to give something to the poor. So he took the morsel and left at once. And it was night.



VERSE OF THE WEEK

"My kingdom does not belong to this world."

-John 18:36

My kingdom

does not

belong to

this world.

John 18:36

Spy Wednesday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Coin Search
- Handwriting Practice

Prep Ahead

- Gather 30 coins
- Print 1 handwriting practice (cursive) per person

COIN SEARCH

- Hide 30 pieces of silver (or random change) around the house. Don't have change? Hide legos or small toys!
- Read the Scripture Reading on this page to share the story of Judas.
- This is a good opportunity to discuss true friendship, sin and forgiveness. Here are some discussion questions to lead a conversation:
 - How could one of Jesus' closest friends betray him?
 - Have you ever betrayed Jesus?
 - What do we do when we sin?
 - How can we repair our mistakes?
- Send your children on a hunt for the coins!
- Once they've collected the coins, set them aside as a special donation for Easter Sunday.

WHAT IS SPY WEDNESDAY

The day before Holy Thursday is traditionally known as "Spy Wednesday" – when Judas "spied" for an opportunity to betray Jesus.

SCRIPTURE READING: MATTHEW 26:14-16

Then one of the Twelve, who was called Judas Iscariot, went to the chief priests and said, "What are you willing to give me if I hand him over to you?" They paid him thirty pieces of silver, and from that time on he looked for an opportunity to hand him over.

VERSE OF THE WEEK

"My kingdom does not belong to this world."

-John 18:36

My kingdom does not belong
to this world. John 18:36

My kingdom does
not belong to this

world. John 18:36

Holy Thursday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- A Prayer for Priests
- Family Washing of the Feet
- Family Petitions
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Gather the following
 - towels
 - water basin large enough for feet
 - pitcher
 - washcloth

SCRIPTURE READING: JOHN 13:12-20

So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do. Amen, amen, I say to you, no slave is greater than his master nor any messenger greater than the one who sent him. If you understand this, blessed are you if you do it. I am not speaking of all of you. I know those whom I have chosen. But so that the scripture might be fulfilled, 'The one who ate my food has raised his heel against me.' From now on I am telling you before it happens, so that when it happens you may believe that I AM. Amen, amen, I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me."

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36



A PRAYER FOR PRIESTS

BY ST. THÉRÈSE OF LISIEUX

O Jesus, eternal Priest,
 keep your priests within the shelter of Your Sacred Heart,
 where none may touch them.
 Keep unstained their anointed hands,
 which daily touch Your Sacred Body.
 Keep unsullied their lips,
 daily purpled with your Precious Blood.
 Keep pure and unearthly their hearts,
 sealed with the sublime mark of the priesthood.
 Let Your holy love surround them and
 shield them from the world's contagion.
 Bless their labors with abundant fruit and
 may the souls to whom they minister be their joy and
 consolation here and in heaven their beautiful and everlasting crown.



Amen.

WASHING OF THE FEET

Prep: Begin your Holy Thursday celebration by preparing your space. Clean the space you will use to perform the washing of the feet.

Fun Fact: It's a Catholic tradition to clean everything today in preparation for Easter!

- + Make sure you have enough chairs for everyone participating.
- + Grab towels, a water basin large enough for feet, a pitcher, and a washcloth. Lay a towel down on the floor and place the basin on top of it (this will help minimize the mess)!
- + Fill the pitcher with water.
- + If you haven't already read it, begin with the Scripture Reading for Holy Thursday.
- + Discuss the reading for a moment. Jesus lived in a very dusty part of the world without roads or sidewalks at that time. The disciples' feet would have been REALLY dirty. How would you feel letting the King of Heaven and Earth hold and wash your dirty feet? How would it have been for Jesus to wash such dirty, sticky feet?
- + Designate a footwisher or take turns. Explain the significance of the role: "Christ washed his disciples' feet in an act of love, service, and humility. I wash your feet today because I love you as Christ loves us."
- + Repeat this traditional antiphon as you gently wash each person's feet: "I give you a new commandment: love one another. As I have loved you, so you also should love one another." (**John 13:34**). Pour water over the feet and use the washcloth to physically wash the foot in the basin. Dry each foot with a towel and move to the next participant. Spouses, you can choose to wash each other's feet, or allow eager little hands to help.

FAMILY PETITIONS

During Holy Thursday Mass, the intercessions of the faithful follow the washing of the feet. We encourage you to end your feet washing ceremony with family petitions. Here are a few to get you started, but we highly encourage you to add your own as well:

For the Church, may she always shine a light in the darkness and offer hope to the hopeless.

We pray to the Lord.

R: Lord hear our prayer.

For Catholics around the world, may we be an example of God's love and mercy to everyone we meet.

We pray to the Lord.

R: Lord hear our prayer.

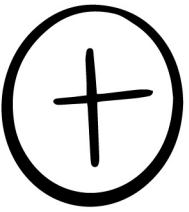
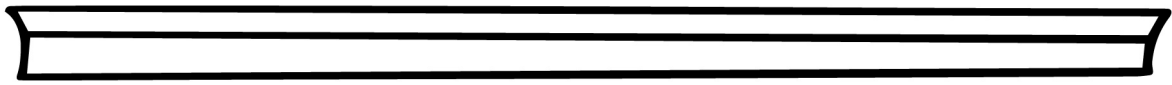
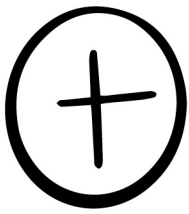
For everyone battling illness and all healthcare providers, that they may have courage, strength, and protection.

We pray to the Lord.

R: Lord hear our prayer.

Now, add your own!

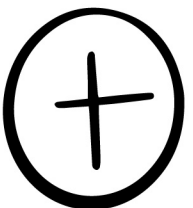
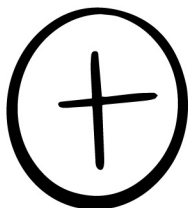




DO THIS IN
REMEMBRANCE
OF ME...



HOLY
Thursday



Good Friday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Veneration of the Cross
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Select a crucifix or wooden cross for your at home veneration of the cross

SCRIPTURE READING: ISAIAH 53:1-5

Who would believe what we have heard?

To whom has the arm of the LORD been revealed?

He grew up like a sapling before him,

like a shoot from the parched earth;

He had no majestic bearing to catch our eye,

no beauty to draw us to him.

He was spurned and avoided by men,

a man of suffering, knowing pain,

Like one from whom you turn your face,

spurned, and we held him in no esteem.

Yet it was our pain that he bore,

our sufferings he endured.

We thought of him as stricken,

struck down by God and afflicted,

But he was pierced for our sins,

crushed for our iniquity.

He bore the punishment that makes us whole,

by his wounds we were healed.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36





VENERATION OF THE CROSS

Catholics attend the Veneration of the Cross at 3:00 p.m. on Good Friday. This practice has been around since the fourth century. According to tradition, St. Helen discovered a fragment of the cross on a pilgrimage to Jerusalem. The cross was brought forward and placed on an altar where the priests and people could pay homage to the relic. It is said that the people pressed their eyes, brows, and lips to the cross as the priest repeated: "Behold, the wood of the cross."

We encourage you to attend the Good Friday service at your local parish. If you cannot make it or wish to do something additional at home, we suggest venerating a crucifix or wooden cross in your home.

Before beginning, explain that Catholics venerate the cross, but we do not worship the material. We are paying homage to the instrument of salvation and proclaiming our adoration of Christ's ultimate sacrifice.

Parents, you can hold a small cross or crucifix and invite your little saints to venerate the cross by taking turns kneeling before it, kissing the wood, or placing their forehead on the cross. As each family member comes forward, say: "Behold, the wood of the cross."

Additionally, the veneration of the cross is a solemn practice. Music is not played, a Mass is not said, and the congregation remains silent.

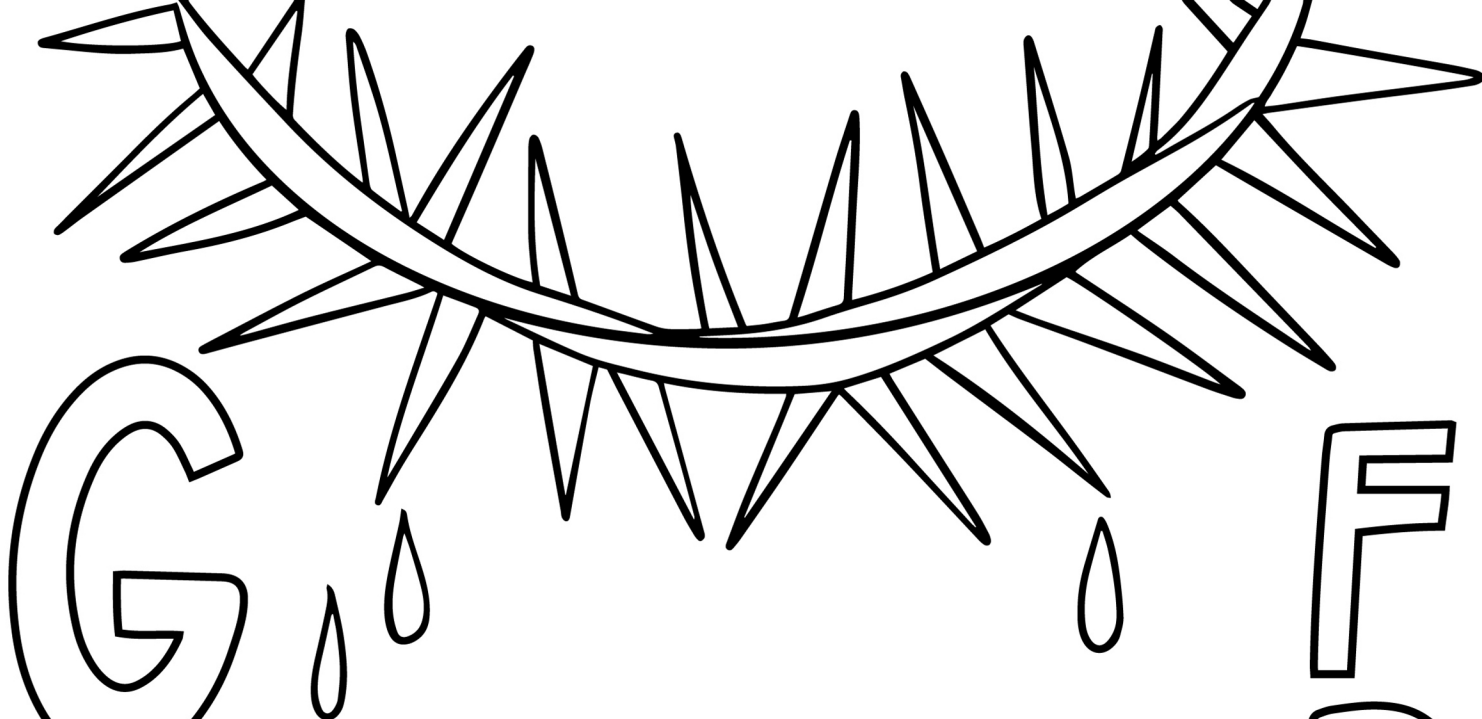
STATIONS OF THE CROSS

You can also consider adding the stations of the cross or a moment of silent prayer before or after your home veneration.

If you have the CFC Stations of the Cross, you can lead your saints in training through your illustrated stations. Hang them up for the day, or pass around the images during the prayers.

Did you know?

On Good Friday there is no Mass anywhere in the world. It is the only day of the year when the Church abstains from Mass to honor the passion and death of Christ. This highlights the sorrow of Good Friday and better prepares us for the glory and victory of Easter.



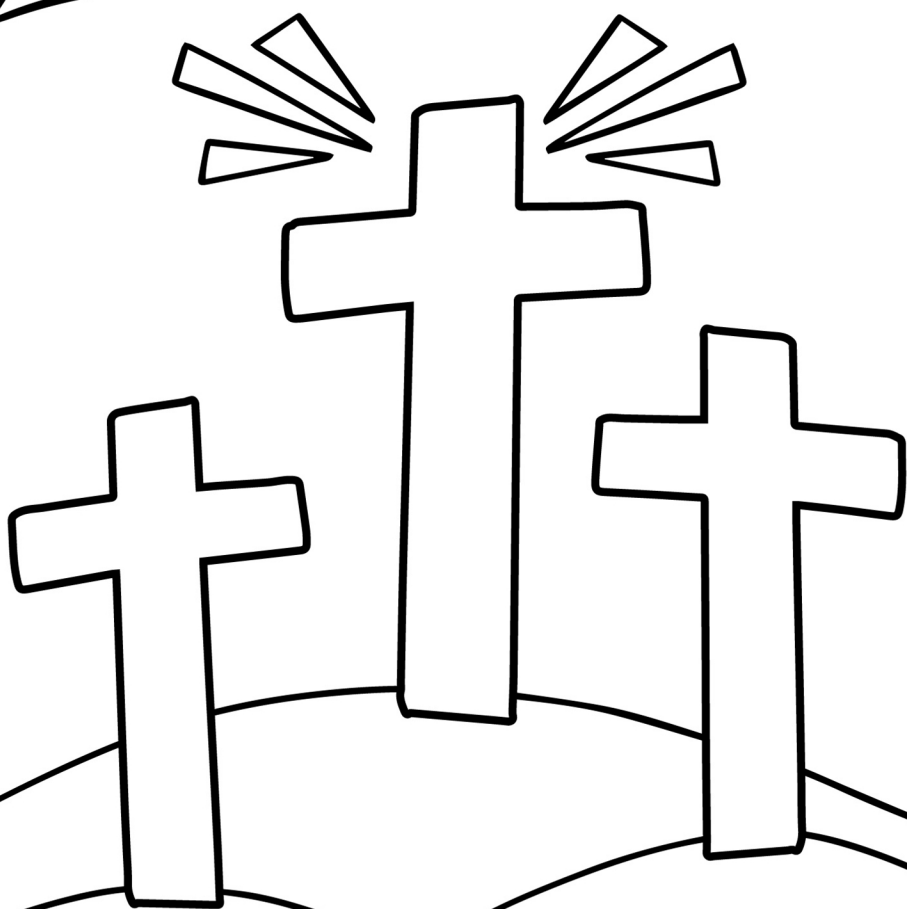
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Holy Saturday

- Scripture Reading
- Mass
- Verse of the Week
- Stabat Mater
- Resurrection Cookies (gluten-free)
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Gather the following:
 - 1 cup whole pecans
 - 1 tsp. white vinegar
 - 3 egg whites
 - 1 pinch salt
 - 1 cup sugar
 - mixer
 - 1 Ziploc bag
 - strong wooden spoon
 - wax paper
 - cookie sheet
 - masking tape
 - Bible for readings (*optional*)

SCRIPTURE READING: ROMANS 6:3-11

Or are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.

For if we have grown into union with him through a death like his, we shall also be united with him in the resurrection. We know that our old self was crucified with him, so that our sinful body might be done away with, that we might no longer be in slavery to sin. For a dead person has been absolved from sin. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him. As to his death, he died to sin once and for all; as to his life, he lives for God. Consequently, you too must think of yourselves as [being] dead to sin and living for God in Christ Jesus.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36

RESURRECTION COOKIES

GLUTEN-FREE

We are excited to share this amazing tradition with you! Resurrection cookies aren't just a delicious Easter treat. These cookies will help your children learn about the passion and resurrection of Christ through baking. If there is another adult or an older child around, we recommend that they find the verses and read from the Bible at each step. However, we have included the readings for those of you juggling many saints in training! We have a feeling this will become an annual family tradition. Save this recipe and enjoy.

Note: The cookies should be made on Saturday night so that your family can celebrate the resurrection with an "empty tomb" on Sunday morning.

INGREDIENTS

- + 1 cup whole pecans
- + 1 tsp. white vinegar
- + 3 egg whites
- + 1 pinch salt
- + 1 cup sugar

SUPPLIES

- + mixer
- + 1 Ziploc bag
- + strong wooden spoon
- + wax paper
- + cookie sheet
- + masking tape
- + Bible

DIRECTIONS

- + Preheat oven to 300°F.

- + Place pecans in the Ziploc bag. Have your children beat the pecans with the wooden spoon to break them into small pieces.

Read: Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly (John 19:1-3).

Explanation: After Jesus was arrested, He was beaten by the Roman soldiers.

- + Let each child smell the vinegar, noting the pungent smell. If they want, have them just taste it on their finger. Put 1 teaspoon of vinegar into the mixing bowl.

Read: After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit (John 19:28-30).

Explanation: When Jesus said "I thirst" when dying on the cross, the soldiers gave Him wine to drink on a bitter herb, reminding us of the bitterness of the vinegar.

- + Add egg whites to the vinegar. Eggs represent new life.

Read: A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly. I am the good shepherd. A good shepherd lays down his life for the sheep (John 10:10-11).

Explanation: Jesus gave His life to give us life, and on Easter Sunday He came back to life.

DIRECTIONS CONTINUED

- + Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl.

Read: A large crowd of people followed Jesus, including many women who mourned and lamented him (Luke 23:27).

Explanation: The salt represents the salty tears shed by Jesus' followers, and the bitterness of our own sin.

- + So far the ingredients are not very appetizing. Add 1 cup of sugar.

Read: The angel of the Lord encamps around those who fear him, and he saves them (Psalm 34:8); and: For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life (John 3:16).

Explanation: The sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.

- + Beat ingredients with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed.

Read: Come now, let us set things right, says the Lord: Though your sins be like scarlet, they may become white as snow; Though they be red like crimson, they may become white as wool (Isaiah 1:18); and: Now there was a Pharisee named Nicodemus, a ruler of the Jews. He came to Jesus at night and said to him, "Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you are doing unless God is with him." Jesus answered and said to him, "Amen, amen, I say to you, no one can see the kingdom of God without being born from above" (John 3:1-3).

Explanation: The color white represents the purity in God's eyes of those whose sins have been washed clean by Jesus' sufferings and death.

- + Fold in the broken nuts. Scoop out the mixture with a small spoon and drop small lumps (around 1 inch in diameter) onto a wax paper covered cookie sheet.

Read: When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed (Matthew 27:57-60).

Explanation: Each mound reminds us of the rocky tomb where Jesus' body was laid.

- + Put the cookie sheet in the oven, close the door and turn the oven **OFF**. Give each child a piece of tape to seal the oven door.

Read: Pilate said to them, "The guard is yours; go secure it as best you can." So they went and secured the tomb by fixing a seal to the stone and setting the guard (Matthew 27:65-66).

Explanation: Jesus' tomb was sealed with a large stone and soldiers guarded the entrance.

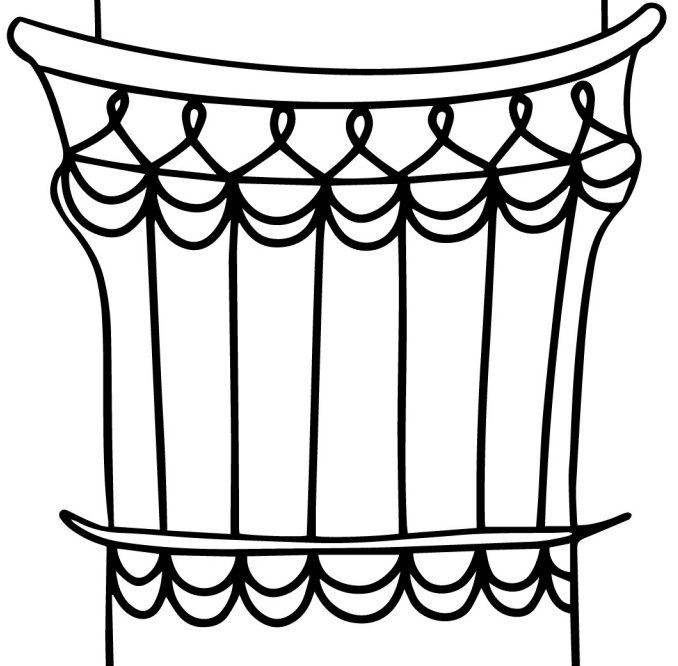
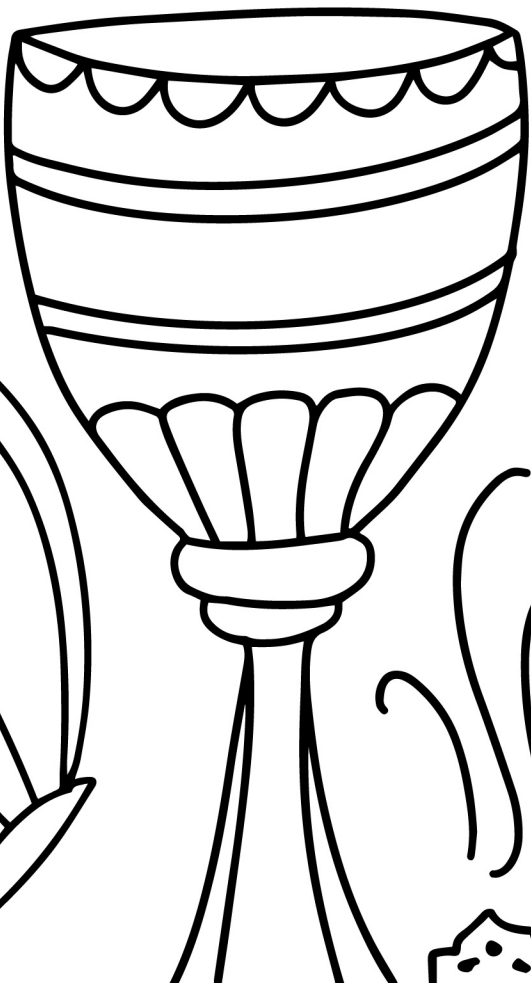
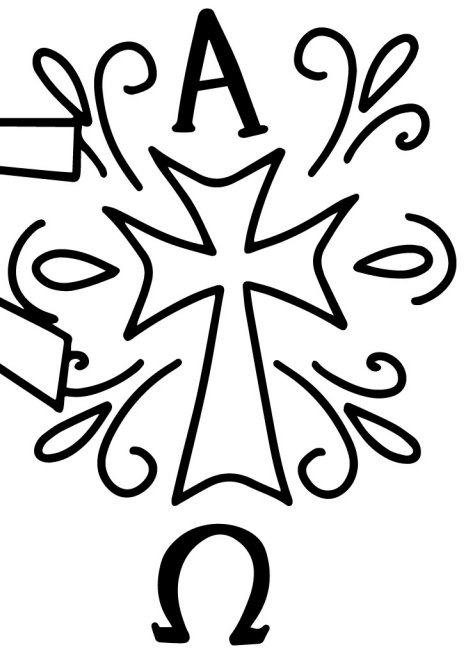
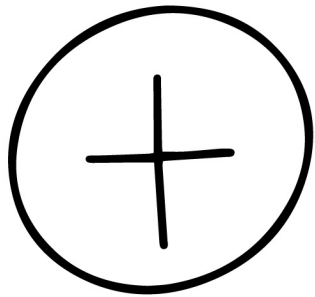
GO TO BED!

Read: Amen, amen, I say to you, you will weep and mourn, while the world rejoices; you will grieve, but your grief will become joy (John 16:20); and: So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you (John 16:22).

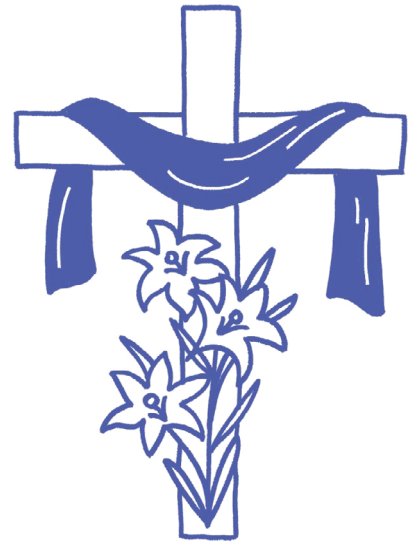
Explanation: You may feel sad to leave the cookies in the oven overnight without seeing or tasting the results right away. Jesus' followers were in despair when the tomb was sealed.

Recipe is courtesy of CatholicCulture.org.

HOLY
Saturday



Easter Sunday



Happy Easter!

Alleluia! Alleluia! (Notice we can say that again!)

REMEMBER THOSE RESURRECTION COOKIES...

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow!

- + **Read:** After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and he is going before you to Galilee; there you will see him.' Behold, I have told you." Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage (Matthew 28:1-9).
- + **Explanation:** On the first Easter, Jesus' followers were amazed to find the tomb open and empty. Talk about what that means to the people in your family. What does an empty tomb signify?

TIME TO CELEBRATE!

Today marks Christ's victory over death!! He IS risen. Let our hearts reside in that and rejoice in this day! Easter is the most important day on the Catholic calendar!

- + **Lent Crate People!** If you have our Lent Crate, make sure to swap out those sacrifice beans for a sweet treat. Savor Christ's victory over death.

EASTER SEASON

Did you know that Easter is an entire season and not just one day? The Easter Season is 50 days long! As Catholics, we celebrate Christ's victory over death longer than we fast. Easter officially ends on Pentecost Sunday, when the Holy Spirit descended on the disciples. This year, try and celebrate Easter throughout the entire season with these ideas:

- + Withhold some Easter candy and have a small egg hunt every Sunday.
- + Keep fresh flowers in the house all 50 days.
- + Have juice with breakfast or serve dessert more frequently.
- + Sing "Alleluia" every night after dinner.
- + Give a daily egg to each child filled with a small treat.
- + Leave up your Easter decorations until Pentecost.

ALLELUIA!
ALLELUIA!

Thank you!

Thank you for welcoming Catholic Family Crate into your home during the holiest week of the year. Join us on Instagram or Facebook @catholicfamilycrate to share your celebrations and stay in touch.

-The CFC Team



ALLELUIA

ALLELUIA!



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