

*HOLY
WEEK
AT
HOME*

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*PALM
SUN-
DAY*

of the Passion of the Lord



HOLY WEEK AT HOME

Palm Sunday

On this day the Church recalls the entrance of Christ the Lord into Jerusalem to accomplish his paschal Mystery.

Many dioceses in the U.S. have suspended liturgies to protect public health and to help stem the spread of infection of Covid-19.

Check with your local parish if they will be blessing and distributing palms in any way and making them available for your home. If not, you can use palms, pussy willows, or cattails for the home ritual below, or any branches that may be available.

GATHER

On your dining room or kitchen table, place a lighted candle, a red cloth or red ribbons and perhaps a cross or crucifix to create a prayer center. If you have fresh palm, pussy willows or branches arrange them in a vase or on a table.

LEADER: Hosanna to the Son of David; Blessed is He who comes in the name of the Lord, the King of Israel, hosanna in the highest.

RESPONSE: Hosanna to the Son of David!

REFLECT

Have a member of your household proclaim Matthew 21: 1-11 or if alone, read it as a silent meditation. If you connect via social media, have two or three people share the reading.

PRAY

Prayer over the branches from the Roman Missal third edition. If there are no branches use the modified prayer that follows.

Increase the faith of those who place their hope in you, O God, and graciously hear the prayers of those who call on you, that we, who today hold high these branches to hail Christ in his triumph, may bear fruit for you by good works accomplished in him. Who lives and reigns for ever and ever. Amen

Or

Increase the faith of those who place their hope in you, O God, and graciously hear the prayers of those who call on you, that we, who today hail Christ in his triumph, may bear fruit for you by good works accomplished in him. Who lives and reigns for ever and ever. Amen.

LEADER: As we pray we unite our hearts together in union with Jesus our great intercessor before the throne of God. We make our response praying: Hear us O God.

For the Church, throughout the world in this time of crisis and uncertainty. May our Holy Father Francis and all who are shepherds be a source of hope, comfort and courage, we pray...

RESPONSE: Hear us O God.

LEADER: For nations of the world and those who lead and direct the response to the Covid-19 pandemic. May compassion and wisdom prevail in all things, we pray...

RESPONSE: Hear us O God.

LEADER: For those suffering with the virus, those on the front lines of response and health care, those in isolation, living with anxiety, or struggling to maintain sobriety. May Jesus, who bears every burden with us, bring light and hope to these days, we pray...

RESPONSE: Hear us O God.

LEADER: For those who have died in this pandemic and for all who will complete their life journey this day, may all souls be embraced by God through the grace of Jesus' death and resurrection, we pray..

RESPONSE: Hear us O God.

LEADER: Gathering all the needs of our lives, we entrust them to our God living and true through Jesus the Son in the communion of the Holy Spirit, as we pray....

ALL: Our Father...

LEADER: (as all make the sign of the cross +)
May we walk faithfully with Jesus this week so as to enter more fully into his passion death and resurrection. Amen.

ACT

Consider having each person in the family wear some red, the Liturgical color for the day.

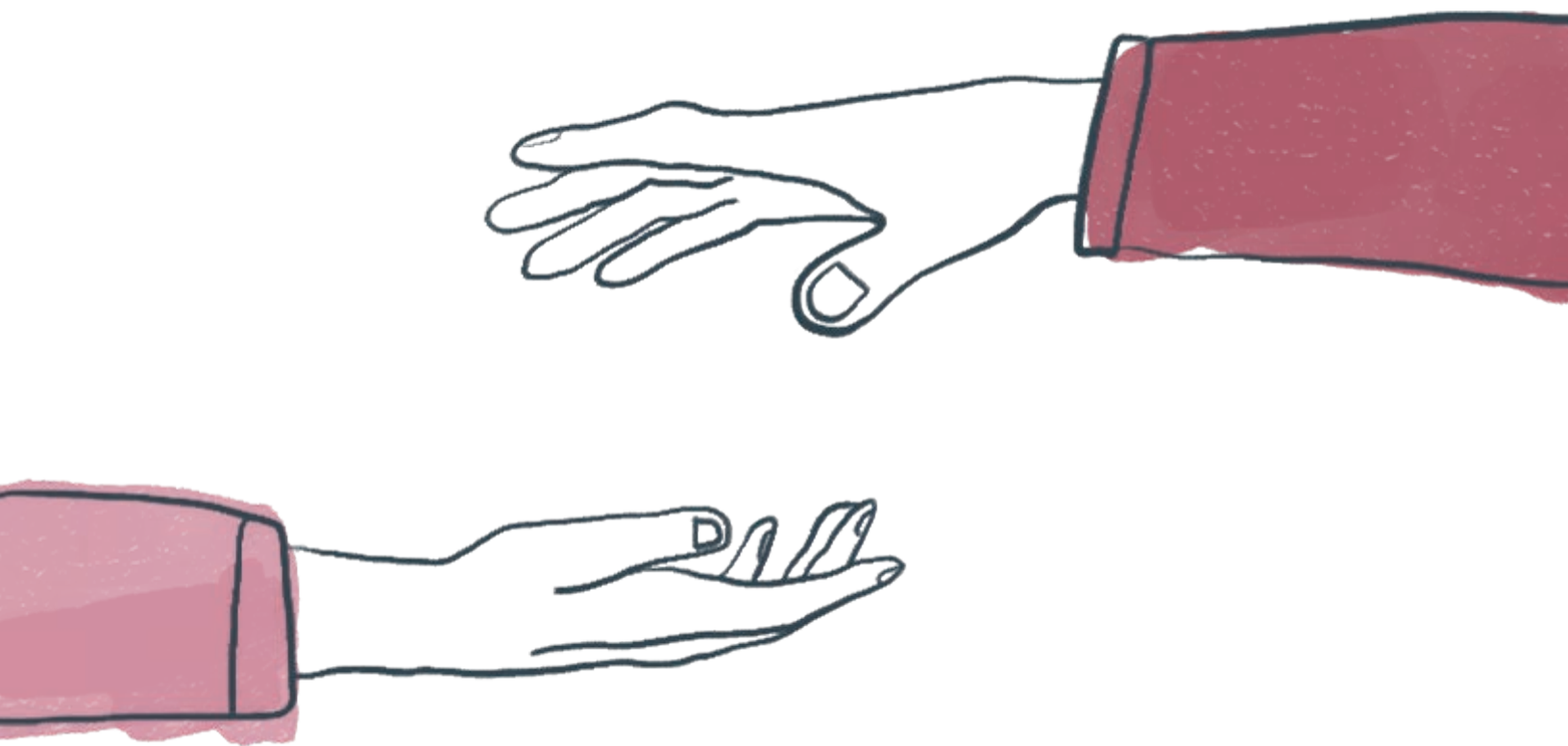
If you are alone or have a friend or family member that is alone, you might share this prayer via Zoom, Facetime or some other social connecting media.

If you are able and weather permits, perhaps take a walk (while respecting appropriate social distancing) and imagine Jesus entering triumphantly to your neighborhood and herald him in your heart.

If your parish church is within walking distance, maybe take a walk there, even if to say a prayer of thanksgiving outside.

MON- DAY

of Holy Week



Monday of Holy Week

In many dioceses across the United States, the Monday of Holy Week has become a day when the opportunity to celebrate the sacrament of Penance in the Rite of Reconciliation has been offered in a widespread manner - often called "Reconciliation Monday." With parishes in many areas unable to be open and the confines of penance rooms or confessionals a risk to health, access to the sacrament for many is limited, if not altogether impossible. Our Holy Father, Francis, told us on March 20, as Catholics were beginning to have limited access to the sacrament: "This is the right time, the opportune moment. An act of contrition, done well, and our souls will become white like the snow." Today we focus on offering our hearts in contrition and gladness for God's mercy, given freely to us in our Lord Jesus Christ.

GATHER

On a table, place a lighted candle, a purple piece of cloth if possible and a Bible opened to Psalm 51.

LEADER: *(making the sign of the Cross +)*
Have mercy on us O Lord.

RESPONSE: For we have sinned against you.

LEADER: Show us, O Lord, your mercy.

RESPONSE: And grant us your salvation.

ALL: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

REFLECT

Read Psalm 51:3-19

This psalm of repentance powerfully reminds us of God's purifying action when we fail in our covenant love with God and one another. If you are alone, read it as a meditation of God's love for you. If you are with others, share reading sections in a slow and deliberate way. Savor the tremendous feelings that well up in David, who is returning to God after his sin. Meditate on the amazing love God has for us, even when we sin. May we love God and neighbor with the same generosity today.

PRAY

After reflecting on the Psalm, pray a decade of the Rosary reflecting on the fourth Sorrowful Mystery: The Carrying of the Cross. In this time when each of us carries a burden with the Covid-19 pandemic, along with the other burdens which come with our often frail and complicated lives, we join our cross with Jesus as we seek his transforming grace. Our Father, 10 Hail Mary's, Glory be. This can be prayed individually or shared by those you are with at home or via social media link.

You may also pray a sincere act of contrition. Here is one example from the Vatican website:

AN ACT OF CONTRITION TO OUR LORD JESUS

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth. Amen.

LORD JESUS,
YOU CHOSE TO
BE CALLED THE
FRIEND OF SINNERS.
BY YOUR SAVING
DEATH & RESURRECTION
FREE ME FROM MY SINS.
MAY YOUR PEACE
TAKE ROOT IN MY
HEART AND BRING
FORTH A HARVEST
OF LOVE, HOLINESS,
& TRUTH.
AMEN.

ACT

With today's focus on penance, perhaps wear something with purple today.

Take some time to examine your conscience with the Lord. If you have children, you can share the resources and assist the little ones to understand the gift of conscience and how it guides us in our lives. Below are some options to draw on.

If your parish is able to offer the sacrament of Penance, try to make a personal confession.

If you don't have access to the sacrament take some time to examine your conscience and then make a sincere act of contrition and experience the cleaning gift of God's mercy. When you are able, make a personal confession if there is any grave sin.

SOME OPTIONS FOR EXAMINATIONS OF CONSCIENCE

Adults	<u>Examination — Catholic Social Teaching</u>
	<u>Examination — 10 Commandments</u>

Youth	<u>Examination — For High School Youth</u>
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Children	<u>Examination — for Children Beatitudes</u>
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Make an act of mercy, charity or kindness to another. This could be a kind word or gesture at home, a note sent in the mail, checking in on an isolated neighbor, or a call to someone you have been out of touch with for any reason.

TENE- BRAE

Tuesday of Holy Week



Tuesday of Holy Week

For many centuries, the praying of the Office, the psalms and accompanying prayers, was done as a service called Tenebrae. Tenebrae in its Latin root refers to shadows and darkness and provided an extended meditation on the passion and death of Jesus. During that service, candles were extinguished, one by one, until the final candle was carried away and placed behind a curtain as a symbol of the burial of the Lord. A thunderous noise was made, to mark the death of the One who loved beyond all telling. Participants then departed in silence. We gather today in the shadows, as it were, surrounded by the darkness of Covid-19 and all its impact on our lives, our families and our communities. Yet we are children, not of darkness but of the light. There is a light that saves us. One whom we recall this week, who entered the tomb that we might rise to new and everlasting light and life. As we enter more fully this week in which we mark the passion of the Lord, we hold close all who suffered and join their passion with that of Jesus as He suffers with us in our brothers and sisters across the globe.

GATHER

If possible, place 7 candles, perhaps tea lights, on a table with a piece of purple cloth, a cross or an icon of the crucifixion or the entombment of Jesus. If you don't have candles, turn on all the lights in the room, make it as bright as possible. During our prayer, we will reduce the lights to just a dim amount.

LEADER: Grace to you and peace from God our Father and the Lord Jesus Christ.

RESPONSE: Amen

LEADER: Blessed be the name of the Lord our God,

RESPONSE: Who redeems us from sin and death.

LEADER: For us and for our salvation, Christ became obedient unto death, even death on a cross.

RESPONSE: Blessed be the name of the Lord.

REFLECT

Today we have an extended meditation on Jesus' passion in the reading of Mark 15. If you are praying with others at home or via a social networking platform, divide the reading of the gospel into sections so different voices lead the meditation. This gospel takes us through Jesus suffering arrest, condemnation, mocking, the cross and crucifixion, death and burial. After the completion of each section, extinguish one candle or turn off a light in the room. Do this for each section until there is only one candle left and just a bit of light in the room.

Sit in the shadows for a few minutes and ponder the faithfulness of Jesus in the face of his agony and death.

With the one remaining candle lit, prayerfully read 1 Thessalonian 5:1-15. If you are in a group or connected by social media, ask one person to read this aloud with exuberance and joy and be encouraged by these words.

PRAY

LEADER: Let us make this Litany of the Light, recalling Jesus, our hope in all things. We make our response: Christ be our Light

In these days of shadows and darkness...

RESPONSE: Christ be our Light

LEADER: For our sisters and brothers who are sick and struggling...
For doctors, nurses, technicians and emergency workers...
In my doubt and in my worry...
In moments when hope eludes me...
When we fear for those we love...
When we dread the darkness of nightfall...
When sleep will not come, and our hearts are anxious...
When morning breaks and we enter a new day...
When we are needed by family and friends...
When we are called to love without counting the cost...
When the crosses we bear seems more than we can carry...

ALL: Lord Jesus, light in our darkness, disperse the shadows that surround your people. Renew within us this Holy Week, the light of your grace, that together we may complete this journey of passion with you to rise to a new and everlasting life. Amen.

ACT

— With Christ as our Light, we are called to shine away shadows and darkness. How will you make an act of love, mercy and compassion today to enlighten the way of another?

————— Perhaps an apology for an unkind word.

————— Offer help before being asked.

————— Affirm someone's gifts or ability in a phone call or written note.

WEDNESDAY

of Holy Week



Wednesday of Holy Week

Praying with the Women of Jerusalem

In the course of our lives, women are present in so many ways. Grandmothers teach prayers and offer abundant love, mothers sacrifice and tend to our needs great and small, sisters, aunts, cousins, all enrich us by the prism of their lives as women. In Jesus' life, women played essential roles and also offered ways for the divine to be made manifest in deeply personal ways: Mary's fiat of "Yes" to the Incarnation, the Samaritan woman at the well, the young girl brought back to life or the woman cured of a hemorrhage. Today we focus on the women who meet Jesus along the way of his passion, while he carries the cross for us. Let us consider the women of faith we know, the saints in glory and those with us still on earth and give thanks for their presence in our lives.

GATHER

Bring together some pictures of women important to your and your family: living relatives or those who have entered eternity; women you admire, teachers, medical professionals, neighbors, whomever is important to you. Place a lighted candle on the table with a swath of blue fabric or ribbon, mixed with the Lenten purple from yesterday. If you have an image of the Blessed mother, place her in the midst of the other pictures. If you have a dove or other image of the Holy Spirit, place that on the table as well, reminding us that the Hebrew ruah, which was often used as the reference to the Spirit of God in the Hebrew Bible, was in the feminine. As the catechism of the Catholic Church reminds us: "God's parental tenderness can also be expressed by the image of motherhood.... God transcends the human distinction between the sexes.... neither man nor woman: "he" is God. (Par.2 239).

REFLECT

Read the passages Luke 23:26-29, 50-56 and Luke 24:1-12

As you read them, individually or in a shared way with others, consider the love and the courage of the women. Jesus has been betrayed, denied, abandoned by the Twelve. The women mourn, they understand the tremendous love and compassion of Jesus. He has touched them in ways that definitively changed their lives even before the Resurrection. Women without social status, women who could not read from the bema of the synagogue, women who made homes, raised children, passed on the faith of the Covenant people. They believed. They did not understand it all, but their hearts, even though broken, did not abandon Jesus.

PRAY

LEADER: Like the Samaritan woman who met Jesus at the well, Jesus is the life giving water, the well spring of eternal life. May this gift be poured out anew in us,

RESPONSE: Jesus, we thirst only for you.

LEADER: Called to feed the hungry, may we care for those in need with generosity

RESPONSE: St. Frances of Rome, be our guide.

LEADER: Called to care for the sick, the unclean and the most rejected

RESPONSE: St. Teresa of Calcutta, pray for us.

LEADER: Called to make peace and heal division

RESPONSE: St. Catherine of Siena, pray for us.

LEADER: Called to open our hearts fully to Jesus' saving grace

RESPONSE: St. Mary of Magdala, pray for us.

LEADER: Called to say yes even when we cannot see the final outcome

RESPONSE: Holy Mary, Mother of Jesus pray for us.

LEADER:

Glorious God, You planted Isaac in the womb of Sarah, made Esther the advocate of her people, and called a peasant girl from Nazareth to bear your Word to a waiting world. From the earliest days of your Church, women have borne witness to your healing love made present in Jesus. May their courage in the face of adversity inspire us, their hope in the face of darkness illumine us, their determination in the face of obstacles help us overcome all that would keep your Word from being enfleshed today.

RESPONSE:

With Mary, Mother of the Church, may our souls magnify you in all things. In these days of challenge, keep us faithful to you and to Christ your Son present in our sisters and brothers who hunger, suffer or are lost in despair. You are mighty and do great things for us by the working of your Holy Spirit. Keep us ever close to you and never let us be parted from you. Amen.

ACT

Depending on our local churches' reality, we cannot worship as we expect. We are "deprived" of what we take for granted. How does this compare to the losses so many others know?

What ointment can you bring to be the balm of another's struggle today?

Make a spiritual offering of whatever you experience today as a lack or barrier to your daily expectations.

Make an intentional outreach to someone who is not able to move or act freely. Provide practical help of food, clothing, or aid in some way.

Help your children to make a "spiritual bouquet" to send to a relative or friend who is sick, homebound or in some type of isolation or distress. This can be a card, letter, drawing or other expression of prayer and concern.

*HOLY
THURS
-DAY*



Holy Thursday

Today the Church marks several important aspects of our faith. The Holy Thursday Mass of the Lord's Supper celebrates Jesus giving the Eucharist to his disciples, which we call the Real Presence in the elements of consecrated bread and wine. The church also marks the institution of the sacramental priesthood, where those under Holy Orders renew their commitment to their respective order of deacon, priest or bishop. Traditionally there is also the Chrism Mass, though for pastoral reasons it may be moved to another day of Holy Week. In the Chrism Mass, the Bishop of a diocese, blesses and consecrates the Holy Oils used in baptism, confirmation, anointing of the sick and ordination.

Holy Thursday is also the beginning of the sacred Triduum, the three holiest days of the Christian calendar. The Triduum is one elongated liturgical celebration, with breaks built in. Our reflection and prayer during these may be longer than usual as we contemplate the unfolding of our salvation. Tonight marks the beginning of Jesus's passion and the way to Calvary.

GATHER

Light two candles, if you have them and adorn your table with white and gold cloths or ribbons. Place bread and wine or grapes on the table. Perhaps a small pitcher and bowl to evoke Jesus' washing of the disciples' feet, or an image of the Last Supper in any of its interpretations, may be placed there as well.

REFLECT

In your group or individually, read the Epistle from the Mass of the Lord's Supper

1 Corinthians 11:23-26

This is the most ancient written text of what Jesus did with his disciples at that Passover meal, which we call often refers to as the Last Supper. As a ceremonial meal, the Passover bound the Israelites to the living reality of God's intervention in their lives. As they marked their doorposts with the blood of the sacrificed lambs, they fell under the protection of God. The Angel of Death passed them by and thus God began their liberation from slavery in Egypt.

John 13:1-15

Read this narrative with pauses between the actions and the responses. If possible, have different people read sections if you are in a group or connected by social media.

In our Eucharist, we mark a new Passover in Jesus's self-offering. We name him the Lamb of God who takes away the sin of the world. In our freedom we are called to become more than we imagine we can be. When Jesus washed the feet of his disciples, which is at the core of the Last Supper in the gospel of John, recall that Peter tried to refuse. He could not imagine a servant leader, on his knees before the likes of them. Yet this is what Jesus calls all of us and each of us to. If we are fed by the Eucharist, we must wash the feet of others, even when we cannot imagine how our touching the life of another will add value or meaning to their lives or ours.

Today, many of us must fast from the Eucharist. We will not have our holiday meals as families. We will not celebrate the Mandatum in our churches. Yet Jesus is before us, on his knees to wash us again, in his love, by his word, in an inner Mandatum. He offers himself to us - Jesus says: "Take, eat, this is my Body, Take drink this is my Blood." Blessed and broken ourselves, we make a spiritual communion with him and with one another as the mystical Body of Christ. As in those days of old, so now in our midst is Jesus' self offering given to us again. As he has done, so too must we do.

PRAY

Psalm 116 (adapted)

LEADER: As disciples, gathered around the table of the Word this day, we are mindful that we have a share in the life saving blood of Jesus.

RESPONSE: Our blessing-cup is a communion with the Blood of Christ.

LEADER: How shall I make a return to the LORD for all the good God has done for me? The cup of salvation I will take up, and I will call upon the name of the LORD.

RESPONSE: Our blessing-cup is a communion with the Blood of Christ.

LEADER: Precious in the eyes of the LORD is the death of the faithful ones. I am your servant, the child of your handmaid; you have loosened my bonds.

RESPONSE: Our blessing-cup is a communion with the Blood of Christ.

LEADER: To you will I offer sacrifice of thanksgiving, and I will call upon the name of the LORD. My vows to the LORD I will repay in the presence of all the people.

RESPONSE: Our blessing-cup is a communion with the Blood of Christ.

Together the group is invited to pray the following:

ACT OF SPIRITUAL COMMUNION

by St. Alphonsus Liguori

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.

My Jesus, I believe that You are present in the Blessed 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.

ACT

If you are at home with family, consider making some unleavened but tasty bread:

INGREDIENTS

- 1 cup of flour
- ½ cup of Perrier or other sparkling water
- 1 tablespoon of light oil
- 1 tablespoon or two of honey

DIRECTIONS

1. Preheat oven to 425°F
2. Mix all ingredients thoroughly.
3. Make approximately 6 small 3” rounds
4. Bake for about 8-10 minutes

SECRET SERVICE

If you are in a household group, or via email if digitally connected, create slips of paper with a need each person has and place them in a container. The group then draws a need from the bin and tries to anonymously act to help or support the need by giving service during the Easter season.

COMMUNITY SERVICE

With Covid 19 many people are self-isolating for protection. By phone, check on a neighbor or elderly person who lives alone. Assist in getting groceries or helping with something in the person's home, respecting social distancing.

If your parish is still operating, see if there is a need with which you may assist for a fellow parishioner or with parish programs.

*GOOD
FRI-
DAY*



Good Friday

Today we enter the solemn time of Jesus' passion. We mark his abuse at the hands of the Romans, the abandonment by his disciples, his labored journey to Calvary and his death on the Cross. This is a day from which we abstain from frivolity, food, comforts of many kinds. Jesus, the Suffering Servant, makes his unfathomable sacrifice himself to the Father for us. This powerful image of the Suffering Servant links us to the servant leader who washed his disciples' feet the night before. He goes further, as we too are called to go further in love for God and one another. The Liturgy of the Church is in three parts: Liturgy of the Word, Veneration of the Cross and Holy Communion. We will mark these three elements in our prayer today.

GATHER

Additional time to mark the Passion of our Lord is between noon and three pm. If possible, you might begin at noon or at three pm to keep this tradition. In the liturgy the church is bare so too should our prayer table. No candles, no clothes, only a cross. The cross is our focus.

LEADER: We adore you O Christ and we praise you

RESPONSE: For by your holy cross you have redeemed the world.

LEADER: By the Passion of Christ your Son, our Lord, you abolished the death we inherited from ancient sin.

RESPONSE: May Jesus, the image and hope of our renewed creation sanctify having taken away the sins of the many.

REFLECT

Isaiah 52:13-53:12

We reflect on the beautiful reading from Isaiah that speaks of Jesus as the Suffering Servant.

Gospel of Mark 14:1 - 15:47

For an extended meditation on the Passion read the Passion

Both readings may be done in sections by different voices to add texture and participant involvement.

PRAY

Our prayer today is adapted from the prayers for Good Friday found in the Roman Missal third edition. The leader holds aloft the cross from the prayer table before the others. If you are alone, hold the cross in your hands as you meditate upon it.

Each person is invited to call to mind one burden in her or his life and bring that to the foot of the cross of Jesus today.

LEADER: Behold the wood of the Cross on which hung the savior of the world.

RESPONSE: Come let us adore.

LEADER: Holy is God.

RESPONSE: Holy and Mighty.

LEADER: Holy and immortal One.

RESPONSE: Have mercy on us.

LEADER: As we gather before your cross O Christ, we pray you will gather all who are scattered and keep together the family you have claimed for your own.

RESPONSE: Look kindly on the flock of your Son that all who are united in Baptism may live in integrity of faith united in all things by the bond of charity.

LEADER: We pray for those who do not know you or have doubtful faith in Jesus and in a providential God.

RESPONSE: May they come to the path of your truth and walk before you in sincerity of heart.

LEADER: May the mutual love demonstrated among your people draw them to Christ as you bring us more deeply into your divine heart.

RESPONSE: Amen

ACT

Today we abstain from meat, fast from regular eating, bringing us to be more mindful of those who suffer in so many ways. We join our sufferings and worries to those of Christ crucified and trust in him.

The current norms for fasting on Good Friday are: One meatless meal, and if necessary, two smaller meals may be consumed that combined equal less than a full meal. Liquids are allowed at any time, but no food should be eaten between meals. This applies to those from 18-59. The USCB provides this direction on exceptions: “Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.”

Additional fasting can include refraining from: tv, internet, music, movies.

If you are home with your family maybe set an hour of just quiet time together.

Take a nap and rest.

If you made bread on Holy Thursday, share it at your evening Good Friday dinner.

Write a note to someone who is suffering in some way and assure them of your prayer and care for them.

HOLY SATUR- DAY



HOLY WEEK AT HOME

Holy Saturday

There is no assigned liturgy in the Missal for the day of Holy Saturday. We are at the tomb, in the quiet of waiting. Our prayer and reflections are adapted from the Liturgy of the Hours for the Roman Rite for Holy Saturday. In our homes we ready ourselves for Easter. This Easter is different as we may be constrained from family gatherings or unable to travel. Many of our parishes are closed, some of our people are ill from Covid19. Today is one in which we should focus on gratitude: gratitude for the gift of faith; for rising to new life in Jesus; for the technology and electricity that allows us to connect remotely; those who work to restore and maintain public health and safety. Your table may be adorned with white cloth to remind us of Jesus' burial shroud. If you have an image or icon of Jesus being taken from the cross, or of his burial, place that on the table. A plain cross without a corpus may also be placed on the candle. We do not use a candle until Easter.

GATHER

Making the sign of the cross +

LEADER: Come let us worship Christ Jesus

RESPONSE: who for our sake suffered death and was buried.

ALL: All-powerful and ever-living God, your only Son, Jesus, went down among the dead and rose again in glory. In your goodness raise up your faithful people. Having been buried with Christ in baptism, may we be one with Christ in eternity where he lives and reigns with you in the communion of the Holy Spirit, one God now and forever. Amen.

REFLECT

Read Psalm 16, sharing the stanzas among your group if possible. If you are alone, read them deliberately and with a spirit of joy, mindful that our true happiness relies in God alone

After the Psalm read the following and share with one another what it speaks to you.

Excerpt from an ancient homily on Holy Saturday

“What is happening? Today there is a great silence over the earth, a great silence, and stillness, a great silence because the King sleeps; the earth was in terror and was still, because God slept in the flesh and raised up those who were sleeping from the ages. God has died in the flesh, and the underworld has trembled.

Truly he goes to seek out our first parents like lost sheep; he wishes to visit those who sit in darkness and in the shadow of death. He goes to free the prisoner Adam and his fellow-prisoner Eve from their pains, he who is God, and Adam’s son.

The Lord goes in to them holding his victorious weapon, his cross. When Adam, the first created man, sees him, he strikes his breast in terror and calls out to all: ‘My Lord be with you all.’ And Christ in reply says to Adam: ‘And with your spirit.’ And grasping his hand he raises him up, saying: ‘Awake, O sleeper, and arise from the dead, and Christ shall give you light. I am your God, who for your sake became your son, who for you and your descendants now speak and command with authority those in prison: Come forth, and those in darkness: Have light, and those who sleep: Rise.

‘I command you: Awake, sleeper, I have not made you to be held a prisoner in the underworld. Arise from the dead; I am the life of the dead. Arise, O man, work of my hands, arise, you who were fashioned in my image. Rise, let us go hence; for you in me and I in you, together we are one undivided person.’”

PRAY

Psalm 30 (NIV)

LEADER: I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

RESPONSE: I will exalt you, Lord.

LEADER: Lord my God, I called to you for help, and you healed me. You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.

RESPONSE: I will exalt you, Lord.

LEADER: Sing the praises of the Lord, you his faithful people; praise his holy name.

RESPONSE: I will exalt you, Lord.

LEADER: For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

RESPONSE: I will exalt you, Lord.

LEADER: To you, Lord, I called; to the Lord I cried for mercy: “What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?”

RESPONSE: I will exalt you, Lord.

LEADER: Hear, Lord, and be merciful to me; Lord, be my help. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.

RESPONSE: I will exalt you, Lord.

LEADER: That my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

RESPONSE: I will exalt you, Lord.

ALL: O Mary, you placed your Son into the tomb, holding in your heart the power of the Holy Spirit and the promise of eternity. As you waited upon the glory of God, so too do we. Help us this day to lay down our burdens into the tomb of Christ that, in this day of waiting, we may be refreshed and come to rise anew with Jesus as Easter dawns upon us. Amen.

ACT

No matter what our situations, today we ready ourselves for Easter. Take time to prepare food you love, that reflect the traditions you cherish, and that give you joy.

CREATE A BLESSING BASKET

Bread such as braided charka, representing the staff of life given by God or babka, a round cake of rich, eggy yeast dough with raisins that is reminiscent of the risen Lord.

Butter and cheese celebrate the end of Lent and the richness of our salvation. The butter is often shaped into a lamb, which is symbolic of the Paschal Lamb.

Boiled Eggs, colored or plain indicate hope, new life, and Christ rising from his tomb. Ham and other meats, symbolizes great joy and abundance in celebration of Christ's resurrection. Sausage links are symbolic of the chains of death that were broken when Jesus rose from the dead.

Horseradish is a reminder of the bitterness and harshness of the Passion of Jesus.

Salt is present to add zest to life and preserve us from corruption.

Sweets, of all kinds, suggest the sweetness of eternal life and a foretaste of God's goodness to us in the Resurrection.

Share a blessing basket with a shut in or neighbor who is alone or isolated because of Covid-19. Be sure to use gloves in preparing this.

BLESSING OF EASTER BASKET

Place a candle in or near your basket

LEADER: We praise you O God

RESPONSE: For all your works are wonderful.



BLESSING OF MEATS

O God, you commanded your people in their deliverance from Egypt to sacrifice a lamb as a type of our Lord Jesus Christ, bless and sanctify these meats prepared for your servants to strengthen us in mind and body as we continue on the pilgrimage of our Easter deliverance from sin and death.



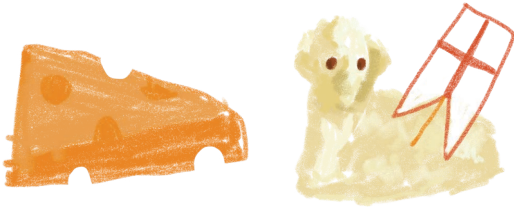
BLESSING OF EGGS

O Christ, our life and resurrection, bless these eggs a sign of the new life that sharing them with family, relatives and guests, we may also share the joy of each other as you gather us and are in our midst.



BLESSING OF BREAD

Bless this bread and baked goods, as once you sustained your pilgrim people on manna from heaven, so you feed and sustain us by the bread of the earth and by the Bread of Life, Jesus our Lord. May this bread be for all who eat of it a healthful food for body and soul, as well as a safeguard against every disease and all assaults of the enemy.



BLESSING OF BUTTER AND CHEESE

Bless and sanctify O Lord this cheese and butter. We pray that as your faithful people eat of it may we be filled with every heavenly blessing abound in good works, feed the hungry and in all things give you thanks.



BLESSING OF SALT

Almighty God, we ask you to bless this salt, as once you blessed the salt scattered over the water by the prophet Elisha. Wherever this salt is sprinkled, drive away the power of evil, and protect us always by the presence of your Holy Spirit.



BLESSING OF SWEETS

Bless these sweets and candies O Lord. they recall the sweetness of life in you. May we share that sweetness each day with our families and communities, especially those in greatest need

LEADER:

God of glory, the eyes of all turn to you as we celebrate Christ's victory over sin and death. Bless us and this food of our first Easter meal.

RESPONSE:

When we gather at our tables, may we be ever mindful of the eternal banquet in heaven.

*EAS-
TER
SUN-
DAY*



Easter Sunday

GATHER

We light one large candle, the Christ Light in our midst. The table may be festooned with flowers, a bowl of water recalling our common baptism, foods, white and gold cloths or whatever celebratory items who have that evoke the joy of the resurrection. Wear something that makes you feel special today, for you are uniquely special to Jesus!

As the Candle is Lit

LEADER: Christ yesterday and today.

RESPONSE: The Beginning and the End, the Alpha and the Omega.

LEADER: All time belongs to him.

RESPONSE: And all the ages.

LEADER: To Christ be glory and power.

RESPONSE: Through every age and forever. Amen.

REFLECT

Read the Resurrection story of the gospel of Luke 24:1-12. Imagine being Mary Magdalene, Joanna, or Mary the mother of James and finding the tomb empty.

PRAY

LEADER: Do you believe in God, the Father almighty, Creator of heaven and earth?

RESPONSE: I do.

LEADER: Do you believe in Jesus Christ, his only son, our lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

RESPONSE: I do.

LEADER: Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins the resurrection of the body, and life everlasting?

RESPONSE: I do.

LEADER: Lord our God, We have made the pilgrim journey of the passion of Your Son and have kept watch for his resurrection. We recall the wondrous work of our creation and the still greater work of our redemption.

ALL: Having been buried in baptism into the passion, death and resurrection of your Son, may our celebration of Easter keep us ever close to you, our source of life and hope, Father, Son and Holy Spirit, one God now and forever. Amen.

ACT

Do things today that are fun, give joy or connect you with those you love.

Call family and friends

If possible, take a walk respecting social distancing.

Sing or play songs that inspire you and lift up your spirit.

At your Easter meal, ask each person to give voice to one thing for which she or he is grateful.

Start a gratitude chain with family or friends where each day you text or email to the group your gratitude for that particular day. Do this through the season of Easter as we continue to make our way through the Covid 19 crisis.