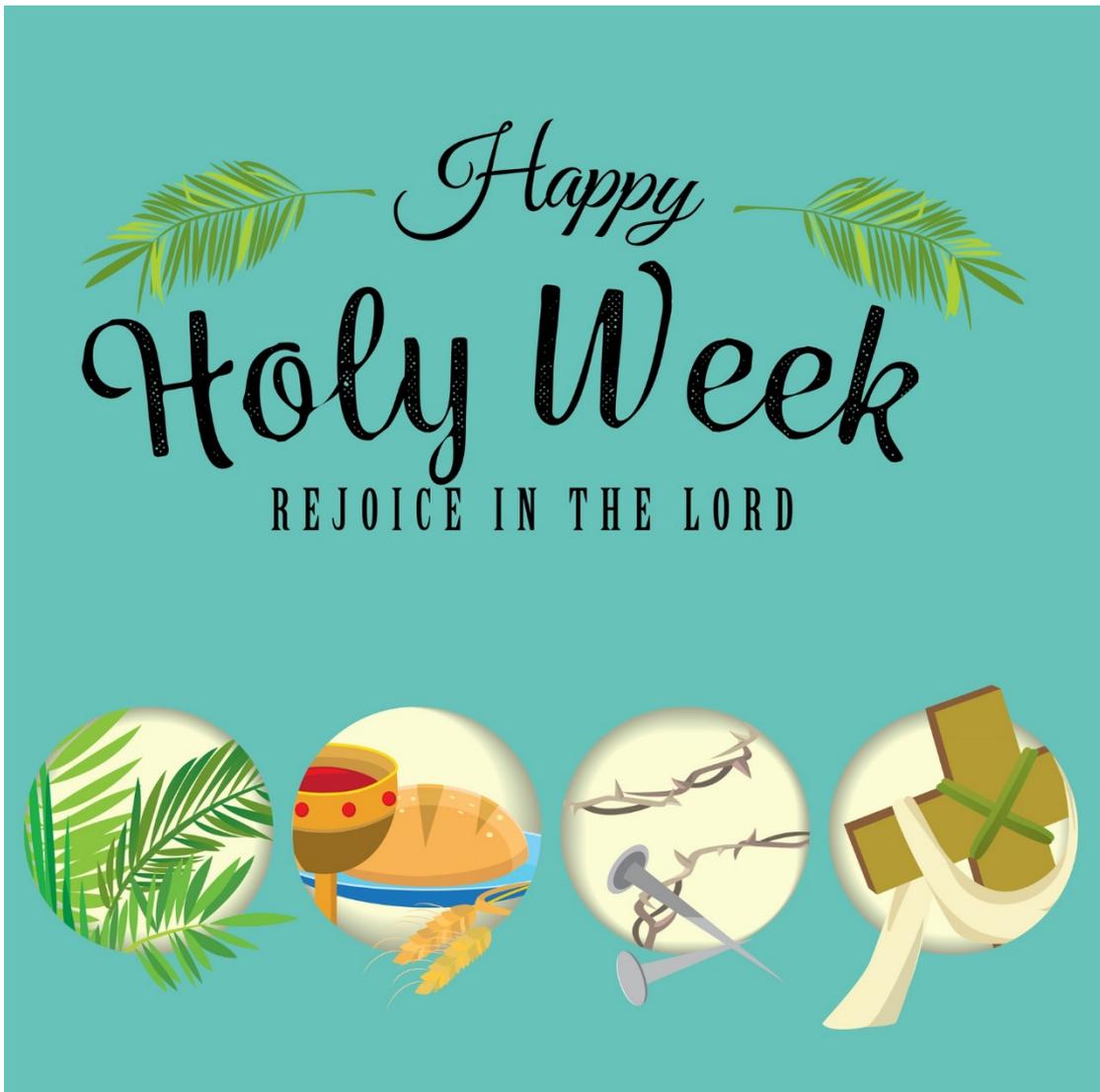


# HOLY WEEK 2020

*Resources to Help  
Keep this Week Holy at Home*



This Holy Week is like no other. We will not be going to our local church to get blessed palms, have our feet washed, kiss the cross or watch the new Easter candle being lit. This year we will have to find ways to make the week holy at home. We hope that these resources will help you and your child enter into this sacred and special time in a prayerful way.

## Make a Holy Week Prayer Space

Find a place in your home to make a Holy Week Prayer Space. You might like to put it on a windowsill where others can see it as they walk past. We will add something to the space on Palm Sunday, Holy Thursday, Good Friday, Holy Saturday and Easter Sunday. We can't go to the church this year to celebrate Holy Week with the rest of our community. But we can put things that will remind us of what we are celebrating in a place for everyone to see and remind them that even though we are apart we are still together in what we believe, how we pray and our love for one another. You might begin by placing a bible and a candle in the Prayer Space. We'd love to see pictures of your Prayer Space on social media as it grows during the week.



**PALM SUNDAY** is the beginning of Holy Week.

We remember that Jesus came to Jerusalem to celebrate the feast of Passover with his friends. He arrived into the city on a donkey and the people waved palms and shouted 'hosanna' as he passed by. This was their way of showing that they believed that Jesus was indeed the

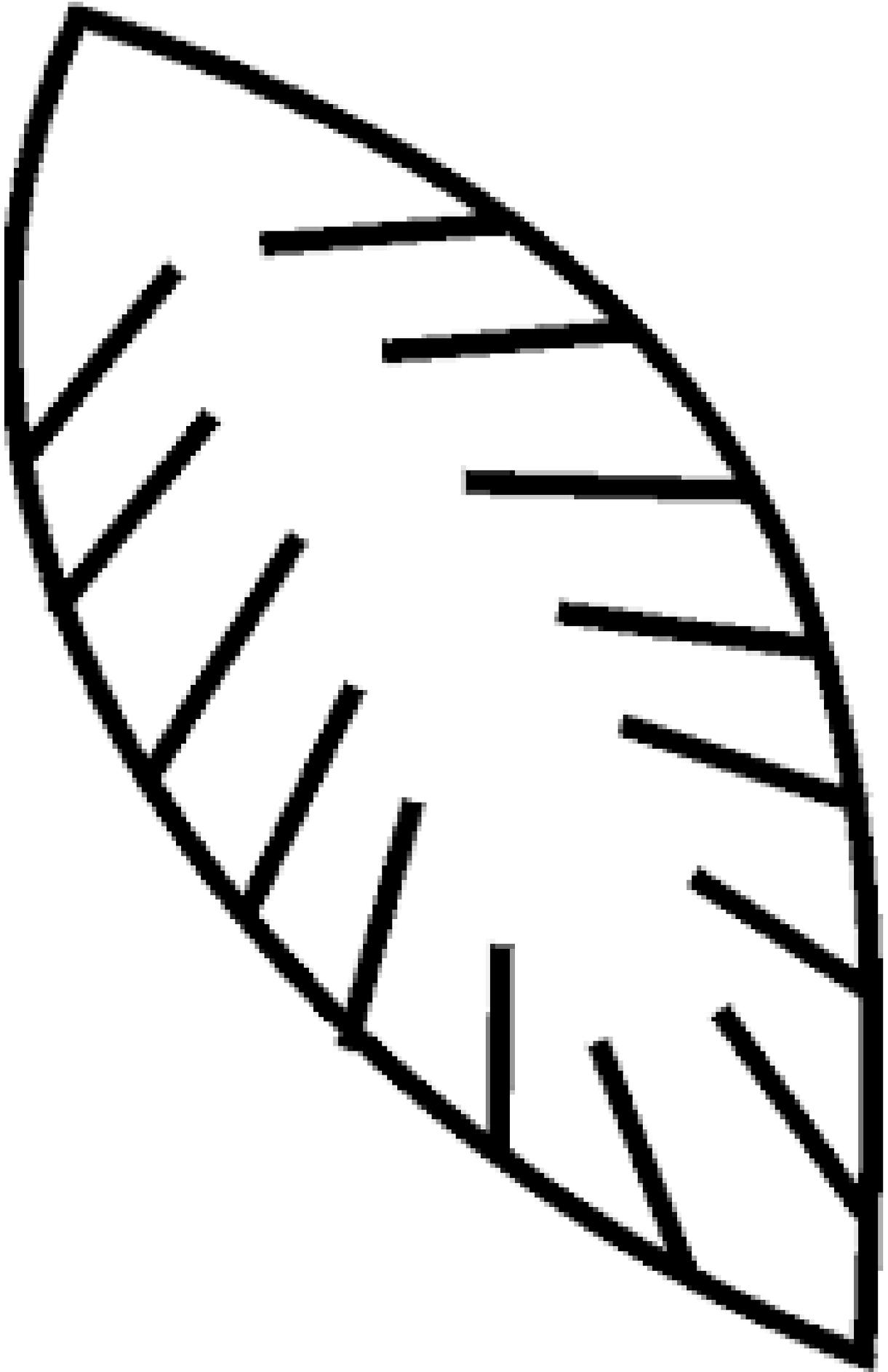
'Messiah,' the one sent by God to save them. On Palm Sunday the priest blesses palms at Mass, we bring them home with us and put them somewhere that we can see them during the coming year.

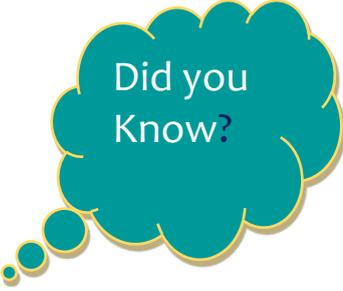
This year we won't be able to go to Mass and bring home the palms. So why not find a branch with green leaves when you go for a walk or in your garden? If you can't do this then colour and cut out the picture on the next page.

On Palm Sunday watch the story of how Jesus entered Jerusalem on a donkey on <https://www.youtube.com/watch?v=VIUkoYCi15w>



Pray together as you put the palm in your prayer space, in the window or on your front door '*blessed is the one who comes in the name of the Lord. Hosanna in the highest*'.





Did you  
Know?

### MONDAY OF HOLY WEEK THE CHRISM MASS

On Monday of Holy Week, Bishop Denis celebrates a very special Mass called the Chrism Mass. The Chrism Mass happens in every diocese sometime in the early days of Holy Week. This Mass is usually celebrated in the cathedral, the mother church of the diocese

and is always a very big event in the life of our diocesan family. The cathedral, in Carlow, is usually packed with people from every parish of the diocese. All of the priests are there too. During the Chrism Mass, Bishop Denis consecrates the Oil of Chrism and blesses the Oil of Catechumens and the Oil of the Sick. All of the oils are then brought back to the parish churches of the diocese. Chrism is a mixture of olive oil and balsam, a sweet-smelling perfume and it is used for the anointing at Baptisms, Confirmation and Holy Orders.

This year will be very different. Bishop Denis will still celebrate the Chrism Mass in the Cathedral of the Assumption, Carlow. There will only be a very small number of people in the cathedral with him. But you can join him in praying for the people of our diocese and watch as he blesses the holy oils for the coming year. You can watch on <https://www.facebook.com/KANDLEi/notifications/> or on iCatholic.ie, YouTube channel at 7:30p.m.

#### FOR YOU TO DO:

What is the name of your diocese? \_\_\_\_\_

What is the name of your bishop? \_\_\_\_\_

What is the name of the Cathedral in your diocese?

\_\_\_\_\_

When will the Chrism Mass be celebrated in your diocese this year?

\_\_\_\_\_

## THE TRIDUUM

The last three days of Holy Week are called the Triduum. The Easter Triduum is the most important celebration in the Church year. Triduum means '*three days*' and it begins on **Holy Thursday** with the Mass of the Lord's Supper.

## HOLY THURSDAY

On this day we remember a very special meal that Jesus shared with his friends. This meal is called The Last Supper because it is the last meal that he celebrated with his friends. The story that we hear on Holy Thursday reminds us of the two most important things that we are called to do as followers of Jesus; to come together to pray and share the bread and wine and to love one another as Jesus loved us. When Jesus washed the feet of his friends it was a big shock to his friends. They were used to having their feet washed because they travelled from place to place on foot and the paths were hot and dusty so that when they arrived at a house their feet were dirty and sore. The custom in Jesus' time was to have a servant who washed everyone's feet before they sat down to eat and sometimes the disciples took turns to wash each other's feet. Imagine their surprise when Jesus got up and began to wash their feet. They tried to stop him, but Jesus wanted to do this, to show them that if they wanted to be like him, they had to be prepared to be a servant, to show their love for one another not just talk about it.

When he had finished washing their feet, he took bread, broke it, gave thanks and shared it with his friends. He did the same with the cup of wine. Then he told his disciples to '*do this in memory of me.*' So, every time that we go to Mass, we are remembering what Jesus did at the Last Supper and we are doing what he asked us to do.

On Holy Thursday watch the story of how Jesus shared a last meal with his friends:

<https://www.youtube.com/watch?v=bv5ajWNrnt4>

<https://www.youtube.com/watch?v=SigoALSS1R8>



## HOW CAN WE CELEBRATE HOLY THURSDAY AT HOME THIS YEAR?

- Make bread together. Share the bread together when you sit down to eat. Pray the Grace before Meals before you eat.
- Think of the people that you love who you cannot see today. How could you show them how much you love them even though you cannot visit them?

## HOLY WEEK PRAYER SPACE

Place a bowl of water and a towel in your Prayer Space. Put your Trócaire Box in the space

### Pray together:

'Christ has no body now but yours.  
No hands, no feet on earth but yours.  
Yours are the eyes through which he looks  
compassion on this world.  
Yours are the feet with which he walks to do  
good.  
Yours are the hands through which he  
blesses all the world.' (St Teresa of Avila)



Can you think of three ways in which you could follow Jesus' example?



I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

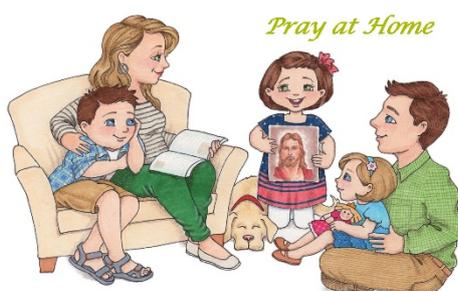
## GOOD FRIDAY

On Good Friday we remember that Jesus died on the cross. In church on Good Friday we listen to the story of Jesus' death and then we are invited to come and kiss the cross. On this day we celebrate Jesus' triumph over death and that is why we call the day 'Good.'

Today we won't be able to kiss the cross in church, but we can still take time to remember how Jesus died on the cross because he loved us so much.

## HOLY WEEK PRAYER SPACE

If you have a crucifix at home place it in your prayer space. You can make a cross or colour the one of the crosses on the next two pages. You might like to write the name/s of people that you want to pray for to the cross. Place the cross in the prayer space or hang it in the window.



As you place your cross in the Prayer Space pray:

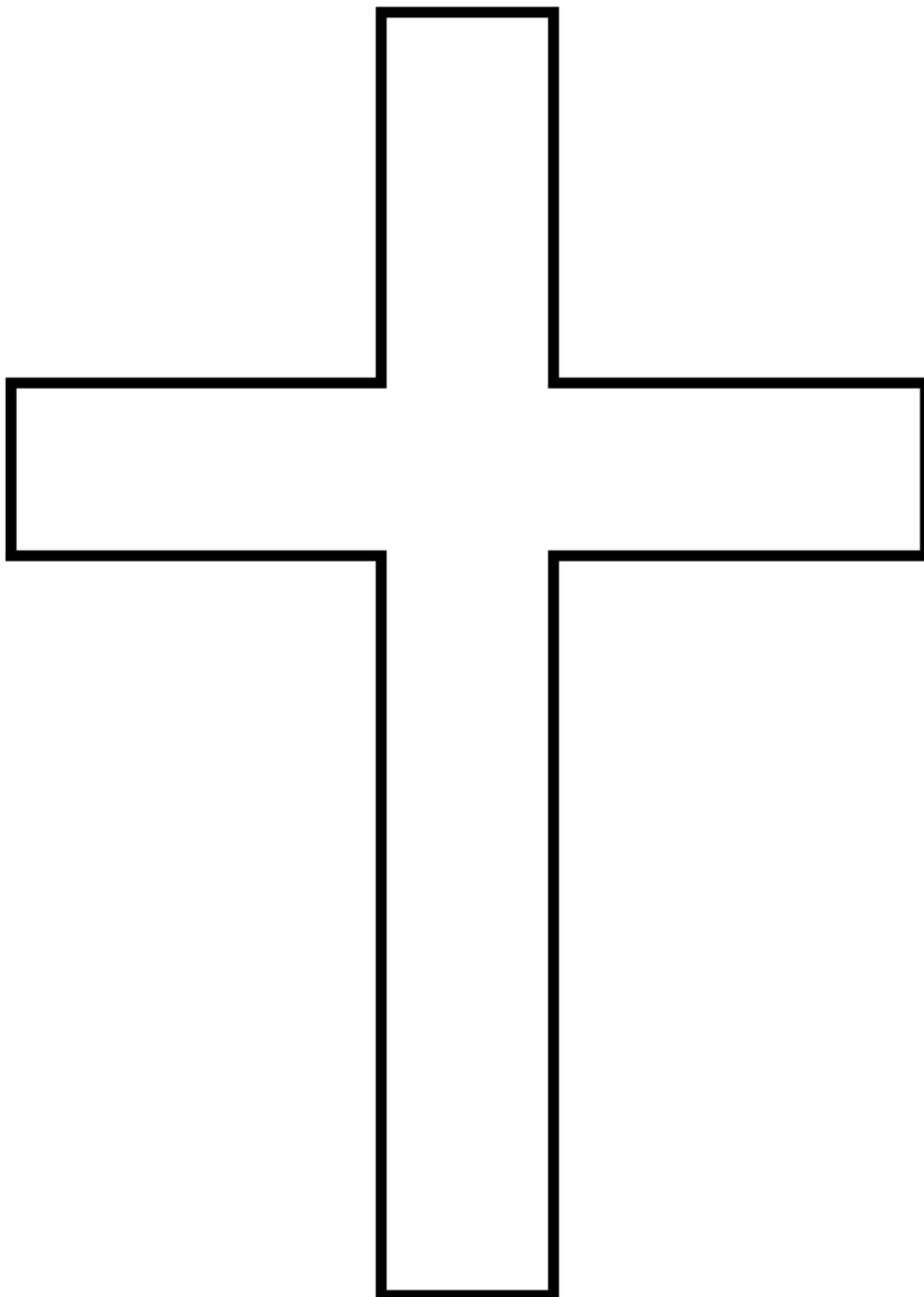
We adore you, O Christ and we praise you,  
because by your holy cross, you have  
redeemed the world

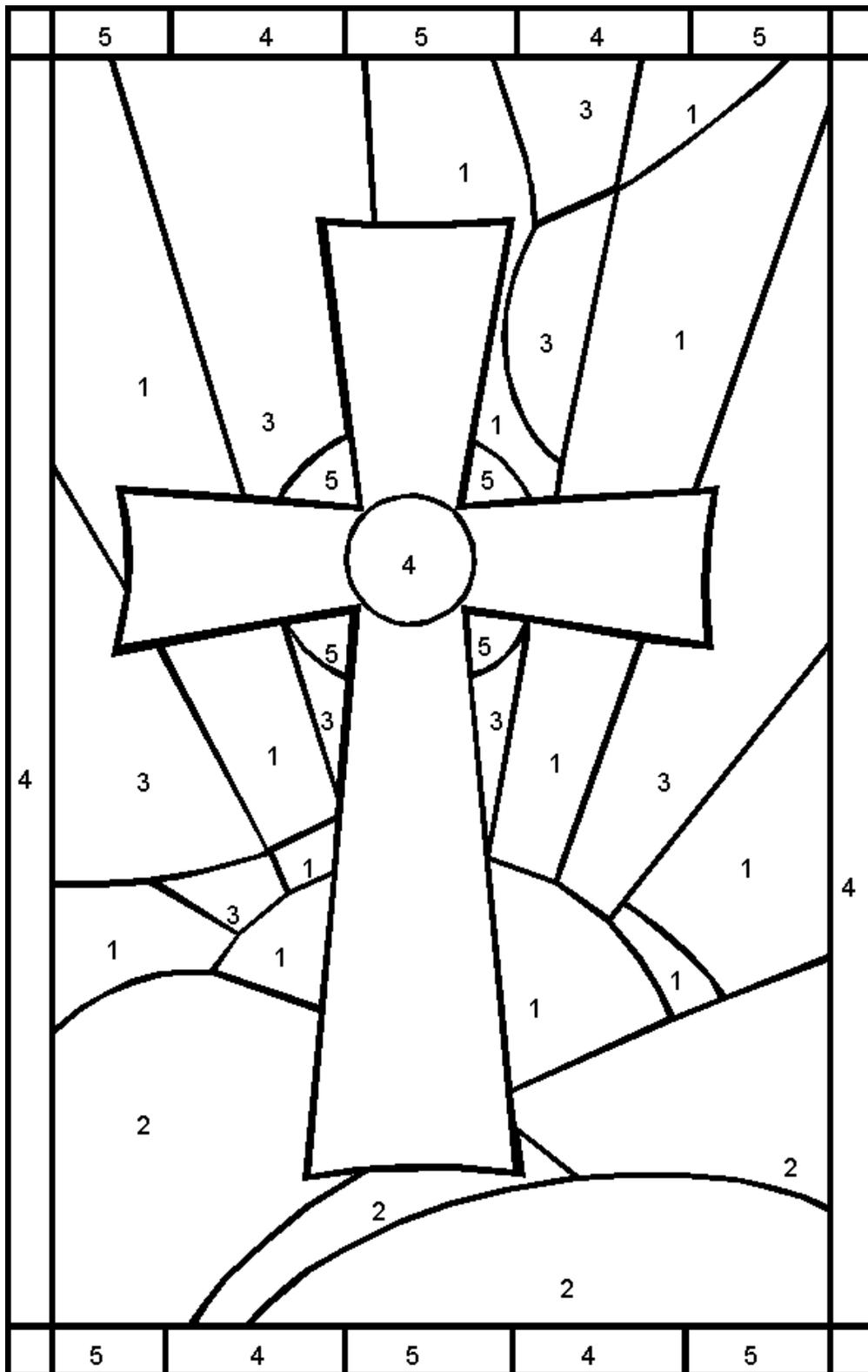
Glory be to the Father, and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and ever shall be, world without end.  
Amen

## STATIONS OF THE CROSS

One of the traditions of Holy Week for many families is to go to the church to pray the Stations of the Cross during the week or on Good Friday. To help you pray the Stations of the Cross at home this year we have put together a Slideshow/PowerPoint Presentation and a booklet which offers a simple reflection for each station to be prayed with your family. This is available on [kandle.ie](http://kandle.ie).

Don't forget that Good Friday is a day that we are asked to fast. What will you fast from today?





## HOLY SATURDAY



On **Holy Saturday night** we light the Paschal Fire and a new Paschal or Easter Candle, we listen to the story of our faith and we bless holy water.

This year the Paschal Fire won't be lit outside the church but, the Easter Candle will be lit and will burn brightly to remind us that Jesus is the light of the world, the light that overcomes the darkness.

The candle has the year, 2020, on it. It has two Greek letters the Alpha and the Omega, the first and last letters of the Greek alphabet, reminding us that Jesus is the beginning and the end. This candle will be lit throughout the Sundays of the Easter season until Pentecost Sunday. It is also lit during Baptisms. During funerals, the Paschal candle is lit and placed near the coffin as a sign of the hope of the resurrection into which the person was baptised.

## HOLY WEEK PRAYER SPACE

To remind us that the light of Christ always overcomes the darkness place a lighted candle in your window this Holy Saturday night. We may not be able to see the Easter Candle this year, but we can still share the light of Christ with our neighbours, our family and our friends. You might like to add the year, a cross and the alpha and omega signs to your candle.

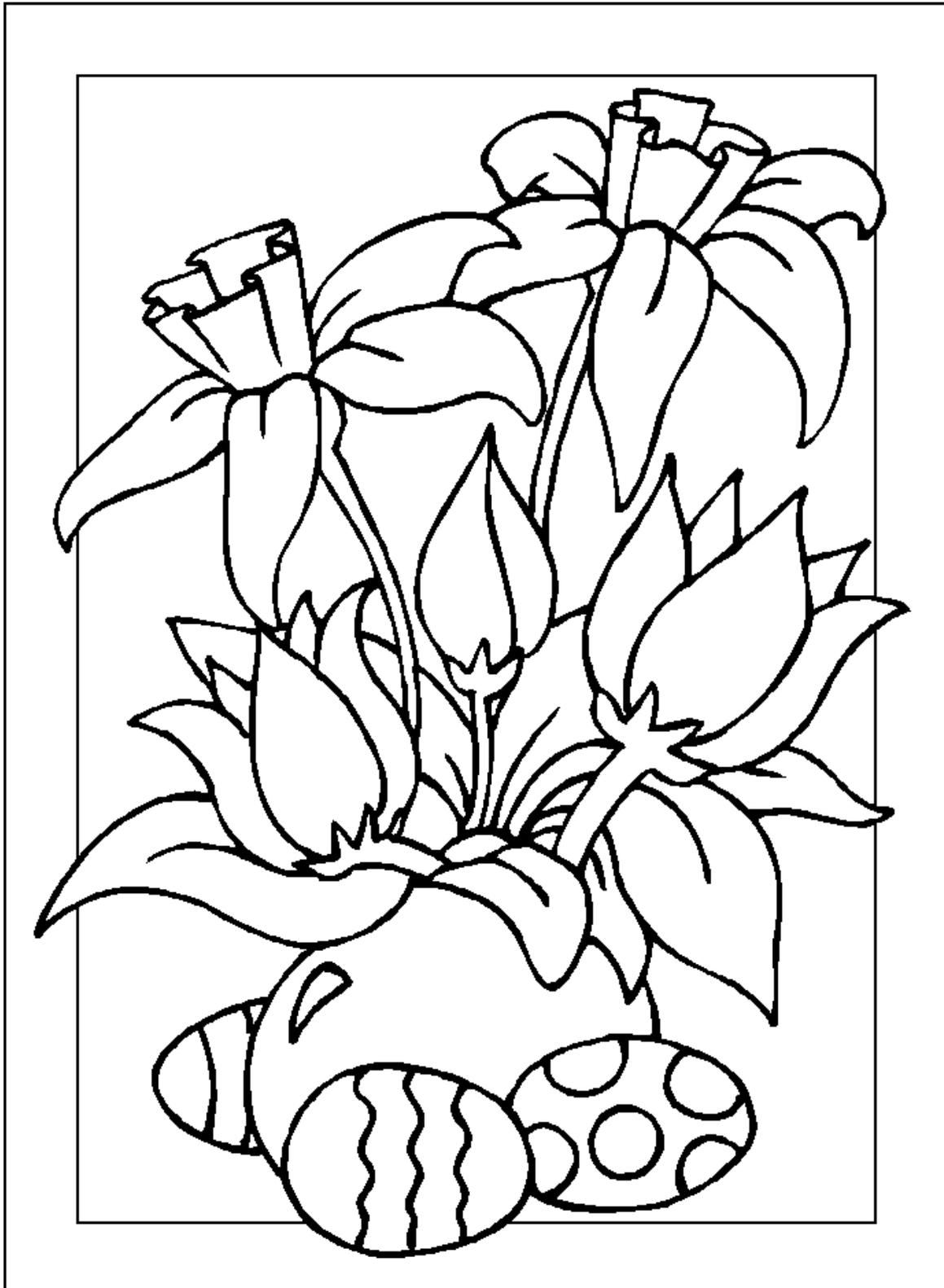
### As you light your candle pray

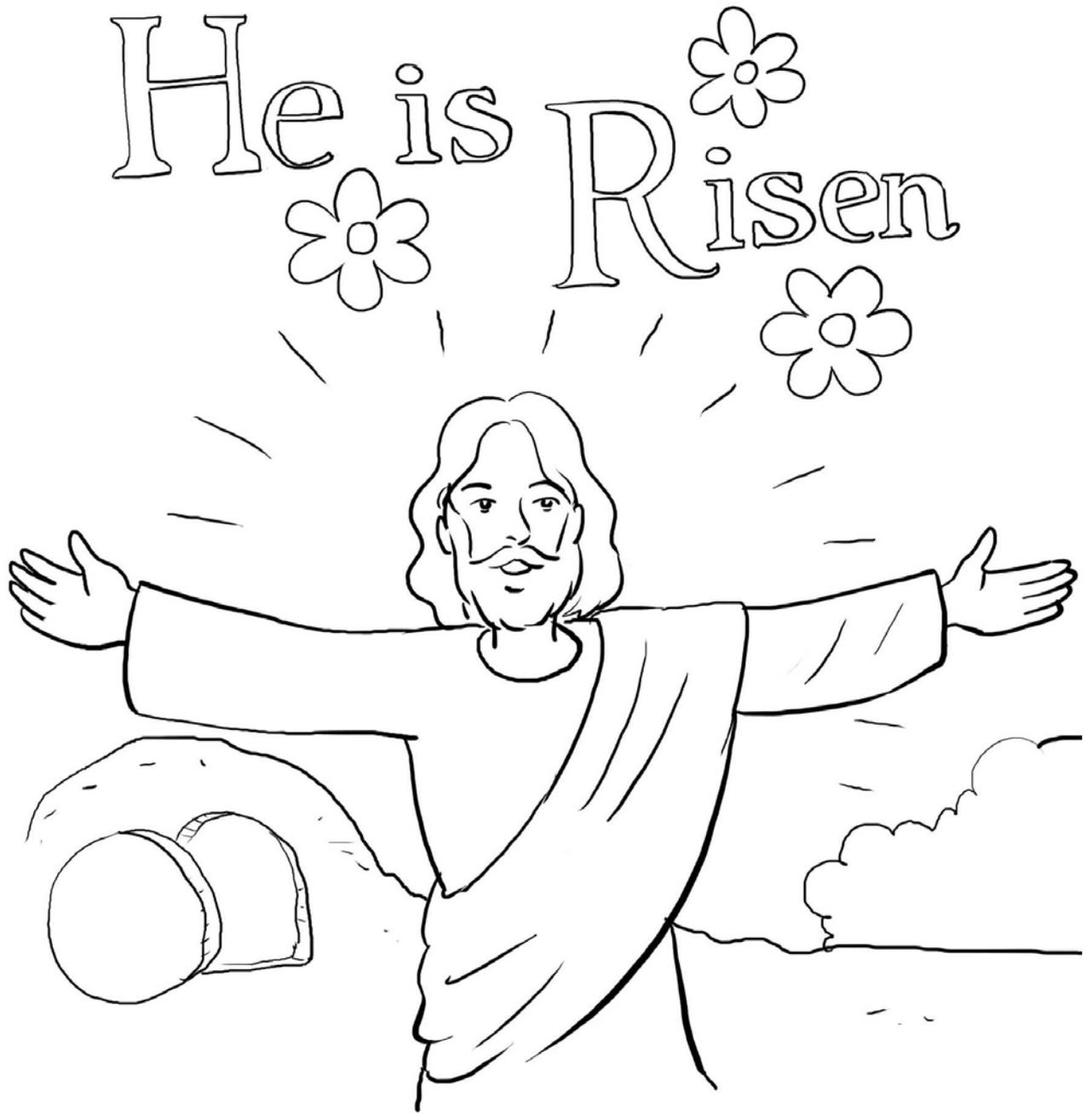
Christ be our light, shine in our hearts, shine  
through the darkness  
Christ be our light, shine in your church,  
gathered today



## EASTER SUNDAY

On Easter Sunday we celebrate the resurrection of Jesus. The Easter season continues until Pentecost Sunday.





ALLELUIA