

#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Easter Sunday

The Bible says that early on the first day of the week, the women went to the tomb to finish preparing Jesus' body for burial. When the women got to the tomb, they discovered that the tomb was empty! The large boulder that covered the entrance to the tomb had been rolled away and Jesus was gone. An angel appeared to the women and told them they need not be afraid. Jesus had risen! The women went back to the other disciples to tell them all they had seen.

Scripture: Luke 24:13-35

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "The Lord has risen indeed, and he has appeared to Simon!" Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Activity: Secret Message

Need: Paper, white crayons, watercolor.

Use the white crayon to draw and write secret pictures and messages that have to do with Easter Sunday. Hand the paper to another member of your family and have them paint the paper with watercolor to reveal the secrets underneath! Ideas include the words "He is risen," a hill with three crosses, an empty tomb, etc.

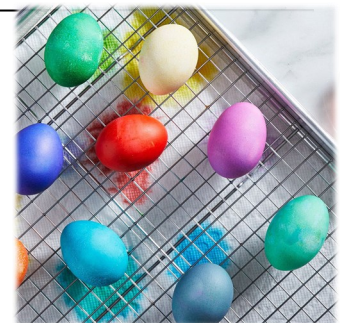
Prayer:

God of life, we have experienced many different emotions this past week and today we are jumping up and down in joyful exuberance. Jesus is alive! What a surprise to remember that in the midst of dark times, you surprise us with new life. Thank you! Thank you! Thank you! , AMEN.

Food Idea:

Enjoy the evening with whatever traditional meal your family makes for Easter dinner. If you don't have a tradition, put the eggs you just coloured to good use and make some egg salad!

Make Coloured Easter Eggs



Place a single layer of eggs in a saucepan. Add cold water to come at least 1 inch above the eggs. Cover and bring the water to a boil; turn off the heat. Let the eggs stand covered in the hot water for 15 minutes for large eggs, 12 minutes for medium, and 18 minutes for extra large.

Mix 1 teaspoon vinegar and 10 to 20 drops food color in a cup to achieve desired colors.

Repeat for each colour.

Dip hard-boiled eggs in dye for about 5 minutes. Use a slotted spoon, wire egg holder or tongs to add and remove eggs from dye.

A Prayer Ritual at Home

In the prayer space place pictures of people you care about. Gather with other members of your household, if you can. On a table or in a sacred space, safely place a lighted candle in the centre. You might include some of the following items on the table: an unlit individual (baptism) candle; any photos of family baptisms; a bowl of water and a green branch, a bible, open on John 20:1-9; your Easter egg, if it isn't eaten already! If there are flowers in the garden why not head out and pick some for the space before you start your prayer together.



United in Prayer
Together as a Church. Praying at Home

In the name of the Father and of the Son and of the Holy Spirit. Amen.

An Easter Litany

This is the day the Lord has made. R **Alleluia, alleluia!**

God's love has no end. R. **Alleluia, alleluia!**

God has raised us up. R. **Alleluia, alleluia!**

And given us the gift of new life. R. **Alleluia, alleluia!**

Reading

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb ... Till this moment they had failed to understand the teaching of Scripture, that he must raise from the dead. (From the Gospel of the day, full text John 20:1-9)

Reflection

In his Easter Sunday greeting in 2019, Pope Francis addressed these words to every Christian: 'Christ is alive! He is our hope, and in a wonderful way he brings youth to our world. Everything he touches becomes young, new, full of life ... Christ is alive and he wants you to be alive! He is in you, he is with you and he never abandons you.' On this Easter morning take a moment to recognise and appreciate all the signs of hope and new life around us: light ... water ... flowers ... eggs ... baptism memories and photos ... one another!

Ritual action

Light your candle from the main candle as a reminder of the light of Christ within you. Then take some time to enjoy the signs of life around you. This might include blessing yourself with the water/taking a flower and smelling it/taking a taste of your Easter egg/looking at your photos while remembering and sharing your memories of family baptisms, choosing names and godparents ...

Intercessions

On this Easter day, as we look upon our burning candle we take a moment to remember and pray for all those who need to hear the good news of resurrection this day, and for all those bringing life to others in so many ways in these very days. We pray for our needs and the needs of the world this day.

We remember in our prayer ... *(bring your intentions to God)*

Lord, who raises us up from our graves and calls us to new life, in your mercy. **Hear our prayer.**

Our Father ...

Prayer

Lord of all life, we have journeyed to Easter and in the most difficult of trials we proclaim still the joy of your resurrection, we embrace with gladness the new life to which you call each one of us.

Bless us, our families and all the world, with your constant presence that we may give you thanks every day and share the good news of our faith with all we meet. Through Christ our Lord. Amen.

Acclamation Christ is risen. Alleluia, alleluia!

Sign of the Cross...

To do

- Place a (baptism) candle and flowers on your dinner table;
- send a greeting in some way to your parents and godparents; say a prayer for your parents and godparents;
- watch a family movie; listen/play some music together; eat chocolate!!!