

#Holy week at Home

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



Good Friday

Good Friday is, by far, the most somber and arduous day of the Holy Week. On this day, our savior Jesus Christ was wrongfully accused in illegal trials and sentenced to death via crucifixion. He was nailed to a wooden cross and suffered for many hours before His death. Friday evening, Jesus is taken down from the cross and placed in a tomb.

Scripture: John 18:1-19:42

After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

Activity: Activity: Cross Art

Need: Paper, painter's tape, paint, paint brushes.

Place the painter's tape, in the shape of the cross, at the centre of the piece of paper. Then, pick out your favorite colours to paint with. Paint the entire piece of paper (including over the top of the tape) and wait for it to dry. When it has dried, carefully pull the painter's tape off to reveal a beautiful white cross among your artwork.

Prayer:

Be with us this day, O God, as we remember that Jesus died upon a cross many years ago. We are sad yet we know that you are with us no matter how we feel. Thank you that your love for us is stronger than death, AMEN.

Food Idea:

Make a rectangle pan of Rice Krispy Treats and empty it onto a cutting board. Cut the rectangle into a large cross and have fun decorating it with sprinkles and frosting before enjoying the delicious treat!

Rice Crispy Squares Recipe

45 grams butter
300 grams mini marshmallows
180 grams rice krispies
edible glitter or sprinkles (optional)



STEP 1 - Melt the butter in a large, heavy-based saucepan over a low heat.

STEP 2 - Add the marshmallows and cook gently until they are completely melted and blended, stirring constantly.

STEP 3 - Take the pan off the heat and immediately add the cereal, mixing lightly until well coated

STEP 4 - Press the mixture into a greased 32cm x 23cm tin / 13 x 9 inch pan; you may have to put on vinyl CSI gloves and press it down into the corners, as it will be very sticky. Flatten the top and then scatter over the edible glitter or sprinkles, if so inclined.

STEP 5 - Let the marshmallow crispy squares cool completely in the tin and then cut them into .

A Prayer Ritual at Home

Gather with other members of your household, if you can. Place a cross on a table or in a sacred space, if you have one in the home, together with an unlit candle. If you don't have a cross, you may be able to make a simple cross with something from the garden. Include a bible, if you have one, opened on John 18:1-19: 42. (You may wish to use a children's bible if young children are present)

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

Opening Prayer

God of all life, we turn to you in prayer on this Good Friday, bringing the sickness and pain of our lives and of our world to the foot of the cross. On this day may your cross stand as a sign of hope for us in the midst of our time of trial, bringing courage and peace to each of our hearts. Through Christ our Lord. Amen.

Reading

Then they took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle... At the place where he had been crucified there was a garden, and in the garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there. (From the Gospel of the day – see John 18:1-19:42 for full text)

Reflection

Jesus has taken on our suffering and born our pain on the cross. Even in this time of great trial and suffering across the world, we can trust in the Lord who embraces us with his saving love. As Pope Francis reminded us during his special blessing on 27 March, 'The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved. We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love'.

Ritual action

Each person in the household is invited to take up the cross in turn. As you look upon the cross, welcome into your heart the truth that by his cross, we have been saved, we have been redeemed, we have a hope. In quiet prayer, bring to God what needs healing in your life. When you are ready, conclude with the acclamation 'We adore your cross, O Lord. Have mercy on us' before passing the cross to another.

Intercessions *Light the candle.*

As we light this candle we take a moment to remember and pray for all who are suffering and enduring the hardships of this present time. As people of hope, we place their pain at the Cross, confident of God's comforting and healing embrace. We pray for our needs and the needs of the world this day. We remember in our prayer ... *(Bring your intentions to God)* Lord, in your mercy. Hear our prayer.

Our Father ...

Prayer

God of our hope, source of our consolation, we embrace your cross and recognise you as our courage and strength. Take root in our hearts as we make our journey through Holy Week that we may hold firm onto your love that saves us. Through Christ our Lord. Amen.

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross ...

To do

- Take a quiet moment today in the garden or by a window and look out at the trees, thinking about what Jesus' sacrifice of love on the cross means for you.
- If there is someone to whom you need to say sorry, do so today by whatever means you have, in person, phone, text...

United in Prayer
Together as a Church. Praying at Home