

# #Holy week at Home

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



## Holy Saturday

*This day in the Holy Week is the day Jesus lay in the tomb. While many of his disciples had fled the scene, some of the women who followed Jesus stayed behind. They buried Jesus in a borrowed tomb on Friday before the Sabbath began. The tomb was then sealed tightly and guarded by Roman soldiers. On Saturday we remember how Jesus' disciples must have felt, thinking that everything was over, knowing that Jesus was dead.*

### Scripture: Mark 16:1-7

*But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"*

### Activity: Moment of Silence

#### Need: Just yourself.

Take a moment out of your day as an individual or as a family and just be silent. Use this time to reflect on what happened to Jesus and the miracle that is to come. You can also use this time to pray if you'd like.

### Prayer:

We rest in your love, O God as we keep silence this day. We wait for the coming of the dawn of Easter light. Be with us in our wait, AMEN.

### Food Idea:

We're quietest when we sleep so let's make food that makes us sleepy. Turkey has a naturally occurring amino acid that blocks proteins. Normally after consuming it, we become very sleepy. Make your families own favourite turkey dish and get some rest!

## Oven Fried Turkey Cutlets With Parmesan Cheese Recipe



4 (1/2 to 1-inch) turkey cutlets  
salt to taste  
Freshly ground black pepper to taste  
1 cup panko bread crumbs  
1/2 cup Parmesan cheese (shredded)  
2 large eggs  
2 tablespoons spicy mustard  
Dash hot sauce

**STEP 1** - Gather the ingredients and preheat oven to 425 F.

**STEP 2** - Grease a large, shallow baking pan or line it with parchment paper or nonstick foil.

**STEP 3** - Pat the turkey cutlets with paper towels to dry and then sprinkle with salt and pepper.

**STEP 4** - In a bowl, beat the eggs with the spicy mustard and a dash of hot sauce; set aside.

**STEP 5** - In another bowl, combine the panko crumbs and cheese.

**STEP 6** - Dip turkey cutlets in the egg mixture, coating well, then coat with the crumb mixture. Arrange in the foil-lined baking pan.

**STEP 7** - Cook for 12 to 20 minutes or until cooked through, depending on thickness.

**STEP 7** - Serve and enjoy!

## An Evening Prayer Ritual at Home

*Gather with other members of your household, if you can. Prepare a table or a sacred space, with an unlit candle in the centre with an individual candle beside it for each person who has gathered. People might like to use their own baptism candle if they have it. Include a bible, if you have one, open on Genesis 1, as well as a jug of water, a small branch of greenery and an empty bowl.*

**Lighting of the Candle** - *At the beginning of this prayer ritual, people may wish, if they can, to go out to their garden and into the darkness of the night. One person lights the main candle and says the following:* May the light of Christ rising in glory dispel the darkness of our hearts and minds, and bring us hope, peace and newness of life. *Then lighting each household member's candle in turn, says:* **The light of Christ with the response as each candle is lit: Thanks be to God.**

**Quiet reflection** - Take a moment to look upon the flame of your candle and consider what it means for you to welcome Christ as the light of your life on this night.

**Opening Prayer** - On this blessed night we give you thanks, Lord God, that your light has come into our world to overcome the darkness. May its flame burn ever bright in our hearts that we may be filled everyday with the joy of our Easter faith. Through Christ our Lord. Amen. *The lit candles can now be placed beside the bible.*

**Reading** - *Before the Gospel reading is proclaimed welcome it once more with a familiar sung Alleluia.*

A reading from the holy Gospel according to **Mark 16:1-7**

*When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"* The Gospel of the Lord. **Thanks be to God**

**Reflection** - 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. His not here, for he has risen, as he said he would.' These words bring us to the deepest truth of our faith. In Jesus' passage from death to life, we are redeemed, we are saved, we are given the promise of fullness of life in God. Through our baptism and our belief in the resurrection, our fears, our doubts, our lives are transformed. Easter faith invites us to welcome the gift of this transformation into the core of our being. On this night we can begin again. Yet we can only do this by welcoming the risen Lord, Christ who is our guiding light, into our lives. As Pope Francis reminds us 'We are not self-sufficient; by ourselves we flounder: we need the Lord, like ancient navigators needed the stars'. (Words from special blessing on 27 March) On this night we proclaim Christ as our morning star who never sets, our light and our way who guides us along the true path.

**Ritual Action - A remembrance of baptism** - On this night we remember the gift of our baptism in which we come to share in Christ's journey from death to new life. Through the words of Pope Francis may we begin to touch the depth of the meaning of baptism in our lives. *Some water is poured from the jug into the bowl each time a quote from Pope Francis has been shared:*

- Baptism is the best gift we have received. Through it we belong to God and we possess the joy of salvation. *As water is poured we respond: Blessed be God for ever.*
- We are called to live our baptism every day, as new creatures, clothed in Christ. *As water is poured we respond: Blessed be God for ever.*
- With the grace of baptism and eucharistic communion, I can become an instrument of God's mercy, of that beautiful mercy of God. *As water is poured we respond: Blessed be God for ever.*
- All of the baptised must announce Jesus with our life, with our witness, and with our words. *As water is poured we respond: Blessed be God for ever.*
- In the end, every Christian man and woman, by virtue of baptism has received a mission.

Each one of us has to respond, as best we can, to the Lord's call to build up his Body, the Church. *As water is poured we respond: Blessed be God for ever.*

*Each person is invited to take the bowl of water and make a sign of the cross upon themselves with the water or, if more appropriate or safer to do so using a small branch of greenery, those gathered can be sprinkled with water.*

**Intercessions** - We take a moment to unite in prayer with the Church across the world on this night, remembering especially those preparing for Easter baptism who must wait a while longer this year. 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 ...**

**Final acclamation** - Together we acclaim: Jesus Christ is risen. Alleluia, alleluia! **Sign of the Cross ...**

**Light in the window** - *At the end of this prayer take your main candle and place it safely in the window of your home as a beacon of Easter hope to the world.*

**To do**

- Set aside 20 minutes to declutter some space and do a mini spring clean – it might be that sock drawer or kitchen drawer you keeping meaning to do; listen to some reflective music; do some family baking to