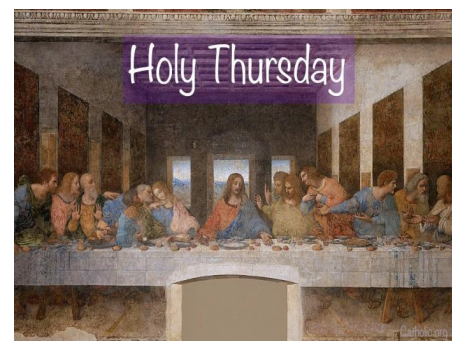


#Holy week at Home

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



Holy Thursday

On this Holy Thursday, Jesus and his disciples sat down together to celebrate the Passover. This was a special meal meant to remind everyone of how God saved the Israelites and brought them out of Egypt. Before they ate the meal, Jesus knelt down and washed his disciples' feet. This was something that a servant would normally do and the disciples were shocked! But Jesus told them that they were to love one another like this, by serving one another. We call this day "Maundy" Thursday because "Maundy" means "mandate" – Jesus commanded his disciples to love one another the way Jesus loved them. At the end of the meal, frequently called "The Last Supper", Jesus took bread and wine, which was tradition at the end of a Jewish meal, and he blessed them and told his followers to remember him whenever they gathered together. Later that Thursday night, Jesus is betrayed by Judas and taken to the house of one of the high priests where they begin to make a case against Him to use in a trial.

Scripture: John 13:1-15

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord-and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.

Activity: Activity: Cup Decorating

Need: Paper cup, stickers, markers, glitter, etc.

Decorate your paper cup any way you'd like so you can use it with your "last supper" meal.

Prayer:

God of mercy, as we prepare this meal, we remember how Jesus told us to remember him whenever we break bread and share a cup with one another. We thank you for Jesus and for his love for us and we remember his teaching us to love one another, AMEN.

Food Idea:

Mimic a last supper meal with your own family. Choose a family favorite meal and use this time to talk about what feelings Jesus might have been experiencing at His own supper. Then, use the unleavened bread (or crackers) and wine (you can also use grape juice) to recreate communion. There are lots of easy unleavened bread recipes online so encourage your kids to help bake as well!

Unleavened Bread Recipe

2 cups + 2 TBSP flour
1 cup of cold water
1/2 tsp salt



STEP 1 - Combine the salt and flour together in a large bowl. Stir in the water until the dough comes together. Knead for 5 minutes.

STEP 2 - Pre-heat pan over medium-low heat.

STEP 3 - Pinch off 7 pieces of dough and form into balls. Roll out each piece on a lightly floured surface (approx 6-7-inch ovals).

STEP 4 - Cook on a hot pan for 2 minutes on each side. Serve or store covered.

A Prayer Ritual at Home

Gather with other members of your household, if you can. Place a jug of warm water, a bowl and a towel on your kitchen table or in your sacred space, if you have one. Beside it place an unlit candle. Include a bible, if you have one, opened on John 13:1-15.



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.

Opening Prayer

Loving God, in the gift of your Eucharist you have shown the depth of your love for us. In the washing of feet, you call us to share this love in our service of others. Help us to welcome your saving presence into our lives. Grant us the courage to bring your love to those with whom we share our lives and to all those in need. Through Christ our Lord. Amen.

Reading

Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it around his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. ..'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.' *(From the Gospel of the day – see John 13:1-15 for full text)*

Reflection

'I have given you an example so that you may do what I have done for you'. The love of Jesus is being poured out into our world in so many extraordinary ways in these days. This love demonstrates to us that we are not isolated individuals, even if we are in isolation from one another. Divine love unites each one of us. Pope Francis, during the special blessing he gave on March 27th, spoke of how 'our lives are woven together and sustained by ordinary, often forgotten people; doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women and so many others who have understood that no one reaches salvation by themselves.' Today the washing of feet goes on, the love of God endures. Take a moment to reflect on the many ways you witness and give witness to 'the washing of feet' in your life.

Ritual Action

While particular safety advice may mean this is not possible, if it is possible and a number of the household are present, people are invited to follow the example of Jesus and to take it in turn to wash and dry the feet of another. As those gathered do so, be aware of how it feels personally to both receive and do this sacred action. If praying by yourself, or if unable to have your foot washed, at this time pour the water into the bowl and unfold the towel at this time.

Intercessions *Light the candle.*

As we light this candle we take a moment to remember and pray for all those many people who are living the example of Jesus in these very days. *(Pause)* 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 mercy and compassion, may we be sustained by your abiding presence with us as we continue our journey through Holy Week. May the example of your son call us to the service of others, knowing that we have the strength to do your will through the gift and nourishment of your Eucharist. 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

- Try to make a special effort to share a family meal today or if you are not with family to give them a call.
- Say a grace before and after your meal. Share a favourite recipe on social media or elsewhere.
- Remind yourself of this year's Trócaire Lenten campaign (see trocaire.org and your Trócaire box) and think about how you can support their work.