



AN EXPERIENCE OF HOLY WEEK AND EASTER AT HOME

Introduction:

Lent 2020 has been like no other. Our social responsibility to protect the vulnerable from the Covid-19 pandemic means that we must avoid the very buildings in which we traditionally gather to celebrate our Holy Week Liturgies. Through our Easter celebrations we recall the heart of our faith - the passion, death and resurrection of Jesus Christ.

These Liturgies are full of symbol and ritual which engage all our senses: from darkness and emptiness; to meals of bread and wine; to flame, and abundant light and water.

Whilst we will likely engage with these Liturgies through livestreaming on our screens, how can we enter into the events of Holy Week in a way that can meaningfully engage our senses at home?

This resource offers suggestions to extend the Holy Week and Easter Liturgies into our homes. You are invited to take up a number of these suggestions, some of which may become family traditions in the years ahead. Please adapt and shape according to your family's circumstances. Further resources are also available at www.bbcatholic.org.au

Though we are apart, we are not alone. We are disciples of Jesus, and together we are the Body of Christ. Together, we enter into the holiest time of the year in remembrance of the one who gave His life so that we may live.

As you adopt the activities in this resource, join our Diocesan family of faith in sharing photos each day of your Holy Week and Easter actions. See below for more details.

God bless you and your loved ones as you make present in your homes the graces offered at the first Easter for us all.

LIVE STREAMED LITURGIES

Cathedral Liturgies

The Triduum Liturgies will be celebrated by Bishop Anthony Randazzo and live streamed from Hornsby Cathedral Parish.

Access the website at <https://www.bbcatholic.org.au/hornsby>

Holy Thursday	7:30pm
Good Friday	Stations of the Cross 10:00am
	Passion of our Lord 3:00pm
Easter Vigil	7:00pm

Other Parish Liturgies

Please check www.bbcatholic.org.au for other parish live streaming links.



Catholic Youth Broken Bay CYBB Stations of the Cross

10:00am - An innovative Stations of the Cross prepared by the CYBB Youth Team
<https://www.youtube.com/user/youthinbrokenbay>

On Television

The Seven Network will broadcast The Lord's Passion at 3pm on Good Friday and Easter Sunday Mass from 10.30am across the country on Channel 7 and on Prime 7 in regional areas, and live streamed on 7plus.

HOLY THURSDAY

Remembering with Bread, Wine, and Washing of Feet

Thursday - ACTION FOR TODAY- SHARE A MEAL

Share a meal with your family. Gathered together at the table, give thanks in prayer remembering the meal that Jesus shared with his friends. Enjoy the meal and each other's company.

Share a photo of your family's meal on social media using #BBEaster

"We remember"

On Holy Thursday we remember the Last Supper, when Jesus inaugurated the Eucharist. Using the symbols of offering up bread and wine, he showed us how he was going to offer himself up. His own body and blood would become the offering, given for his disciples and for us.

This then became his disciples' way of remembering him, through a meal. In our Eucharistic meal, the bread becomes his Body; the wine we share becomes his blood. He is present to us in a particular way that is tangible and particularly intimate – an amazing gift to nurture and sustain the community of faith.

At the Last Supper, Jesus also washed his disciples' feet as a sign of how they should continue to treat each other, in humility, service and great love. This action has also become part of our Holy Thursday Last Supper Mass.

We recall that the Jewish Passover meal is celebrated within the family, and Jesus also celebrated the Passover with those closest to him, in a home. We think also of the Early Church, who gathered and celebrated their faith in Jesus Christ in people's homes, around a meal.

Eucharist means 'thanksgiving' so let's be grateful and give thanks for the wonderful presence of Jesus with us. Though we may not be able to receive him in Holy Communion, Jesus is close to us, his friends, who gather in remembrance today. When the bread and wine is transformed into the Body of Christ, this same transformation takes place in the people. We become more closely configured to what we are meant to be – the Body of Christ.



Spiritual Communion Prayer

When watching the Liturgy online, pray this prayer sincerely to express your desire to be closely united to Jesus.

**My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart. I embrace You as if You were already there and
unite myself wholly to You. Never permit me to be separated from You.
Amen.**

Remembering the Last Supper at your Meal

On the evening of Holy Thursday, at your family meal, remember Jesus in the Last Supper.

Begin with a thanksgiving prayer:

Gracious and loving God, source of all goodness,
we give thanks this evening for all the blessings you have given us:
for the faith that sustains us at all times and gives us hope;
for our loved ones, both family and friends gathered here, and those who are
far from us at this time;
for our home, our health, and our food, which we will enjoy together this day.
We are grateful and we give thanks,
Amen.

Enjoy your meal together.

Conclude with a prayer:

Gracious and loving God, source of all goodness,
as we remember our Lord Jesus Christ tonight,
we give thanks for Jesus' sacrifice on the Cross, and for his gift of himself in the Eucharist
so that the grace of the victory won on the Cross can continue to nourish us and unite us
with him. Increase in us the desire for this most amazing gift.
Jesus, we renew our friendship with you, and pray for new insights as we journey through
the days of Holy Week and Easter.
We look forward with great expectation to when we can next share in the Eucharistic meal
with our family of faith.
Amen.

Sing: *Remembrance by Matt Maher* <https://www.youtube.com/watch?v=3rzGiE2cxek>

Washing of the Feet Ritual

Consider washing each other's feet in your family. To make this a meaningful and prayerful ritual, prepare by reading the Scriptures.

- **Sit in a circle, with a bowl of water and wash towel in the centre**
- **Read the passage from the Bible together John 13: 2b-15**
- **Discuss the meaning of Jesus' actions**

- Why do you think Jesus washed the feet of his disciples?
- What is his message for us, his disciples, today?
- Reflect on our Christian call to serve one another; and on our Baptism and the washing of sins that gives us a share in Jesus' life
- Take turns in washing and drying the feet of the person next to you around the circle.



- Conclude with a prayer:

Jesus, you showed us that service to each other is at the heart of what it means to be your disciple. Increase in us a desire to live more for others, rather than just for our selves.
Help us to respond to opportunities to serve with a kind and generous heart.
Amen.

An Empty Space in Your Home

After the Mass of the Lord's Supper on Holy Thursday, the Blessed Sacrament is removed from the worship space and placed on an altar of repose. Then all items and decorations on the altar and sanctuary are removed, leaving the space bare ("stripping of the Altar"). Statues and crosses are covered, and in the past, the altar was washed with wine and water.

We recall that, after the Last Supper, Jesus went to the garden of Gethsemane to pray. There he was arrested, stripped of his garments, and abandoned by his friends. We also recall that the celebration of the Mass will now be suspended until the Easter Vigil Mass. This emptiness, keenly felt in particular on entering the church on Good Friday and seeing the tabernacle open and empty and the sanctuary lamp extinguished, is one of the rich symbols the church gives us to help us enter into the barrenness of the day in which we remember Jesus' death.

To enter into a sense of emptiness in your home

- put away all sacred objects around the house
- cover larger pictures or objects with cloths
- clear a table in your home completely, and place a single crucifix or cross on this table as a prayer focus going into Good Friday

Ensure that you have a **Bible** in a prominent place in your home too, for easy reference during the celebrations of this week.

Spend Some Time in Prayer

When the Blessed Sacrament is placed on the altar of repose, people are invited to spend some time in prayer. This echoes the request of Jesus to his friends in the Garden of Gethsemane to stay and pray with him for a little while.

Spend some time in prayer this evening at your 'empty space' with Jesus.

Some suggestions include:

- Sit in silence in prayer
- Read and reflect on the Passion of Christ in the Scripture Gospel texts
- Pray the Rosary
 - Consider praying the Rosary over the phone with a loved one, or organise a group-chat over the internet to pray the Rosary together with family, friends or other parishioners
- Spend time with Jesus while listening to music from our tradition, for example, Pange Lingua / Tantum Ergo Gregorian Chant
- Pray with the Taizé community on their facebook page www.facebook.com/taize (streams live each morning at 6.30am)
- Participate in Adoration from the Diocese of Cairns <https://www.youtube.com/watch?v=tyjdbGr8hb0>



Remembering our Priests

At the Last Supper, Jesus instituted the Eucharist, and today it is Priests who preside over our Eucharistic celebrations. This offers us a fitting occasion to remember our Priests.

Consider sending your Parish Priest a message, in particular to recognise the efforts of all Clergy at this time. Disconnected from parishioners, many are working hard to find new ways to connect, often using unfamiliar technologies. Pray for your parish Clergy, and send a message that you are thinking of them in a special way today.

GOOD FRIDAY

Contemplating with the Cross

Friday - ACTION FOR TODAY- CONTEMPLATE THE CROSS

Sit in prayer and gaze for a while at a crucifix or cross, or an image of a cross. Pray for new insights into the Pascal mystery and the great gift that Jesus gave us on the Cross.

Share a photo of your Cross, along with a short reflection on social media using #BBEaster

“No greater love than this, to lay down one’s life for one’s friends” (John 15:13)

On Good Friday, we remember the death of Jesus. The Church asks us to observe abstinence from meat (from age 14), and fasting (ages 18-59; one full meal and two smaller meals).

Our Good Friday services centre around the Stations of the Cross, where we walk with Jesus along the path towards the Cross. At 3pm, the time of Jesus’ death as given in the Gospels, we gather to listen to God’s word and to reflect on and venerate the cross. We remember the saving gift of Jesus who died for us, and who put our sins to death so that we no longer have to be bound by them. Through Jesus’ Resurrection, we too can have a share in a new, everlasting life with God. This is what the Cross means for us. We enter into this mystery today.

Stations of the Cross

Follow the way of Jesus to the Cross.

Catholic Youth Broken Bay (CYBB) Stations of the Cross at 10:00am

An innovating Stations of the Cross prepared the CYBB Youth Team.

<https://www.youtube.com/user/youthinbrokenbay>

Family Stations of the Cross

This prayerful activity involves 12 lit candles representing 12 stations. As each is read, a candle is extinguished until it is completely dark.

https://cathfamily.org/wp-content/uploads/2014/04/cf_activity_familystations.pdf

Children’s Stations Activity Sheet

Children are invited to draw or write something and pray a short prayer for each station.

<https://cathfamily.org/childrens-station-of-the-cross/>

Video of the Stations of the Cross

A 30 min video with the stations of the Cross with Fr Mark Toups

<https://www.youtube.com/watch?v=uG5ayhY5Iyl>

Read the Stations of the Cross

A Guide by Fr Anthony Kelly CSsR can be found here.

https://www.cssr.org.au/pray_with_us/dsp-default.cfm?loadref=263



Veneration of the Cross

Spend some time reflecting on the Cross, and the great gift of love given to us by Jesus. Use the space created on Holy Thursday with a bare table and a crucifix.

Pray for a new understanding of the Paschal mystery, so that your relationship with Jesus can grow and be strengthened. Ask the Holy Spirit for new insights.

Pray also for those who carry difficult crosses at this time, whether in our families or society, including, for example, the sick, the homeless, the unemployed, and the lonely.

- Pray in silence
- Pray the sorrowful mysteries of the Rosary
<https://mycatholic.life/catholic-prayers/the-most-holy-rosary/>
 - The Agony in the Garden
 - The Scourging at the Pillar
 - The Crowning with Thorns
 - The Carrying of the Cross
 - The Crucifixion and Death
- Pray the Litany of the Passion
<https://www.catholic.org/prayers/prayer.php?p=466>

Consider praying as part of a group-chat over the internet with others.

HOLY SATURDAY

Waiting with hope

Holy Saturday is an inbetween day, a day of waiting. But our waiting is not a waiting in despair and anguish, rather it is a waiting in hope. We trust that even in the darkest times, and even if we can't see it, God is still at work and that nothing is impossible with God. Our Easter eggs remind us that whilst all we can see is an outside shell, within are the seeds of new life, waiting to be born.

Coloured Eggs / Easter Bread

Colouring eggs is a fun activity for the whole family, and many families already have a tradition of colouring or preparing eggs for Easter Sunday or Easter Monday.

For a comprehensive guide on how to dye eggs, visit:
<https://www.marthastewart.com/275626/egg-dyeing-101>

In some countries, eggs are placed in decorative pastry shapes and baked.

For an example of this Easter Egg Bread, see here:
<https://www.tasteofhome.com/recipes/easter-egg-bread/>



Baptismal Candles

Locate the Baptism Candles of each member of your family in preparation for the Easter celebrations. Light is a key symbol of Easter, used powerfully in the Easter Vigil Mass, especially through the new Paschal candle that lights up the dark church at the start of Mass.

Our Baptismal candles remind us of our Baptism, the day when we entered into the mystery of the death and resurrection of Jesus. In Baptism we died with Christ so that we too could be born again to a new life in him. This candle that we received on our Baptism day reminds us to keep that light of faith burning brightly within us throughout all our lives.

Additional activity: To make a Paschal candle, please visit

<https://cathfamily.org/make-your-own-paschal-candle/>

Make Easter Cards

With parishioners now separated from each other, there may be people who are isolated, alone, or feel disconnected from the parish. Some may not have technological tools to be able to stay connected more easily. Do you have neighbours who would appreciate an Easter card this year?

- **Make up some cards for distribution to neighbours and friends**
- **Contact a neighbour or friend by telephone and offer to pray with them**

EASTER VIGIL

Celebrating with Fire, Light and Water

Saturday - ACTION FOR TODAY – SHARE THE LIGHT

Let the light shine this evening! Turn the lights on in your home, inside and out; or light a candle and place in your home, window or balcony.

Share a photo of yourself or family with a candle or lights on social media using **#BBEaster**

“Alleluia! Christ is risen!”

The Easter Vigil Mass is the highlight of the Liturgical year. This is the night that we remember the joy of the Resurrection and the new life that we share in Christ. On this night, Jesus rose from the dead, showing that death no longer has the final word. This is the Good News that we share at Easter – **Jesus is Risen, Alleluia!**

The Easter Vigil Mass begins in the dark with the lighting and blessing of a fire. The Paschal candle is then lit, and from this one candle, which symbolises the Light of Christ, all light their own candles and process into the church. We then immerse ourselves into God' Word, hearing readings from the Old Testament and, as the lights are turned on, we read from the New Testament the stories of our salvation in Jesus Christ.

Baptisms then take place, and a blessing with water; followed by the Liturgy of the Eucharist where we share in our sacred meal.

Consider participating in a livestreaming of this Mass, and using similar symbols in your home.



Turn out the Lights and Prepare for Mass

The Easter Vigil Mass begins in the dark. Turn out the lights in your home as well. We wait in anticipation of the Light, which is Jesus Christ.

In the space where you will watch Mass, consider laying a coloured cloth to define the space, with a Bible and other symbols, including candles and Holy Water (see below).

Prepare in silence for a few moments before Mass begins.

Light a Fire

Prior to Mass, consider lighting a fire in a suitable container. Watch for a moment as the flames grow and crackle and flicker.

Pray:

Jesus,
You are the Light of the World.
As we contemplate the flickering of these flames, we recall the power of the Holy Spirit, present and active in our midst.
We begin to nurture in our hearts a hope that new life will be born out of death; and that light has power over darkness.
May this light dispel all the darkness this night.
Jesus, let your light shine brightly in the hearts of your people,
Amen.

Light Candles

Light your Baptismal or other candles to symbolise Jesus, our Light, risen from the dead. You may like to move as a family with your candles or torches to your front yard, balcony or window. Be a witness of light to your street. Look out for other Catholics doing the same, and give them a wave or a shout! You may wish to pre-organise a time with those in your street to do this, as a communal witness to the Resurrection.

Turn on the Lights!

If livestreaming, at the Gloria, and just before the New Testament readings, turn on the lights in your home to show that the Light has truly come into the world through Jesus Christ.

Holy Water

If you have some Holy Water in your home, use it tonight abundantly to pray for God's blessing. Alternatively, use plain water as a symbol of the life-giving rebirth of our Baptism and cleansing of our sin. Trace the cross on each other's forehead, or sprinkle water on each person.

Pray:

As a memorial of your Baptism, may God renew and cleanse you so that you may have a share in the Resurrection life of Easter and remain faithful to the Spirit you have received.
Amen.

Leave the Lights on

As a sign that the Light has conquered the darkness, consider leaving all your house lights on, including external lights, for some time this evening as a witness to others of our faith in the Good News of Jesus Christ, the Light of the world. Alternatively, you may wish to just leave your porch light on, or another light in your home.



Uncover Religious Items

Replace and uncover the religious items that were put away on Holy Thursday.

Feel the joy of welcoming again a familiar picture of Christ or an image of a special saint, which remind us of the presence of Jesus with us, and the communion of saints.

Post a Picture

Post a picture to social media of your family with lit candles, to wish everyone a Happy Easter, and share the Good News of Jesus Christ with others. **#BBEaster**

EASTER SUNDAY

Celebrating with Joy!

Sunday- ACTION FOR TODAY – CELEBRATE NEW LIFE

Easter eggs are a symbol of the new life of Easter. You may have decorated your own eggs, or perhaps you will enjoy chocolate ones. Give thanks as you enjoy these today, remembering the new life that we share through the Resurrection of Jesus.

Share a photo of yourself or family with Easter eggs or other symbols of new life, such as flowers or butterflies, on social media using **#BBEaster**

“The gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23)

On Easter Sunday, we continue the celebration of the joy of the Resurrection of Jesus Christ.

If watching Mass live streamed today, consider using some of the elements outlined in the Vigil Mass above, such as lighting candles and use of Holy Water.

Awake at dawn

Consider having an early start to the day. Dawn helps us contemplate the passage from darkness to light, as the sun begins to rise. It also recalls the arrival of the women at Jesus' tomb early in the morning (**Matthew 28:1**).

Sunrise on Sunday 12 April is at 6.16am.

Use this quiet time to pray or read the Scriptures.

Eat the Coloured Eggs for Breakfast

Celebrate Easter by eating your family's decorated eggs, a wonderful symbol of new life. For Christians, they symbolise Jesus' emergence from the tomb to new Resurrection life.

Easter Video for Children

Watch a video for young children from The Beginners Bible.

Access at <https://www.youtube.com/watch?v=0PSgoPdKQFQ>



Throw a Resurrection Party

Celebrate Easter Sunday well with your family, sharing the joy of this day together. Create a party atmosphere, and enjoy a meal together. Though our gathering may be small, we can make it just as special and joyful as in other years.

Connect with Family, Friends and Parishioners

Family is important at Easter, both our own families as well as our parish families. Find creative ways to connect with each other to share the joy of this day.

- **Organise a video conference with family, or parishioners from your faith family, and each light a candle. Take a screen shot and post on social media**
- **Call family, friends and parishioners (especially those who live alone) to wish them a Happy Easter**
- **Deliver Easter cards, parish bulletins, Easter eggs, or other Easter items**

Music

Music is a key element of our worship. To find a playlist for each of Holy Thursday, Good Friday and Easter Sunday, please visit the Our Sunday Visitor website at:

<https://www.osvnews.com/2020/03/30/playlists-for-holy-thursday-good-friday-and-easter/>

EASTER SERVICES AT THE VATICAN 2020

Services in Rome with Pope Francis are offered at the following times:

April 5, Palm Sunday, 11am (Sydney 7pm)

April 9, Holy Thursday, Mass of the Lord's Supper, 6pm (Sydney Friday 2am)

April 10, Good Friday, Liturgy of the Lord's passion, 6pm (Sydney Saturday 2am)

April 10, Way of the Cross, in front of St. Peter's Basilica, 9pm (Sydney Saturday 5am)

April 11, Easter vigil Mass, 9pm (Sydney Sunday 5am)

April 12, Easter morning Mass, 11am, followed by the pope's blessing "urbi et orbi" (to the city and the world). (Sydney Sunday 7pm)

Connect at: <https://www.youtube.com/watch?v=5YceQ8YqYMc>

This guide has been prepared by the Catholic Life & Faith Formation team, Office for Evangelisation, Diocese of Broken Bay.

A Note on Resources in the Guide

All resources referenced in this guide are currently freely available on the internet.

Resources from <https://cathfamily.org/> have kindly been made available for free access until June. Register at this Australian site to gain access to these family and children's resources, and consider an ongoing subscription for your family.



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