

HOLY WEEK RESOURCES



Mass

- Participate in Mass through Catholic TV broadcast:
 - [Schedule of Masses on Catholic TV](#)
 - [Ways to watch Catholic TV](#)
 - [WatchtheMass.com](#)
 - The Cardinal will be celebrating all the major liturgies of Holy Week and Easter on CatholicTV
- Participate in Mass through Vatican Media Live:
 - [Schedule of the Activities of the Holy Father Pope Francis for April 2020](#)
- Participate in Mass through your local parish broadcast, if available:
 - Facebook Live – check your parish or collaborative Facebook page
 - Parish Website – check your parish or collaborative website
 - Local Cable Access – check with your local community access media
- Participate in Mass by Radio:
 - [Relevant Radio 1150AM WWDJ](#)
 - [The Station of the Cross 1060 AM WQOM](#)
- Learn how to make a Spiritual Communion
 - [Information on making a Spiritual Communion](#)
 - [SED digital prayer card](#)

Prayers, Devotions, Scripture Readings, and Family Activities

- Praying the Divine Office (Liturgy of the Hours)
 - Those who have no possibility of uniting themselves to the Paschal Vigil should pray the Office of Readings for Easter Sunday.
 - All the faithful are encouraged to pray the Office of Readings on Easter Sunday and consider praying more of the Liturgy of the Hours during Holy Week and Easter
 - [PDFs of many of the prayers for the Liturgy of the Hours are available here](#)
 - The free [Laudate app](#) – available for Android and iOS – includes the Liturgy of the Hours
- Virtual Visits to the Roman “Station Churches”
 - [What are the Station Churches?](#)
 - [See this year’s list and learn about each church here](#)
 - [Watch a short video about the Station Church devotion here](#)
- Follow Jesus through Holy Week and the Triduum

- **Palm Sunday**
 - [Matthew 21:1-17](#)
 - The entry into Jerusalem and the cleansing of the temple
 - [Coloring Sheet](#)
 - [Liturgy of the Hours PDFs for Palm Sunday](#)
- **Monday of Holy Week**
 - [Matthew 21:18](#) and [Matthew 22](#)
 - The cursing of the fig tree, parables, and debates with Pharisees
 - [Coloring Sheet](#)
 - [Liturgy of the Hours PDFs for Monday of Holy Week](#)
- **Tuesday of Holy Week**
 - [Matthew 23](#) and [Matthew 24](#)
 - Continuation of the parables and end times with Pharisees
 - [Coloring Sheet](#)
 - [Liturgy of the Hours PDFs for Tuesday of Holy Week](#)
- **Spy Wednesday**
 - [Matthew 26:1-16](#)
 - Two days before Passover, the plot to kill Jesus, the Anointing in Bethany
 - [Coloring Sheet](#)
 - [30 Pieces of Silver Hunt Activity for Children](#)
 - [Liturgy of the Hours PDFs for Wednesday of Holy Week](#)
 - Conduct a Tenebrae Service at Home
 - Tenebrae consists of hymns and readings, traditionally drawn from the Liturgy of the Hours from the last days of Holy Week.
 - Preparation
 - You will need one or more readers for the readings
 - You will need a light source – a candle or other light – for each of the readings.
 - You will need a single, centrally-located, light source for the readers to use to be able to see their readings.
 - Consider the following set of readings:
 - Matthew 26:20-25
 - Matthew 26:31-35
 - Mark 14:32-41
 - Matthew 26:47-52
 - Luke 22:54-62
 - John 18:33-38a
 - Matthew 27:20-26
 - Mark 15:16-20
 - Service
 - Light all the candles or turn on all the light sources before the service begins. Turn off all other lights.

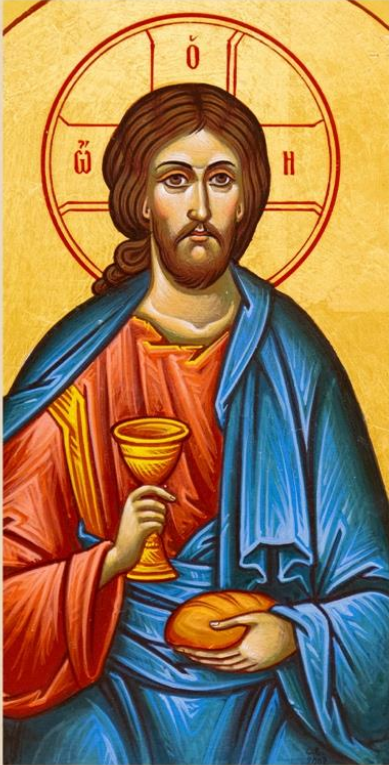
- Each reader goes to the place established for reading, reads their assigned reading, and then sits down.
- After each reading extinguish the light source for that reading.
- After all the readings, have someone read Psalm 22:1-21 then extinguish any remaining lights.
- Sit briefly in silence.
- Turn on enough light for people to leave the room. There is no closing prayer.
- **Holy Thursday**
 - [Matthew 26:17-75](#)
 - The Last Supper
 - [Coloring Sheet](#)
 - [Last Supper Craft](#)
 - [The Seder Meal as a Christian Home Celebration](#)
 - [Alternative Holy Thursday Family Meal Suggestions](#)
 - [Liturgy of the Hours PDFs for Holy Thursday](#)
 - Make a Virtual Visitation to Seven Churches
 - [An Explanation of the Seven Churches Visitation](#)
 - [The Papal Basilica of St. Paul Outside-the-Walls](#)
 - [The Papal Basilica of St. Peter](#)
 - [The Sistine Chapel](#)
 - [The Papal Basilica of St. Mary Major](#)
 - [The Papal Basilica of St. John Lateran](#)
 - [Other Virtual Church Tours](#)
 - [More Virtual Church Tours](#)
 - Participate in Virtual Adoration at an [Altar of Repose](#)
 - [The Significance of Holy Thursday](#)
 - [The Institution of the Priesthood](#)
 - Begin the [Year of the Eucharist](#) at Home



- Pray:
 - Pray as a family before the Blessed Sacrament via [webcam](#)
 - Pray prayers of thanksgiving around the dinner table
- Study: Learn more about the Real Presence of Jesus Christ in the Holy Eucharist:
 - [Sophia SketchPad: The Eucharist Video](#)
 - [The Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers](#)
 - [Teaching Kids About Transubstantiation](#)

- [An Interview on the Doctrine of Transubstantiation](#)
 - [Bishop Barron on the Real Presence](#)
 - Encourage each family member to share what he or she loves about the Eucharist
 - Conduct a scavenger hunt around the house for kids to collect "manna" and make the connection to the Eucharist
 - Evangelize/Give: Give witness to the transforming power of the Eucharist in your life
 - Share your Eucharistic witness on social media with the hashtag #YearoftheEucharist
- **Good Friday**
 - [John 18:1 – 19:42](#)
 - [Coloring Sheet](#)
 - [Family Activity Suggestions](#)
 - [Liturgy of the Hours PDFs for Good Friday](#)
 - [The Seven Penitential Psalms and the Songs of the Suffering Servant](#)
 - Family Stations of the Cross
 - [Informational Video](#)
 - [Printable Stations of the Cross for Children](#)
 - [Family Stations of the Cross Activity and Guide](#)
- **Holy Saturday**
 - [Lamb Crafts](#)
 - [12 Things to Know About Holy Saturday](#)
 - [What to do with Holy Saturday?](#)
 - [Liturgy of the Hours PDFs for Holy Saturday](#)
- Easter
 - **The Easter Vigil**
 - [Matthew 28:1-10](#)
 - The Resurrection of Jesus
 - [Coloring Sheet](#)
 - Those who have no possibility of uniting themselves to the Paschal Vigil should pray the [Office of Readings for Easter Sunday](#).
 - Suggested Activity:
 - Before the Easter Vigil Mass begins, provide each member of the family with an unlit candle
 - Extinguish all lights
 - Light one candle on a table when the priest lights the Paschal Candle
 - When the celebrant passes on a candle from the Paschal Candle, have each member of the family light their own candle from the candle on the table
 - Family members extinguish their candles at the appointed time in the liturgy
 - Turn lights on in the home once the Gloria is sung, as in church

- Ring bells during the singing of the Gloria!
- **Easter Sunday**
 - [John 20:1-9](#)
 - The empty tomb
 - [Coloring Sheet](#)
 - [Easter Prayers from Catholic Relief Services](#)
 - [Liturgy of the Hours PDFs for Easter Sunday](#)
 - Lessons and Activities for Children and Families
 - [Easter Activities and Lesson Plans from Loyola Press](#)
 - [Creative Ways to Teach the Easter Story from Catholic Icing](#)
 - [The Resurrection of Christ ABC Order Worksheet](#)
 - [Easter Bingo Game](#)



Prayer for Spiritual Communion

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.

