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## Holy Week

This week is a special edition of BuildingFaith@Home. Follow each of the days of Holy Week as we move from Palm Sunday to Easter.

[bit.ly/thisweekathome](https://bit.ly/thisweekathome)



## At the Procession with Palms - Gospel [Lk 19:28-40](#)

Holy Week begins on Palm Sunday with the joyous triumphal entrance of Jesus into Jerusalem. All four Gospels have a version of this story. We hear this Gospel as part of the procession. Luke begins by stating that Jesus was "going up" to Jerusalem. For Luke, this did not mean heading north, but rather he is concluding on his narrative that these are the days leading to Jesus' being "taken up" will now come to fulfillment. Luke makes no mention of palms, but instead the people put down their cloaks to cover the path, a significant gesture for a king. The crowd celebrates Jesus shouting "Blessed is the king who comes in the name of the Lord." Luke's Gospel is the only one to report the exchange between Jesus and the Pharisees as Jesus enters Jerusalem. Jesus' response shows that this event, and those yet to come, are part of a divine plan.

Reflect: How can the palm procession begin your Holy Week? How can it help you prepare to celebrate Holy Thursday, Good Friday, and Easter?

The blessed palm is a sacramental or an object that is meant to draw us closer to God. Palms are sacramentals. According to the Code of Canon Law, blessed items which become sacramentals are to be treated with respect and reverence and not discarded in the trash. These sacred signs bear a resemblance to the sacraments (cf. #1171). Throwing them in the trash overlooks their sacred purpose and treats them like any other object we no longer need. Remember: Place your palms in a special place in your home, behind a crucifix or near your bible. When we use the palms as decoration in the house, it serves as a constant reminder of Palm Sunday and is a beautiful way to stay connected to Holy Week throughout the year.

## [Mercyhome.org](https://www.mercyhome.org) - Six ways to weave palms from Palm Sunday



**1st Reading: Is 50:4-7**

**Responsorial: Ps 22:8-9, 17-18, 19-20, 23-24.**

**2nd Reading: Phil 2:6-11**

**Gospel: Lk 22:14—23:56**

In Lectionary Cycle C, we read the passion of Jesus as found in the Gospel of Luke. We will hear these events proclaimed again during the Triduum when we read the passion of Jesus from the Gospel of John. There are 4 parts to this narrative: The Institution of the Eucharist at the Last Supper, Prayer at the Mount of Olives, the Trial before Pontius Pilate and The Way of the Cross.



## Palm Sunday Dinner!

*Grilled Garlic- and Mint Pesto–Stuffed Leg of Lamb Recipe*

[seriouseats.com](https://www.serious-eats.com)



## Monday of Holy Week - New Life with Jesus

**1st Reading: [Is 42:1-7](#) Psalm Response: [Ps 27:1-3,13-14](#) Gospel: [Jn 12:1-11](#)**

In today's Gospel, Jesus shares a meal with his friend, Lazarus, who was raised from the dead. Jesus gives us "new life" through Him. Spring is essentially a time where we visibly see new life "spring forth" in nature.

**Celebrate @ Home:** On Monday of Holy Week families can reflect on the gift of new life that Jesus shares with us. Look for signs of "new life" outdoors or create a [Resurrection Garden](#).



Take a nature walk and search for pussy willow or forsythia branches. Cut the branches that may not be bloomed yet and place in water. Buds will bloom by Easter.



## Tuesday of Holy Week - Called and Anointed

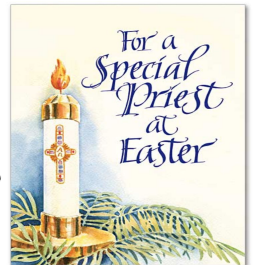
**1st Reading: [Is 49:1-6](#) Psalm Response: [Ps 71:1-6, 15, 17](#) Gospel: [Jn 13:21-33, 36-38](#)**



The Chrism Mass we celebrate today focuses on the blessing of the holy oils and the chrism which we will use throughout the coming year in the celebration of all Baptisms, Confirmations, Anointings of the Sick and Ordinations in our diocese. We do this, at this special time of year, to remind ourselves that all sacraments and sacramentals draw their power from the paschal mystery of our Lord's suffering, death and resurrection. The oils and the chrism are physical signs of a supernatural reality — the sacramental unity of the Church formed by the anointing of all believers at Baptism and Confirmation, and priests in a special way at Ordination. (CNA)

**Celebrate @ Home:** Say prayers for vocations. Pray for our seminarians (see [vocations-syracuse.org/our-seminarians/](http://vocations-syracuse.org/our-seminarians/)) Pray also for those discerning their call to vocations, be it Marriage, Holy Orders, Consecrated Life, and any call to lay ministry.

**Mail your Easter Card to your priests today!**



## Wednesday of Holy Week - In Preparation for the Passover

**1st Reading: [Is 50:4-9](#)  
Psalm Response: [Ps 69:8-10, 21-22, 31, 33-34](#)  
Gospel: [Mt 26: 14-25](#)**

In the time of Jesus, Wednesday was the day before the Jewish Passover which Jesus was about to celebrate with his apostles. In the Jewish tradition, the day before the Passover was a day of cleaning. In today's culture we speak of spring cleaning. In this time of being at home during Holy Week, spend time as a family to do some deep spring cleaning, literally and spiritually. Not only can we find the dirt in the corners of our rooms, but through prayer and an examination of conscience, one can "come clean" of sins and forgive other for wrongdoings. Reflecting on The Lord's Prayer, "...forgive us our trespasses as we forgive those who trespass against us". Spring clean your hearts with an examination of conscience and plan to receive the Sacrament of Penance in the near future.

**Celebrate@ home:** Share this time of family spring cleaning. As each room is cleaned, bless the room with a simple prayer and sprinkling of Holy Water. ([Stmarysvancouver.ca](http://Stmarysvancouver.ca) : House Blessing)

As a family, have one member lead an examination of conscience. The United States Conference of Catholic Bishops (USCCB) has a variety of ways to do an examination of conscience. ([USCCB](http://USCCB): Examination of Conscience)





## Holy Thursday - The Institution of the Eucharist Evening Mass of the Lord's Supper

**1st Reading: Ex 12:1-8, 11-14**

**Psalm Response: Ps 116:12-13, 15-18**

**2nd Reading: 1 Cor 11:23-26**

**Gospel Jn 13:1-15**

### The Triduum Begins

On Holy Thursday we celebrate the institution of the Eucharist as the true Body and Blood of Jesus Christ and the institution of the Sacrament of the Priesthood. The foot washing scene in the Gospel of John is not only meant to be an example of humble service, but primarily a record of the institution of the Christian priesthood and thus the Scriptural root of the Sacrament of Holy Orders. Jesus also reminds us of our call to serve one another as he washed the feet of his disciples.

**Celebrate @ Home - The Seder Meal as a Christian Home Celebration: Preparing and Celebrating the Holy Thursday Meal** Visit [catholicculture.org](http://catholicculture.org)

Pray with Jesus, spend time in adoration. Keep a prayer vigil on Thursday night. Consider committing to an hour of silent prayer on Thursday night. Sit in the "garden of Gethsemane" with Jesus and pray with him.



## Good Friday - Jesus dies on the Cross

**1st Reading: Is 52:13 - 53:12**

**Psalm Response: Ps 31: 2, 6, 12-13, 15-17, 25**

**2nd Reading: Heb 4:14-16; 5:7-9**

**Gospel: Jn 18:1 -19:42**

On Good Friday, the world was in darkness, figuratively and literally. Jesus, our Savior was nailed to the cross, suffered and died for our sins as the world was in darkness. "From noon until three in the afternoon darkness came over all the land." (Matt 27:45).



**Create Stations of the Cross Eggs - [Catholicicing.com](http://Catholicicing.com)**

**Celebrate @ Home** - In this time of "darkness", families can reflect on the what it means to live in darkness, physically and spiritually. Jesus is the light of our salvation, without Him, we are spiritually living in the dark, disconnected from God. Take this time to "unplug" from noon on Friday through noon Saturday. Disconnect from the internet, the TV, cell phones, etc. Spend the quiet time in prayer, reading the scriptures, pray the Sorrowful Mysteries of the Rosary, pray and reflect on the Stations of the Cross.



## Holy Saturday - We Wait in Vigilance for Renewal

There are several readings for Holy Saturday, click on the USCCB website link to pray with your family.

<https://bible.usccb.org/bible/readings/041622.cfm>

On Holy Saturday the world stands vigil for the resurrection of Jesus. The Easter Vigil celebration begins at dusk. The vigil opens with The Service of Light, which includes the blessing of the new fire, the lighting of candles and of the Paschal Candle to symbolize the Light of Christ, or *Lumen Christi*. Then the assembled faithful hear the scriptural telling of the salvation history. The vigil of Easter was especially devoted to the baptism of catechumens.

Many families dye Easter eggs on this day. You may wonder from where this tradition came. The Romans used to have a saying: Omne vivum ex ovo, or "All life comes from an egg." Eggs have long been a symbol of fertility and rebirth. Early Christians in Mesopotamia (modern day Syria and Iraq) dyed chicken eggs red in remembrance of the blood Jesus shed on the cross. By the Middle Ages, the egg also became a symbol of the sealed tomb of Jesus. On Easter Sunday, Christians would carry eggs that they would tap against the eggs of the Christians they greeted. The cracks that formed in these eggs symbolized Jesus breaking out of the tomb.

**Celebrate @ Home - Build an Easter Fire in your fireplace or fire pit or light candles to represent the Light of Christ. Sitting by the light, read aloud the scriptures of the vigil liturgy. You may wish to reflect on some of these reading in a lectio divina practice (see the Good Friday material for hints on Lectio Divina).**

Make your own Paschal candle. Visit [Joyfulcatholicfamilies.com](http://Joyfulcatholicfamilies.com)

