

Holy Week at Home



An aid for families seeking to celebrate holy week fruitfully at home



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Palm Sunday

Extract from Roman Catholic Daily Missal

On this day, the Church celebrates the triumphant entry of our Lord into Jerusalem; when the multitude, going before and following after Him, cut off branches from the trees and strewed them in His way, shouting: "*Hosanna (glory and praise) to the Son of David. Blessed is he that cometh in the name of the Lord.*" It is in commemoration of this triumph that palms are blessed and borne in solemn procession.

In fact, this Palm Sunday triumph of our Lord only led to His death. But we know that this death was not a failure. It was through His Passion and Death that He conquered the world and entered into His kingdom. "*I, if I be lifted up... will draw all things to Myself*" (Jn. 12:32). So the Church asks the faithful to join in the triumphal Procession today as an act of homage and gratitude to Christ our King.

HOW TO PRAY THE TV MASS FROM HOME

Creating a sacred space to reverently watch the mass in your home

Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

Open your bible to the gospel of the day and place it on your "home altar" to remind you that the Word of God is among you.

Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.

Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

If you have holy water at home, bless yourself and your family before you begin the mass.

Take a few moments of silence to transition from the busyness of your home to the sacredness of the mass.

Fully participate by standing, kneeling, sitting and responding according to the rubrics of the mass.

Engage in community by having coffee and breakfast with your family after mass or by calling your loved ones to connect.

[List of Online and Televised Masses Viewable in the Diocese of Superior](#)

Act of 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.

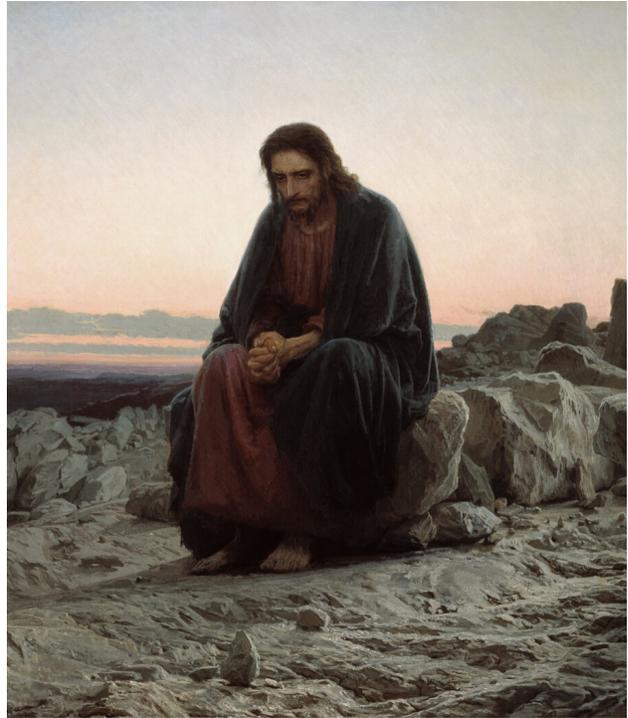


Passiontide Penance

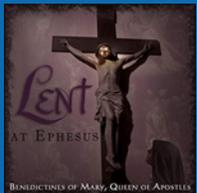
Holy Week

40 days is a long time. You made some good resolutions on Ash Wednesday about praying more and practicing various forms of self-denial as well as giving alms to the poor. Perhaps you have wavered occasionally in keeping those resolutions, or maybe you have even given up. Regardless of how your Lent has gone so far, Holy Week offers us all the chance to make one last effort at showing our Lord and Savior how much we love him by accompanying him on his path of suffering.

Relax your Lenten penances on Palm Sunday to celebrate the triumphal entry into Jerusalem, but then renew and intensify your prayers and penances for the rest of the week. Consider fasting every day this week, or at least giving up all snacks and sweets until Easter.



For your
Holy Week
Playlist



- Start your day with a simple [morning offering](#).
- The free [Magnificat Online Edition](#) is a great tool for finding the daily Mass readings, praying morning and evening prayers as a family, and more.
- Pope Francis has offered a [Plenary Indulgence](#) for all who pray the [Chaplet of Divine Mercy](#) to implore from Almighty God the end of the current pandemic, relief for those who are afflicted, and eternal salvation for those whom the Lord has called to Himself.*
- If you have never managed to make a habit of praying the Rosary together as a family, this Holy Week is the perfect opportunity to begin. [How to Pray the Rosary](#).
- End your evening prayers by singing *All Glory, Laud, and Honor* or the *Ave Regina Caelorum* (next page).

Family Prayers

*To gain the indulgence it is necessary to be in the state of grace; to be free from all attachment even to venial sin; to pray for the intentions of the Holy Father; and to intend to receive the sacraments of Confession and Holy Communion as soon as possible.

1. All glo - ry, laud, and hon - or To Thee, Re - deem - er,
 2. The com - pa - ny of an - gels Are prais - ing Thee on
 3. To Thee, be - fore Thy pas - sion, They sang their hymns of

King, To whom the lips of chil - dren Made
 high, And mor - tal men and all things Cre -
 praise; To Thee, now high ex - alt - ed, Our

sweet ho - san - nas ring. Thou art the King of
 at - ed make re - ply. The peo - ple of the
 mel - o - dy we raise. Thou didst ac - cept their

Is - ra - el, Thou Da - vid's roy - al Son, Who
 He - brews With palms be - fore Thee went; Our
 prais - es; Ac - cept the praise we bring, Who

in the Lord's name com - est, The King and Bless - ed One.
 praise and prayer and an - thems Be - fore Thee we pre - sent.
 in all good de - light - est, Thou good and gra - cious King.

ALL GLORY, LAUD, AND HONOR

This is the traditional hymn sung as the faithful, servers, deacon and priest process into the church with their palms after the first Gospel is proclaimed on Palm Sunday.

**AVE REGINA CAELORUM**

*Ave Regina caelorum,
 Ave Domina Angelorum:
 Salve radix, salve porta,
 Ex qua mundo lux est orta:
 Gaude Virgo, gloriosa,
 Super omnes speciosa,
 Vale o valde decora,
 Et pro nobis Christum exora.*

The traditional Marian antiphon for Lent is the *Ave Regina Caelorum*. It is sung in a simple chant tone that is easy to learn.



Meditation on the Passion

St. Alphonsus Ligouri

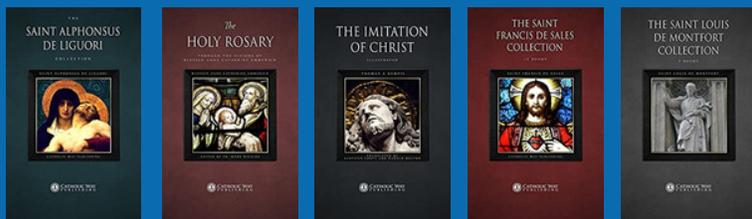
The time since the coming of Jesus Christ is no longer a time of fear, but a time of love, as the prophet foretold: *Thy time is a time of lovers* (Ezek 16:8), because a God has been seen to die for us: *Christ hath given himself up for us* (Eph 5:2). Under the old law, before the Word was made flesh, man might, so to speak, have doubted whether God loved him with a tender love; but after having seen him suffer a bloody and ignominious death for us on a cross of infamy, we can no longer possibly doubt that he loves us with the utmost tenderness. And who will ever arrive at comprehending what was the excess of the love of the Son of God in being willing to pay the penalty for our sins? And yet this is of faith: *Truly he hath borne our griefs and carried our sorrows. He was wounded for our iniquities; he was bruised for our sins* (Isa 53:4-5). All this was the work of the great love which he bears us: *He hath loved us, and hath washed us in his blood* (Rev 1:5). In order to wash us from the defilements of our sins, he was willing to empty his veins of all his blood, to make of it for us, as it were, a bath of salvation. O infinite mercy! O infinite love of a God!

Ah, my Redeemer, too surely hast thou obliged me to love thee; too surely should I be ungrateful to thee, if I did not love thee with my whole heart. My Jesus, I have despised thee, because I have lived in forgetfulness of thy love; but thou hast not forgotten me. I have turned my back on thee; but thou hast come near to me. I have offended thee, and thou hast so many times forgiven me. I have returned to offend thee; thou hast returned to pardon me. Ah, my Lord, by that affection with which thou didst love me on the cross, bind me tightly to thee by the sweet chains of thy love; but bind me in such wise that I may nevermore see myself separated from thee. I love thee, O my chief good, and I desire to love thee ever for the time to come.

That which ought most to inflame our love for Jesus Christ is not so much the death, the sorrows, and the ignominies which he suffered for us, as the end which he had in view in suffering for us so many and so great pains; and that was, to show us his love and to win our hearts: *In this have we known the charity of God, because he hath laid down his life for us* (1 John 3:16). For it was not absolutely necessary in order to save us that Jesus should suffer so much and die for us; it were enough that he pour forth but one drop of blood, should shed but one tear only for our salvation; this drop of blood, this tear shed by a Man-God, were sufficient to save a thousand worlds: but he willed to pour out all his blood, he willed to lose his life in a sea of sorrows and contempt, to make us understand the great love which he has for us, and to oblige us to love him. *The charity of Christ ureth us*, says St. Paul (2 Cor 5:14). He says not the Passion or the death, but the love of Jesus Christ constrains us to love him.

And what were we that thou, O Lord, wert willing at so great a price to purchase our love? *Christ died for all, that they too who live should not now live to themselves, but to him who died for them* (2 Cor 5:15). Hast thou, then, my Jesus, died for us, that we might live wholly for thee alone, and for thy love? But, my poor Lord (permit me so to call thee), thou art so full of love that thou hast suffered so much in order to be loved by men. But, after all, what is the number of those who love thee? I see all these intent on loving,—some their riches, some honors, some pleasures, some their friends, some, in fine, the beasts; but of those who truly love thee, who alone art worthy of love, oh, how few do I see! O God, how few they are! Among these few, nevertheless, I too desire to be, who at one time, just like the rest, offended thee by loving filth; now, however, I love thee above every other good. O my Jesus! The pain which thou hast suffered for me urgently obliges me to love thee; but that which the more binds me to thee and enkindles me to love thee, is hearing of the love which thou hast shown in suffering so much, to the end that thou mayest be loved by me. Yes, O my Lord, most worthy of love; thou, through love, hast given thyself wholly to me; I, through love, give myself wholly to thee. Thou for love of me didst die; I for love of thee am willing to die when and as it shall please thee. Accept of my loving thee, and help me by thy grace to do so worthily.

Spiritual Reading on Kindle | Under \$3

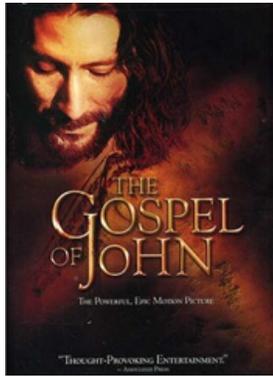
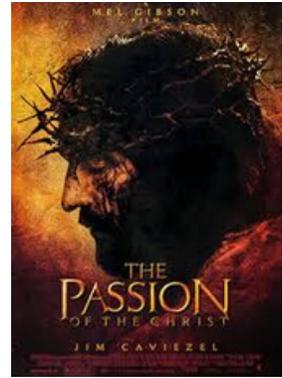


Family Activities

Movie Night

The Gospel reading for Mass today describes the suffering and death that Jesus endured for the sake of our salvation.

Hence today would be a good day to watch [The Passion of the Christ](#) (2014) movie, although not advisable with children because of the realistic portrayal of the violence of Jesus' death. Best suited for older teens and above. Stream for free with Amazon Prime membership.

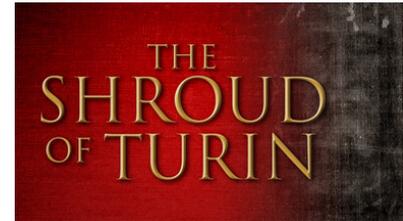


[The Gospel of John](#) (2003) is a more family-friendly option, which my kids love to watch every year in holy week. Starring Christopher Plummer and Henry Ian Cusick, this is a faithful word-for-word enactment of the entire Gospel of John. It makes the whole Gospel come alive in a unique and powerful way. Rent for \$1.99 on Amazon Prime Video or purchase for \$4.99.

During these challenging times, the Augustine Institute is extending complimentary access to FORMED (a digital platform for the Catholic Faith on demand) for 40 days. Get access at [Faith at Home](#).



Any one of the four films included in the [Shroud of Turin](#) collection would be a great choice for today as we prepare ourselves to enter more deeply into the mystery of Christ's Passion throughout this holy week.



Monday-Wednesday: Clean the Temple

Do some deep cleaning around the house! (but not on Sunday). Take on a few rooms every day. Clean out closets, get clothes and toys ready to donate, clean the fridge, etc. Get the kids involved!

And the Other Temple

Do some deep cleaning in your heart too! Set aside time this week to make a thorough [Examination of Conscience](#). If your parish is offering the Sacrament of Reconciliation, build that into your week as well. If you are unable to go to Confession, make a sincere [Act of Contrition](#) and resolve to go to Confession as soon as you can.

- **Wear red.** At Mass, we use red vestments on Palm Sunday to commemorate the blood of Christ. Live this out in your outfit for the day.
- **Make palms.** Make streamers or cut off some branches of a midwest palm—the pine tree! (but only if you own the tree).
- **Hang your palms.** Hang your "palms" on your front door as a sign to others that Christ reigns as King in your home!
- **Eat red.** Serve a red meal. Think spaghetti with red sauce, and maybe [this salad with hearts of palm in it](#).

Live it!