

Holy Week

AT HOME

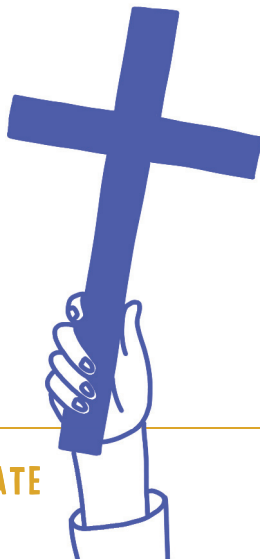
Success Kit

Holy Week (served homestyle)

We created an easy to follow, open-and-go resource so you can lead your family in holy and traditional activities at home. I have no doubt that together we will create some of the most powerful and memorable experiences your family has ever had. Thank you for cracking open this gift in your homes in hopes that Christ may crack open his Holy Word in our hearts forever and ever, Amen!

We pray for health, peace, and a Blessed Holy Week for all of you.

THE CFC TEAM



What's Included

DAILY ELEMENTS

Each day, we've equipped you to guide your family through four repeating elements: the daily readings or Mass streaming; a spiritual act of communion, a Lenten verse to memorize; and the Stabat Mater. Varying elements and activities will also be sprinkled in on relevant days.

MORE INFORMATION

The first document you'll come across is a little history about the daily elements we've included. Check that out on the [MORE INFORMATION](#) page.

HOLY WEEK WALK THROUGH

After that, you'll find a section for each day of Holy Week, starting with Palm Sunday. These links will take you to the section you need (or you can just scroll!):

- [Palm Sunday](#)
- [Monday, Tuesday & Wednesday of Holy Week](#)
- [Holy Thursday](#)
- [Good Friday](#)
- [Holy Saturday](#)
- [Easter Sunday](#)

PRINTABLE ACTIVITIES

Some of the days have printable activities like coloring pages, handwriting practice, and puzzles. You'll be reminded to print those out on the days they're needed. (Or feel free to skip ahead and print them all at once.) **Printing Tips:** Select "borderless printing" or "print to edge" so the art will go to the edge of the paper.

ACT OF SPIRITUAL COMMUNION

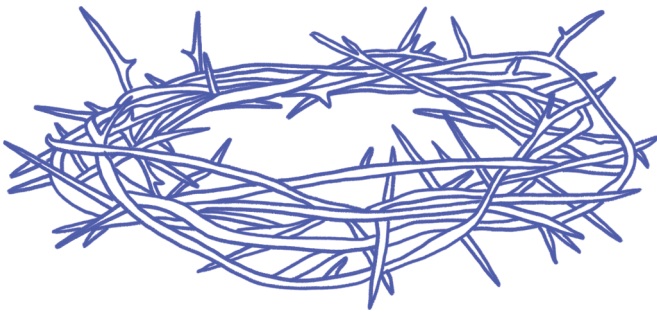
We also included an elegant print of the [ACT OF SPIRITUAL COMMUNION](#). We recommend you print this and hang it in your home.

Specific things you'll need to have

- Supplies for Holy Saturday Resurrection Cookies - please check your pantry for these items. You may find yourself needing to place a grocery pick up order. While you're at it, give some thought to what your family plans on doing for Easter dinner. Do the best you can with what you have and don't be afraid to ask friends for help.
 - 1 cup whole pecans
 - 1 tsp. white vinegar
 - 3 egg whites
 - pinch salt
 - 1 cup sugar
 - 1 Ziploc bag
 - wax paper
 - masking tape

What to do

Like we said, it's open-and-go. Click on the day of the week and follow along. Any links you may need will be where you need them. Just be sure to print however many coloring pages and/or activities you need for your family.



More Information

Here's a little history and background on the daily elements we'll be covering!



SPIRITUAL ACT OF COMMUNION

St. Thomas Aquinas once described spiritual communion as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” when we cannot physically receive him in sacramental Communion, aka the Eucharist. The Council of Trent solidified this practice in the catechism in the late 16th century, but in modern times it has often been forgotten. However, in 2003, in his encyclical “A Eucharistic Church,” Pope John Paul II encouraged the practice of spiritual communion, “which has been a wonderful part of Catholic life for centuries and recommended by saints who were masters of the spiritual life.”

During this time of social distancing and unprecedented change, most of us are unable to attend Mass, but we have a beautiful opportunity to participate in spiritual communion with Christ. If you are watching Mass online, this prayer can be used after the consecration, when we would normally line up to receive Jesus sacramentally. However, this prayer can be used outside of watching Masses online! We invite you to make a spiritual communion anytime with this prayer composed by St. Alphonsus Liguori in the 18th century.

VERSE OF THE WEEK: JOHN 18:36

This is a piece of Scripture from the Mass readings for Good Friday. We encourage you to read this aloud as a family daily so that you will have it memorized by the end of the week. Later in the kit, you'll see that we've included resources for handwriting practice and coloring the verse. You can also meditate on it, talk about what it means to each member of your family, draw it out, or play a memory game with it. It is so fitting and relevant for our current situation.

STABAT MATER

The Stabat Mater is a 13th century Latin prayer traditionally sung during Lent, particularly during the Stations of the Cross. Its name comes from the first few Latin words of the prayer: “Stabat mater dolorosa” (“The sorrowful mother was standing”). It is based on Simeon's prophecy that a sword would pierce Mary's heart (Luke 2:35). As you read or sing this beautiful prayer each day, reflect on the sufferings of Mary.

Palm Sunday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Procession with Palms
- Coloring Page
- Word Search

Prep Ahead

- Print 1 coloring page per person
- Print 1 word search per person

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

**You can read them directly from this website or practice looking them up in your Bibles!*

MAKE AN 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.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36

SING OR READ THE STABAT MATER

(or experience the Stabat Mater sung in Latin with stunning voices, visual aids, and English translations here:

<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen



PROCESSION WITH PALMS

Palm Sunday is the celebration of Christ's triumph as King of Israel. We encourage you to grab some "palms" from your yard and have a procession! It's okay if you don't have palms available to you. Any kind of leaves or branches will suffice.

- + Children can take turns playing Jesus and the members of the crowd.
- + An older child can read **Matthew 21:1-11** aloud.
- + Have your family process around your home, yard, or living room.
- + Remind your little saints that palms symbolize victory—Christ's victory over death on Easter Sunday.
- + Greet your King with words from Scripture: "Hosanna! Blessed is he who comes in the name of the Lord!"





HOSANNA
TO THE

King



PALM SUNDAY WORD SEARCH

- + Jesus
- + Mount of Olives
- + disciples
- + colt
- + cloaks
- + palms
- + Hosanna
- + Christ
- + Passover
- + Bethany
- + Simon
- + perfume
- + lamb
- + bread
- + wine
- + Peter
- + Pilate
- + tomb

S	E	L	P	I	C	S	I	D	O	M	K	U	A	A
T	B	J	M	B	D	A	E	R	B	I	D	V	C	X
M	O	U	N	T	O	F	O	L	I	V	E	S	S	Z
W	B	G	P	R	J	E	N	I	W	I	H	I	L	O
E	C	L	A	A	D	H	B	A	N	N	A	S	O	H
M	O	R	S	V	K	L	E	H	S	C	M	B	K	V
U	L	A	S	N	A	F	T	J	L	I	V	B	K	E
F	T	Z	O	P	D	H	H	O	V	P	M	W	X	T
R	R	J	V	U	B	L	A	E	A	M	D	O	V	A
E	O	V	E	H	A	K	N	J	V	R	W	W	N	L
P	R	H	R	S	S	C	Y	A	E	J	O	C	A	I
M	Y	G	B	M	U	Q	T	T	H	F	K	M	P	P
X	P	G	Z	M	O	S	E	G	W	T	B	T	S	C
U	Y	Y	L	W	O	P	I	T	S	I	R	H	C	N
X	P	A	L	M	S	T	R	G	G	U	H	G	Q	J



Monday, Tuesday, & Wednesday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Coloring Page for Verse of the Week
- Handwriting Practice for Verse of the Week (Print)
- Handwriting Practice for Verse of the Week (Cursive)

Prep Ahead

- Print 1 coloring page per person
- Print 1 Handwriting Practice (manuscript) per person
- Print 1 Handwriting Practice (cursive) per person

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here:

<http://www.usccb.org/bible/readings>.

*You can read them directly from this website or practice looking them up in your Bibles!

MAKE AN 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.



A NOTE ABOUT THE VERSE FOR THE WEEK

Spend these days really meditating on the Verse for the Week: color it, trace it, do handwriting practice with it, or try handlettering it yourself!

VERSE OF THE WEEK

"My kingdom does not belong to this world."
-John 18:36

SING OR READ THE STABAT MATER

(or experience the Stabat Mater sung in Latin with stunning voices, visual aids, and English translations here:

<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen





My kingdom

does not

belong to

this world.

John 18:36

My kingdom does not belong
to this world. John 18:36

My kingdom does

not belong to this

world. John 18:36

Holy Thursday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Prayer for our Priests
- Family Washing of the Feet
- Family Petitions
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Gather the following
 - towels
 - water basin large enough for feet
 - pitcher
 - washcloth

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

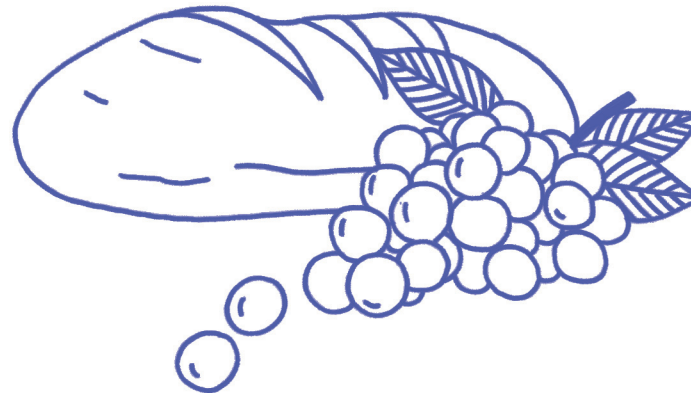
**You can read them directly from this website or practice looking them up in your Bibles!*

MAKE AN 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.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36



SING OR READ THE STABAT MATER

(or experience the Stabat Mater sung in Latin with stunning voices, visual aids, and English translations here:

<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen



A PRAYER FOR PRIESTS

BY ST. THÉRÈSE OF LISIEUX

O Jesus, eternal Priest,
keep your priests within the shelter of Your Sacred Heart,
where none may touch them.
Keep unstained their anointed hands,
which daily touch Your Sacred Body.
Keep unsullied their lips,
daily purpled with your Precious Blood.
Keep pure and unearthly their hearts,
sealed with the sublime mark of the priesthood.
Let Your holy love surround them and
shield them from the world's contagion.
Bless their labors with abundant fruit and
may the souls to whom they minister be their joy and
consolation here and in heaven their beautiful and everlasting crown.

Amen.



WASHING OF THE FEET

Prep: Begin your Holy Thursday celebration by preparing your space. Clean the space you will use to perform the washing of the feet. It is Catholic tradition to clean everything in preparation for Easter!

- + Make sure you have enough chairs for everyone participating.
- + Grab towels, a water basin large enough for feet, a pitcher, and a washcloth. Lay a towel down on the floor and place the basin on top of it (this will help minimize the mess)!
- + Fill the pitcher with water (this might need to be repeated depending on the size of your family).
- + If you haven't already read them, begin with the readings for Holy Thursday:
<http://www.usccb.org/bible/readings>.
- + The washing of the feet normally takes place after the homily. As a family, you might choose to discuss the readings for a moment.
- + Designate a footwasher (this is a beautiful role for a parent to fulfill). Explain the significance of the role: "Christ washed his disciple's feet in an act of love, service, and humility. I wash your feet today because I love you as Christ loves us."
- + Repeat this traditional antiphon as you gently wash each person's feet: "I give you a new commandment: love one another. As I have loved you, so you also should love one another." **John 13:34**
- + Pour water over the feet and use the washcloth to physically wash the foot in the basin. Dry each foot with a towel and move to the next participant. Spouses, you can choose to wash each other's feet, or allow eager hands to help.

FAMILY PETITIONS

During Holy Thursday Mass, the intercessions of the faithful follow the washing of the feet. We encourage you to end your feet washing ceremony with family petitions. Here are a few to get you started but we highly encourage you to add your own as well:

For the Church, may she always shine a light in the darkness and offer hope to the hopeless.

We pray to the Lord.

R: Lord hear our prayer

For Catholics around the world, may we be an example of God's love and mercy to everyone we meet.

We pray to the Lord.

R: Lord hear our prayer

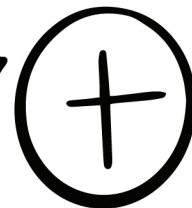
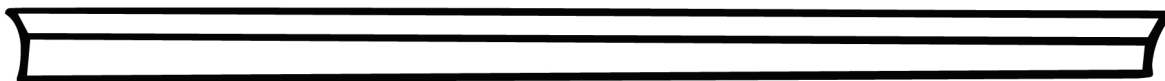
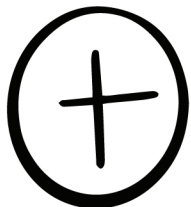
For everyone battling illness and all healthcare providers, that they may have courage, strength, and protection.

We pray to the Lord.

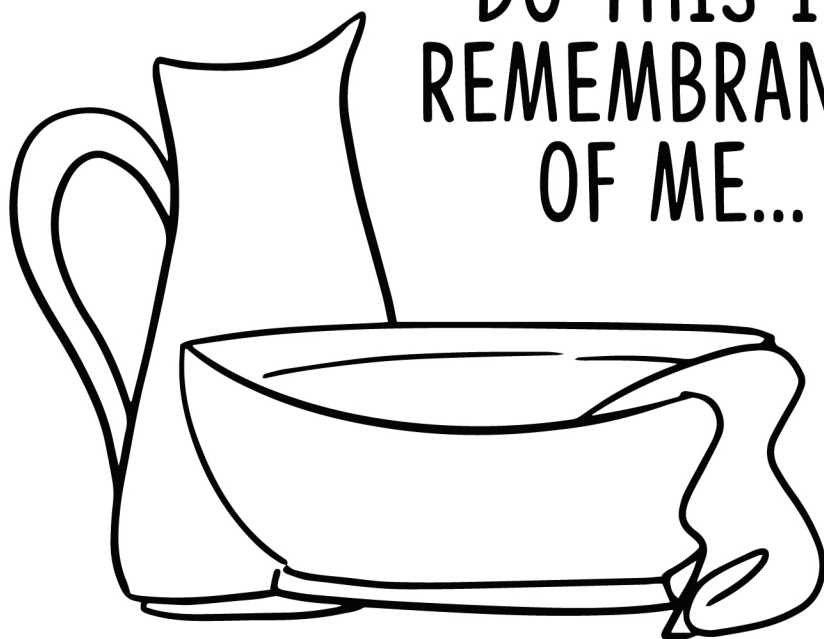
R: Lord hear our prayer

Now, add your own!

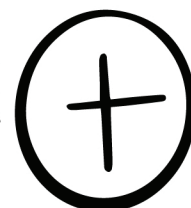
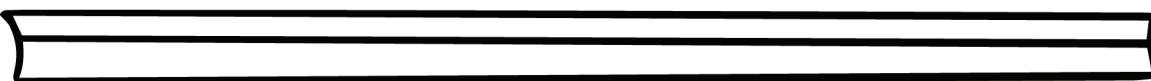




DO THIS IN
REMEMBRANCE
OF ME...



HOLY
thursday



Good Friday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Veneration of the Cross
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Select a crucifix or wooden cross for your at home veneration of the cross

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

**You can read them directly from this website or practice looking them up in your Bibles!*

MAKE AN 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.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36



SING OR READ THE STABAT MATER

(or experience the Stabat Mater sung in Latin with stunning voices, visual aids, and English translations here:

<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

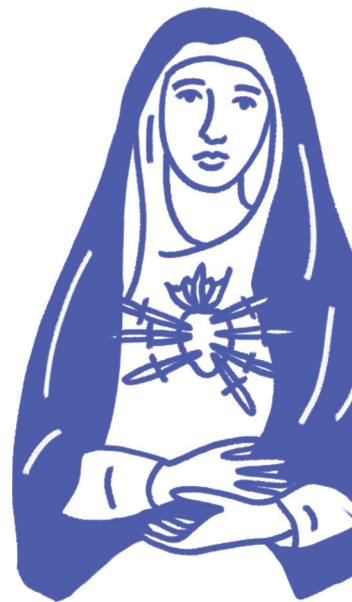
Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen





VENERATION OF THE CROSS

Catholics attend the Veneration of the Cross at 3:00 p.m. on Good Friday. This practice has been around since the fourth century. According to tradition, St. Helen discovered a fragment of the cross on a pilgrimage to Jerusalem. The cross was brought forward and placed on an altar where the priests and people could pay homage to the relic. It is said that the people pressed their eyes, brows, and lips to the cross as the priest repeated: "Behold, the wood of the cross."

If you cannot attend a local service, we encourage you to venerate a crucifix or wooden cross in your home this Good Friday.

Before beginning, explain that Catholics venerate the cross, but we do not worship the material. We are paying homage to the instrument of salvation and proclaiming our adoration of Christ's ultimate sacrifice.

Parents, you can hold a small cross or crucifix and invite your little saints to venerate the cross by taking turns kneeling before it, kissing the wood, or placing their forehead on the cross. As each family member comes forward, say: "Behold, the wood of the cross."

Additionally, the veneration of the cross is a solemn practice. Music is not played, a Mass is not said, and the congregation remains silent. You can also consider adding the stations of the cross or a moment of silent prayer before or after your home veneration.

You can find all 14 stations with images, reflections and prayers for children on our Instagram page: [@catholicfamilycrate](https://www.instagram.com/catholicfamilycrate).



Holy Saturday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Resurrection Cookies (gluten free)
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Gather the follow
 - 1 cup whole pecans
 - 1 tsp. white vinegar
 - 3 egg whites
 - pinch salt
 - 1 cup sugar
 - mixer
 - 1 Ziploc bag
 - strong wooden spoon
 - wax paper
 - cookie sheet
 - masking tape
 - Bible for readings

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

**You can read them directly from this website or practice looking them up in your Bibles!*

MAKE AN 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.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36

SING OR READ THE STABAT MATER

(or experience the Stabat Mater sung in Latin with stunning voices, visual aids, and English translations here:

<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death
Of that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die,
In His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen



RESURRECTION COOKIES

GLUTEN FREE

We are excited to share this amazing tradition with you! Resurrection cookies aren't just a delicious Easter treat. These cookies will help your children learn about the Passion and Resurrection of Christ through baking. Enjoy!

Note: The cookies should be made on Saturday night so that your family can celebrate the resurrection with an "empty tomb" Sunday morning. Using a physical Bible for this activity is very powerful. If you don't have one, use a Bible app or online Bible. We recommend The New Revised Standard Version, Catholic Edition (NRSV-CE) or what we hear at Mass, New American Bible (NAB), that you can find on <http://www.usccb.org/bible/>.

Recipe

INGREDIENTS

- + 1 cup whole pecans
- + 1 tsp. white vinegar
- + 3 egg whites
- + pinch salt
- + 1 cup sugar

SUPPLIES

- + mixer
- + 1 Ziploc bag
- + strong wooden spoon
- + wax paper
- + cookie sheet
- + masking tape
- + Bible for readings

DIRECTIONS

- + Preheat oven to 300°F.
- + Place pecans in the Ziploc bag. Have your children beat the pecans with the wooden spoon to break them into small pieces.
Reading: John 19:1-3
Explanation: After Jesus was arrested, He was beaten by the Roman soldiers.
- + Let each child smell the vinegar, noting the pungent smell. If they want, have them just taste it on their finger. Put 1 teaspoon of vinegar into the mixing bowl.
Reading: John 19:28-30
Explanation: When Jesus said "I thirst" when dying on the cross, the soldiers gave Him vinegar to drink.
- + Add egg whites to the vinegar. Eggs represent new life.
Reading: John 10:10-11
Explanation: Jesus gave His life to give us life, and on Easter Sunday He came back to life.
- + Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl.
Reading: Luke 23:27
Explanation: The salt represents the salty tears shed by Jesus' followers, and the bitterness of our own sin.

DIRECTIONS CONTINUED

- + So far the ingredients are not very appetizing. Add 1 cup sugar.

Reading: Psalm 34:8 and John 3:16

Explanation: The sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.

- + Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed.

Reading: Isaiah 1:18 and John 3:1-3

Explanation: The color white represents the purity in God's eyes of those whose sins have been washed clean by Jesus' sufferings and death.

- + Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet.

Reading: Matthew 27:57-60

Explanation: Each mound reminds us of the rocky tomb where Jesus' body was laid.

- + Put the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door.

Reading: Matthew 27:65-66

Explanation: Jesus' tomb was sealed with a large stone and soldiers guarded the entrance.

GO TO BED!

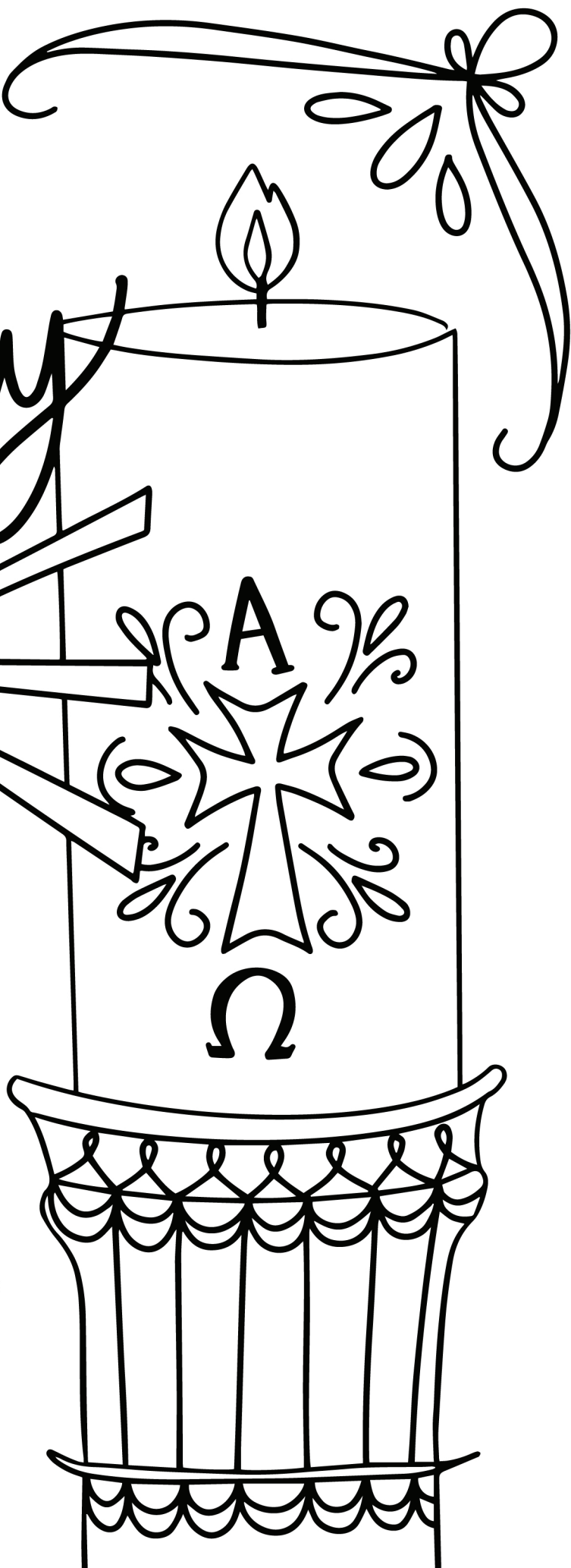
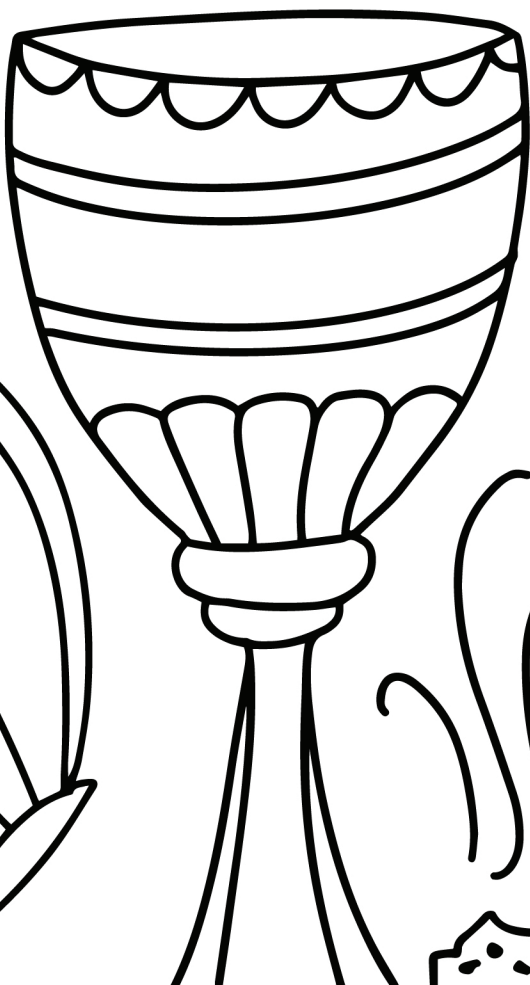
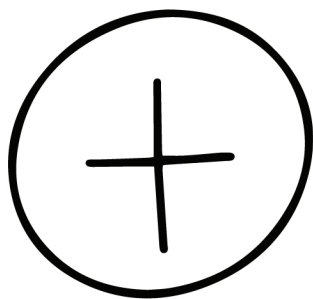
Reading: John 16:20 and 22

Explanation: The children may feel sad to leave the cookies in the oven overnight without seeing or tasting the results right away. Jesus' followers were in despair when the tomb was sealed.

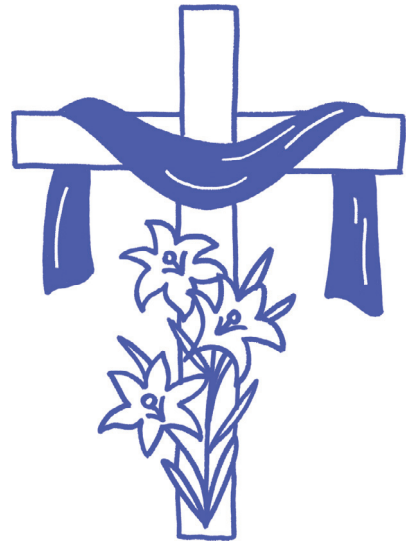
Recipe is courtesy of CatholicCulture.org.

HOLY

Saturday



Easter Sunday



Happy Easter!

Alleluia! Alleluia! (Notice we can say that again!)

REMEMBER THOSE RESURRECTION COOKIES...

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow!

Reading: Matthew 28:1-9

Explanation: On the first Easter, Jesus' followers were amazed to find the tomb open and empty.

Talk about what that means to the people in your family. What does an empty tomb signify?

Today marks Christ's victory over death!! He IS risen. Let our hearts reside in that and rejoice in this day!

We know the celebration of Easter this year will look very different for many of us. Here are some ideas to consider to make the most of this unique situation:

+ **Get dressed up...** There is no better way to set the tone for a special day than by doing something as unusual as getting dressed up **to stay home**. This act could be one of the most important things we do to mark the significance of the day in the eyes of our children. Yes, we may all want to stay in jammies (and we are in no place to judge you if you do!), but let's do the harder thing - the thing that gives more honor and glory to God by giving him our best on this VERY SPECIAL DAY!

+ **Watch Mass** together as a family - for sure! You could even use a video conferencing app like Zoom to watch it with family or friends. There are TONS of great options if streaming isn't something your local parish provides. **Don't forget to **say the "Act of Spiritual Communion"** after the consecration. You might even have it memorized by now!

+ **Prepare a nice meal** with the resources available to you. With empty store shelves and quarantining restrictions, this might mean time to get creative for some of us! That's okay. Focus on celebrating and give thanks for what you do have available to you. (You can do a search in Pinterest with the random ingredients you have in your house for ideas.)

+ **Video Chat** with loved ones!! Christ triumphed over death today. Let's come together in victory by not allowing the current state of things make us feel sullen or separated. Let's leverage the gift of technology to connect with those we love.

+ Did we say **music** yet? Music is an amazing way to lift spirits and create a lively atmosphere. Have fun and shake it off!

+ Lastly, see if you have any Easter traditions that you could modify and use. Kids are great at coming up with ideas like this. Open it up to them and see where they go with it. No matter how things end up, it will be time well spent together... And really, that's all that matters.

ALLELUIA!
ALLELUIA!



ALLELUIA
ALLELUIA!

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.

BECOMING
SAINTS
RAISING
saints

