# HOLY WEEK @ HOME FAMILY RETREAT

SUNDAY 5TH APRIL-SUNDAY 12TH APRIL



ALL HALLOWS CATHOLIC HIGH SCHOOL

# HOLY WEEK @ HOME FAMILY RETREAT

## You're Invited!

We invite your family to enter into a Holy Week retreat. This booket offers some scripture, prayers and activities that will help to mark Holy Week @ Home as a family. Most of what you will find in this booklet is intended for a large range of ages, so you can participate in them as a whole family.

## What's included?

In this booklet you will find:

- Holy Week timeline explaining what Holy Week is and a little introduction to the theme of each day.
- An explanation of how to pray with scripture (Lectio Divina).
- A prayer for each day.
- A passage from scripture for each day.
- Have a chat or make a note-journal prompts or conversation starters.
- Some links to YouTube videos.
- Colouring pages.
- Craft activities.
- Other ideas that could be incorporated into your day.
- Some bedtime stories linked to the themes of Holy Week.

## Keep in touch

We would love to see the activities you get up to so let us know either via email or on Twitter and Instagram.
We would love to see how you mark Holy Week and Easter this year.







## HOLY WEEK TIMELINE

## WHAT IS HOLY WEEK?

Holy Week is the last week of the Christian season of Lent and a time of prayer and preparation for Easter.

## PALM SUNDAY: JESUS RIDES INTO JERUSALEM.

Jesus ridies into Jerusalem on the back of a donkey. He is greeted by crowds waving palm leaves and shouting "Hosanna!"



## MONDAY OF HOLY WEEK: MARY'S GIFT TO JESUS.

Mary anoints the feet of Jesus with expensive oil.



## TUESDAY OF HOLY WEEK: BETRAYED

Jesus predicts that he will be betrayed and another of His disciples will deny Him three time.

## WEDNESDAY OF HOLY WEEK: THIS IS MY BODY.

Jesus shares His Last Supper with His disciples. He takes the bread and blesses it saying: This is my body broken for you. He takes the cup of wine and blesses it saying: This is my blood poured out for you.





## MAUNDY THURSDAY: JESUS WASHES THE DISCIPLES FEET.

During the Last Supper Jesus washes the feet of His disciples taking on the role of servant and teaching his disicples how to serve others.



## GOOD FRIDAY: JESUS IS CRUCIFIED AND DIES ON THE CROSS

Jesus carries the heavy cross through the streets of Jerusalem to a place called Golgotha. In this place He is nailed to the cross and dies.



#### HOLY SATURDAY: THE WAITING DAY

For the first disicples this was a day of mourning, their friend and their teacher has been killed and now lies in the tomb.

For us today, it is a day of hopeful waiting, knowing that this is not the end of the story.

## EASTER SUNDAY: HE IS RISEN!

Alleluia! Alleluia! Jesus has risen from the dead.



# Lectio Divina

God can speak to us through the Bible. And this is a way of reading the Bible which helps us to make space to hear what God is saying to us

Each day when you read the scripture passage for the day make the time to do it in this way. If it help write down your thoughts.



Read for the first time.

while you read pay attention to how it makes you feel and what stands out to you from what you have read/listened to.

## Meditatio (Meditate)

Take a few moments in silence to meditate on what you have just heard. Think about what the story reminds you of, what you would do in this situation, and how you connect with the story.



## oratio (Pray)

Read the bible passage again and then after this second reading allow for silence. During this time of silence speak to God.

Dear Jesus...
Thank you God for...
Please help me understand...

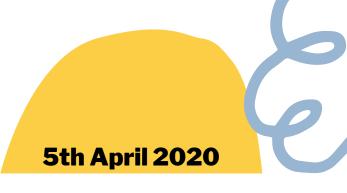
## contemplatio (contemplate)

Read the passage from the Bible for the final time and allow for a time of silence again. During this silence take time to contemplate.

I think Jesus is teaching me...
I believe...

ALL HALLOWS CATHOLIC HIGH SCHOOL

## PALM SUNDAY



#### **Prayer for the day**

Dear God, Thank you for sending your Son and paving the way for our lives to be set free through Jesus' death on the cross.

Thank you for what this day stands for - the beginning of Holy Week, the start of the journey towards the power of the cross, the victory of the Resurrection, and the rich truth that Jesus truly is our King of Kings.

"Hosanna! Blessed is He who comes in the name of the Lord..."

Amen.

#### Lectio Divina: 'Jesus rise into Jerusalem'

Jesus and His disciples arrived at the Mount of Olives just outside Jerusalem. He sent two of the disciples to the next village to collect a donkey and her foal. 'If anyone stops you, tell them that they are for me,' He said. They brought the animals to Jesus, and put cloaks on their backs so that Jesus could ride on them. When the people heard that Jesus was coming they laid their cloaks on the road before Him, and pulled branches off the palm trees to wave in the air. The crowds grew more and more excited and shouted at the top of their voices, 'Hosanna, Hosanna! Blessed is the one sent by the Lord.' Excitement filled the whole city, and some people asked, 'Who is this man?' The people answered them, 'It is Jesus from Nazareth in Galilee.'

(Based on Matthew 21: 1-11)

#### Have a chat or make a note

Whats the biggest crowd you have ever found yourself in?

Is it easy to get caught up in the crowd?

Have you ever got caught up and gone with the crowd?

Do you think anyone still feels overwhelmed with joy over Jesus? Who?

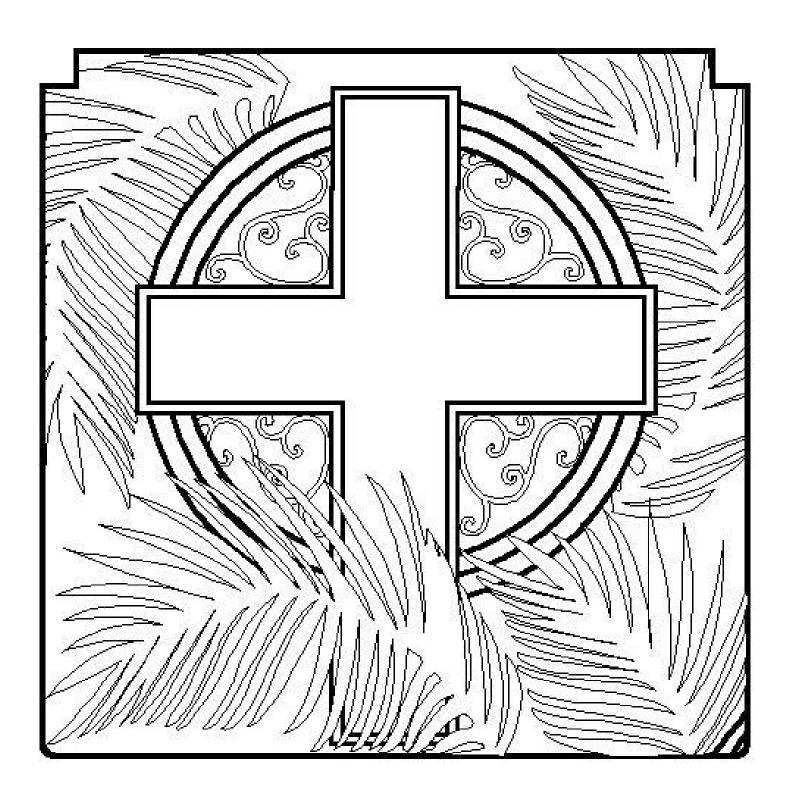
## Youtube...

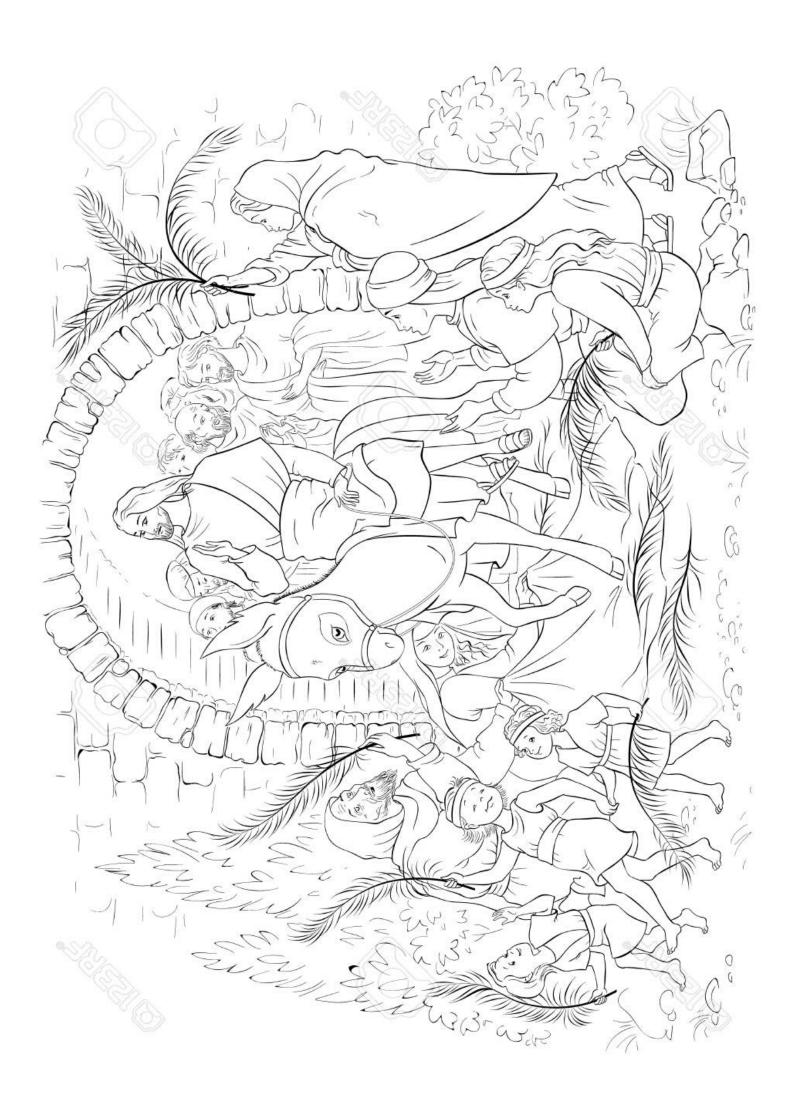
God's story: Palm Sunday (Crossroads Kids Club) https://www.youtube.com/watch? v=ITmbTuutBgg&t=57s

Skit Guys- Palm Sunday <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> v=0rdrcHLIs5c

Hosanna- Hillsong Worship (song) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=hnMevXQutyE</a>

## PALM SUNDAY Create your own prayer space that you can use throughout Holy Week, a place you can come together to pray and welcome Jesus. Wear red! The liturgyical colour worn by priests on this day is red. Why not all wear something red today. Make your own palms either out of paper or using greenary from the garden. This can be placed on the front door welcoming Jesus this Holy Week. Jesus arrived into Jerusalem on a donkey. Play pin the tail on the donkey. Hosanna! The people sang and shouted Hosanna as Jesus arrived into Jerusalem. Find a Hosanna song you could all sing or listen to together today. Participate in Mass via a live stream. It could be your local Church or find a live stream for Liverpool Catholic Cathedral. As Jesus arrived into Jerusalem the people placed their coats on the ground like a carpet of welcome, just like a red carpet at an awards ceremony. Using the coats you have create a path around the house. Make time today to reflect on the story of Palm Sunday and to pray as a family. Use the conversation starters to talk about the day or use them as journal prompts and make time to write down your reflections.





# MONDAY OF HOLY WEEK



#### **Prayer for the day**

God, as we walk through Holy Week towards the cross, may we remember that wonder of who you are.
Beyond sin you love is inexhaustible.
Beyond brokenness your forgiveness is incomprehensible.
Beyond betrayal your grace is poured out eternally.
Beyond death your life is unimaginable.
Beyond human understanding,
Your ways are always high than our.
Amen.

### Lectio Divina: 'Mary's gift to Jesus'

Just before the Passover Feast, Jesus went to visit Martha and Mary and their brother Lazarus in Bethany. After sharing a meal together, Mary poured expensive ointment over the feet of Jesus and wiped it away with her long hair. The disciple called Judas said angrily, 'This precious ointment could have been sold, and the money given to the poor instead of being wasted like this!' Jesus said to Judas, 'Leave her alone! Mary has chosen wisely. You will always have the poor with you, but you will not always have me.'

(Based on John 12: 1-8)

#### Have a chat or make a note

Have you every been given an extravagant treat/gift?

Have you ever done something extravagant for someone else?

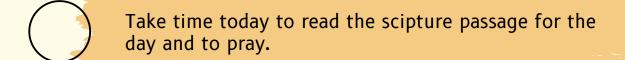
If you could do something for or give something to Jesus what would it be and why?

What could you do today to show your love for Jesus?



Mary Pours Perfume on Jesus | Bible Story | LifeKids https://www.youtube.com/watch? v=cl-VSPLdgXk

## MONDAY OF HOLY WEEK



Find a box. Invite everyone to write on pieces of paper what they would gift to Jesus to show their love for Him. Place all the pieces of paper in the box and wrap it up in gift wrapping paper.

Jesus was so grateful for the gift Mary gave to Him.

Take some time today to think about and write down all the things you are grateful.

Spray some perfume on yourself today. Each time you smell the beautiful aroma be reminded of the bible story for today.





# TUESDAY OF HOLY WEEK



### **Prayer for the day**

Lord God,
We tremble to think that it was one of Jesus' own friends who betrayed him.
One who sat by him, who broke bread with him.
Give us strength, we pray, to walk faithfully with Jesus,
even when the road we walk is rocky,
even when the message of the cross seems like foolishness,
and even when we feel betrayed.
You, Lord, are always faithful.
Amen.

## Lectio Divina: 'Betrayed'

As Jesus shared the Passover meal with His twelve closest friends He told them 'One of you will make me very sad tonight.'

The disciples were dismayed at His words. 'Surely you are mistaken, Lord!' But He answered, 'One of you sharing this very meal will hand me over to the enemies!'

'Lord, who will it be?' They asked.

'Whoever shares this bread with me,' He said, just as Judas Iscariot reached across and took a piece of bread from the same dish.

Then Jesus explained to His disciples that He would not be with them for much longer, and that they could not follow where He was going.

Peter said to him, 'Lord, I am ready to die for your sake!'

But Jesus told him that before the cockerel had crowed that same night, Peter would deny Him three times.

(Based on John 13: 21-33, 36-38)

#### Have a chat or make a note

Imagine you are there at the Last Supper during this conversation. If you were Judas how would you feel? If you were another disciple how would you feel?

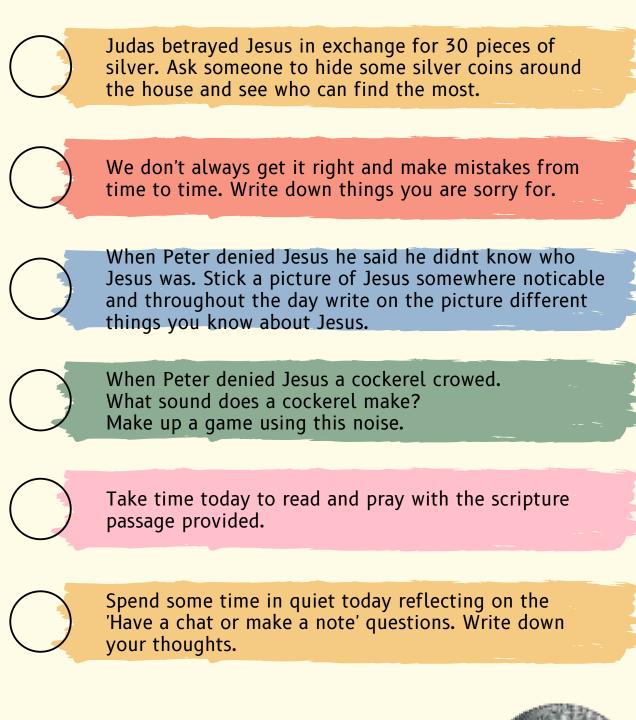
Have you ever felt like you have been betrayed by someone? Have you ever betrayed someone? How did you feel?



God's Story: Peter Denies Jesus (Crossroads Kids' Club) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=0nHrpQc9G6k</a>

Follow: A Social Network Easter (Igniter Media)\*
<a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
<a href="mailto:v=oWCaXXKcHWE&t=17s">v=oWCaXXKcHWE&t=17s</a>
\*Teens and Adults

## TUESDAY OF HOLY WEEK





# WEDNESDAY OF HOLY WEEK



#### **Prayer for the day**

Our Father,
Who art in Heaven, hallowed be Thy name;
Thy Kingdom come, Thy will be done on earth as it is in Heaven.
Give us this day our daily bread; and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.

Amen.

#### Lectio Divina: 'The Last Supper'

As Jesus and His disciples were eating the Passover meal together, Jesus took some bread and said a prayer of blessing. He broke the bread and gave it to them, saying, 'Take this and eat it, this is my body.'

Then He took a cup of wine and said a prayer of thanks. He passed the cup to each of them and said, 'Take this and drink it, for this is my blood. Just as my Father promised, it will be poured out to save you from your sins.'

(Based on Matthews 26: 26-29)

#### Have a chat or make a note

How many times have you been to Mass and received Holy Communion?

Did you know the Mass was directly linked to the Last Supper?

Does it change how you think about the Mass?

After reading the piece of scripture do you think this is something that Jesus wants us to participate in often?



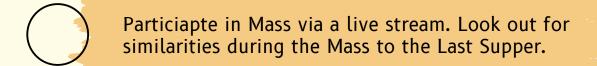
#### Youtube...

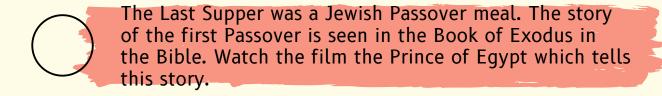
The Story of Easter (The Last Supper) (Saddleback Kids) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> v=SigoALSS1R8

The True Presence (Dynamic Catholic)\*
<a href="https://www.youtube.com/watch?v=-\_iRnBj1-B0">https://www.youtube.com/watch?v=-\_iRnBj1-B0</a>
\*For Teens and Adults

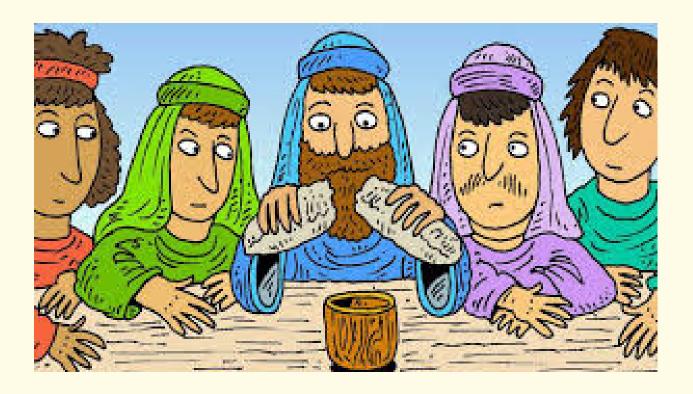
The Veil Removed - Film\*
<a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
<a href="mailto:v=00LZDaTglaM&t=242s">v=00LZDaTglaM&t=242s</a>
\*Teens and Adults

## WEDNESDAY OF HOLY WEEK





Act out the last supper with bread and juice saying the words that Jesus said at the Last Supper.





@ marydeandraws.com



# MAUNDY THURSDAY



### **Prayer for the day**

Lord God,
You sent your Son into the world,
And before His hour had come,
He washed His disciples' feet.
He was their teacher and their Lord,
Yet He washed their feet.
Lord God, help us learn from His example;
the world will know we are His disciples,
if we love one another.
Help us to do as he has done for us.
Amen.

#### Lectio Divina: 'Jesus washes the disciples' feet'

Knowing that the time had come for Him to return to His Heavenly Father, Jesus and His disciples gathered to celebrate one last Passover meal together.

Getting up from the table, He poured some water into a basin and, wrapping a towel around his waist, began to wash the feet of His disciples.

When it was Peter's turn he tried to stop Jesus by saying, 'Lord, it is not right that you should be washing my feet.'

But Jesus said to all of them, 'I, your Lord and Master, have washed your feet. I have shown you how it should be, so that you will go away and wash each other's feet.'

(Based on John 13: 1-16)

#### Have a chat or make a note

Jesus shows us today how to serve one another, can you think of the last thing you did to serve others?

Who has served you this week?

How important is it to serve others?

Looking at the current situation in our country. Who is serving and working for others in the way Jesus taught us to

Can you think of something you can do today or this week to serve those around you?



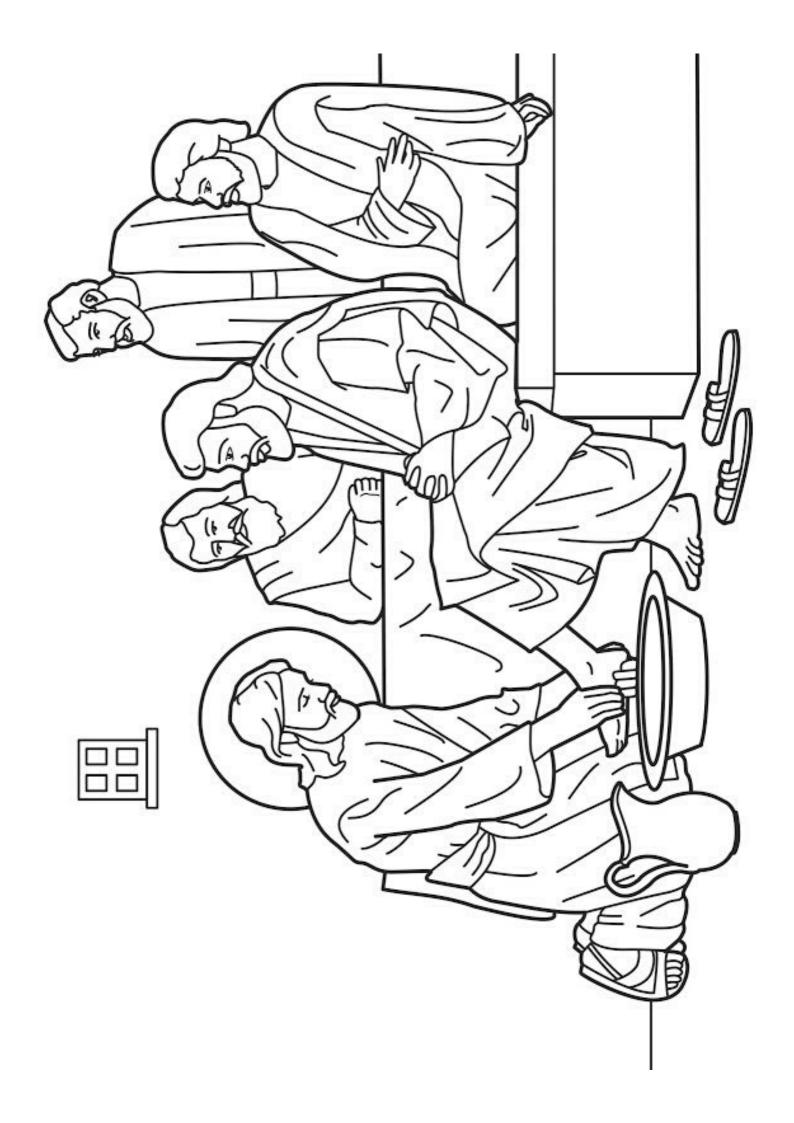
Jesus Washes His Disciples' Feet (Saddleback Kids) <a href="https://www.youtube.com/watch?v=bv5ajWNrnt4">https://www.youtube.com/watch?v=bv5ajWNrnt4</a>

The Servant Song <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> v=unFFWcUIUvU

# MAUNDY THURSDAY

- Jesus served His disciples by washing their feet before their meal. Serve your family today by wash up after each meal.
- We are being asked to wash our hands a lot at the moment and by doing this we are protecting ourselves and others. Each time you wash your hands today remember Jesus washing His disciples' feet as an act of service.
- Write down ways you are going to serve others. Print off a calender for the month a write down one thing for each day that you can do to serves others.
- At the end of the Last Supper Jesus took His disicples to the Garden of Gethsemane to pray he asked them to watch and pray for him, knowing that he was going to be arrested that night. Go out into your garden or into a quiet space in the house and pray, thanking Jesus for what He did for us.
- While in the Garden praying the disiciples fell asleep. Play a game of Sleeping Lions but call it Sleeping Disciples.





# GOOD FRIDAY



#### **Prayer for the day**

Lord of Glory,
we proclaim your death and look ever forward to your Resurrection.
As we contemplate your Cross,
the tree on which you hung so that we may have life,
may we be ever aware of the life that springs from death,
the light that rises from darkness, and the hope that banishes fear.
Draw us close to you, so that we may know the glory your Cross points to.
We ask this through Christ, our Lord.
Amen.

#### Lectio Divina: 'Jesus is put to death'

Jesus was taken before Caiaphas, the High Priest, and the elders. They decided that Jesus should be put to death, and they sent Him to be sentenced by the Roman governor, Pontius Pilate. Pilate was afraid that the crowds would cause trouble, so he agreed to crucify Jesus knowing that He had done nothing wrong. The Roman soldiers made fun of Jesus by making a crown of thorns for the 'King of the Jews'. Then they hurt Him and forced Him to carry his own cross. After Jesus had stumbled and fallen several times, the soldiers ordered a man called Simon to help Him.

When they got to Golgotha (a name which means 'the place of the skull'), they nailed Jesus to the cross and wrote above Him, 'This is the King of the Jews.'
Two thieves were crucified next to Jesus, and they joined the crowd in mocking Jesus and His claim to be God's Son. 'He saved others, but he can't save himself!' they jeered.

After hanging on the cross for many hours, Jesus called out in a loud voice, 'Father why have you deserted me!' and then He died.

(Based on Matthew 26: 57, 65; 27: 1-2, 23-50)

#### Have a chat or make a note

Imagine you are one of Jesus' first disciples how would you feel if you were there?

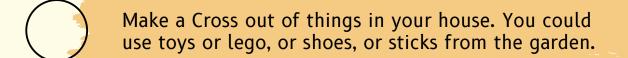
What is so good about Good Friday? Why do we call it Good Friday if Jesus died on that day?



BF10 The crucifixion (Brother Francis Online.com) https://www.youtube.com/watch? v=r80mlWH0KRU

Easter - What's So Good About Friday?\* (K-Love) https://www.youtube.com/watch? v=sJ7XcwWbdy4 \*Teens and Adults

## GOOD FRIDAY



Pray the Stations of the Cross together. There is a booklet available on the school website (which is appropriate for high school pupils) or look up a children friendly version online.

Jesus died on the cross to save us from our sins. Make a paper cross and on the cross write some things that you have done wrong and are sorry for.

If you have a crucifix in the house place it somewhere you will see it often today. Each time you see it say a prayer thanking Jesus for what He did for us.

Jesus paid the ultimate sacrifice for us. What could you sacrifice and go without today?





## THE STORY OF THE THREE TREES

Three trees on a wooded hill were discussing their hopes and dreams. The first tree said, "Someday I hope to be a treasure chest. People could fill me with gold, silver and precious gems. They could decorate me with intricate carvings and everyone would see its beauty.

"The second tree said, "Someday I will be a mighty ship. I will take kings and queens across the seas and sail to unknown places. Everyone will feel safe because of the strength of my hull.



"Finally, the third tree said, "I want to grow to be the tallest and straightest tree in the forest. People will see me on top of a hill, look up to my branches and think of the heavens and God. They will remember me as the greatest tree of all time."

After years of praying that their dreams would come true, a group of woodsmen came upon the trees. One came to the first tree and said, "This looks like a strong tree. I can sell the wood to a carpenter." After being cut down, the tree was happy because he knew that the carpenter would make him into a treasure chest. At the second tree a woodsman said, "This looks like a strong tree. I can sell it to the shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship. When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down, his dreams would not come true. A woodsman said, "I don't need anything special from this tree so I'll just take it back with me.

"When the first tree arrived at the carpenters, they made it into a feed box for animals. It was then placed in a barn and filled with hay. They cut the second tree and made a small fishing boat. They cut the third tree into large pieces and left it alone in the dark.



The years went by, and the trees forgot their dreams. Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the feed box made from the first tree. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time.

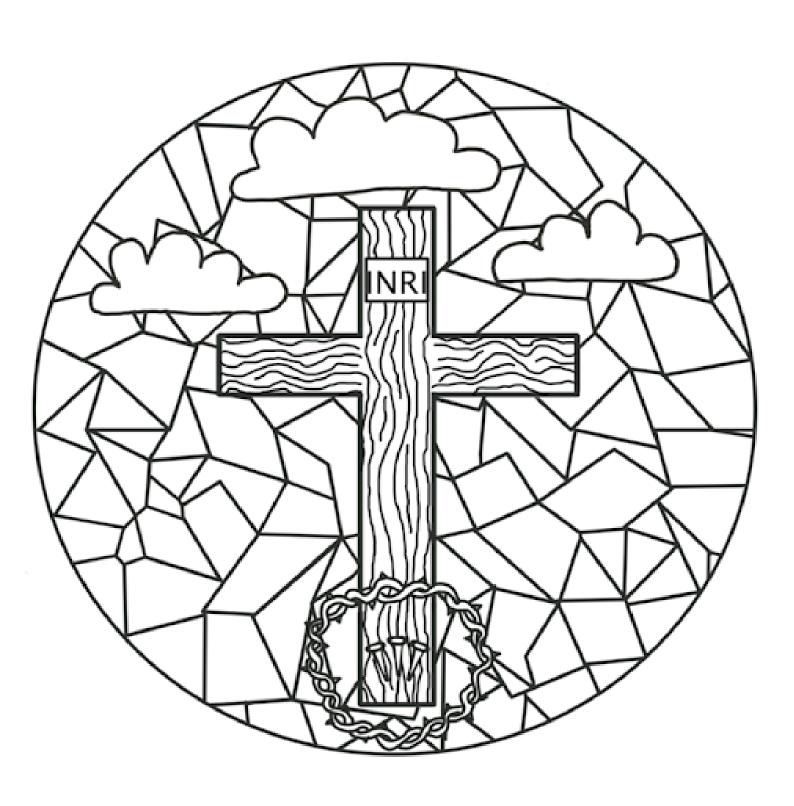
Years later, a group of men got in the fishing boat made from the second tree. One man went to sleep. A great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man. He stood and said "Be calm" and the storm stopped. At this time, the tree knew that it had carried the King of Kings in its boat.

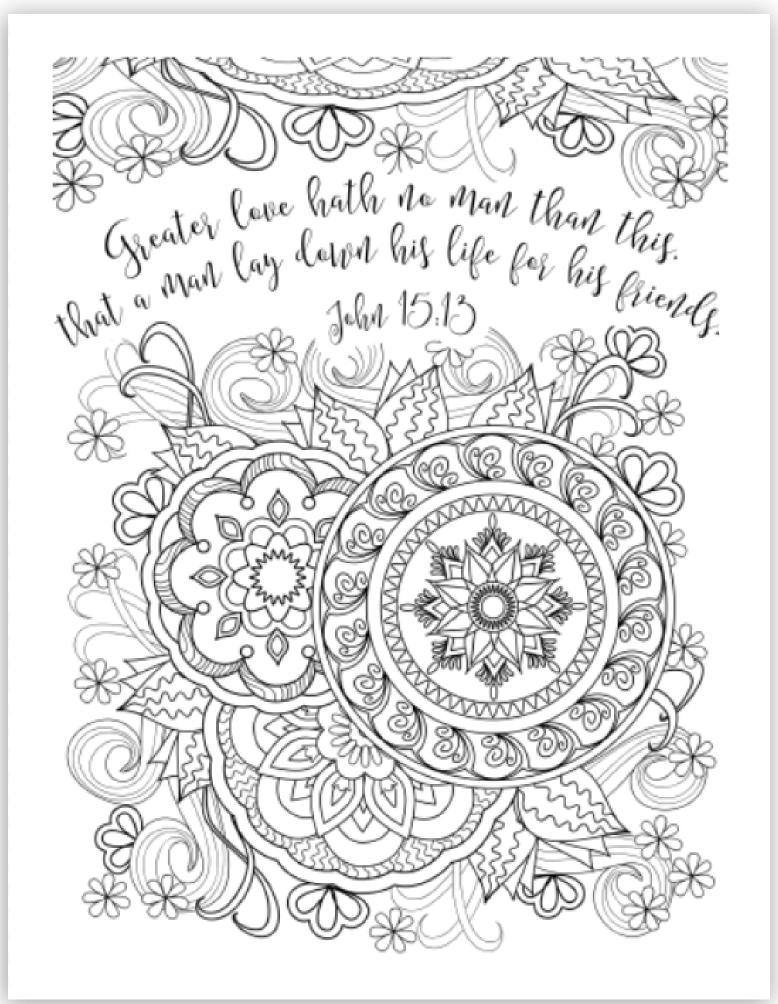




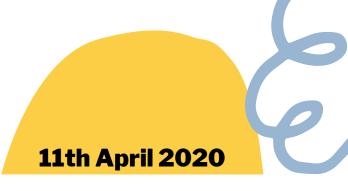
Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. Later, they nailed the man to the tree and raised him up to die at the top of a hill. On the third day, the tree came to realize that it was strong enough to stand at the top of the hill and be as close to God as was possible. Jesus had been crucified on it.

The moral is: When things are not going our way, know that God has a plan for us. God will do almost anything for us. Jesus reminded us through his teachings and his stories how much God loves us. Place your trust in God and God will always give you what is best for you.





# HOLY SATURDAY



## **Prayer for the day**

Lord God,
On the Sabbath, Jesus rested.
He was in the grave.
He had finished His work.
To most people's eyes, it looked as if it were all over.
He was dead and buried.
But only as a seed dies when it is planted in the earth,
not to decay, but to spring to new life.
Teach us to hope always in you
and in the resurrection, the making of all things new.
Amen.

## Lectio Divina: 'A day of waiting'

I will praise you, Lord, Because you have saved me. You have rescued my soul from death And given me back my life.

I will sing songs of thanks to the Lord, And show the depth of my love for him. His goodness lasts forever. He wipes away my tears, And fills my life with happiness.

The Lord is merciful and comes to my aid. He changes my sadness into joy And I will gave thanks for ever To the Lord my God.

(Based on Psalm 29/20: 1, 3-5, 10-12)

#### Have a chat or make a note

What must it have been like? Jesus, who you love and trust, who said He would rise, who you believe is the Messiah is now dead and in the tomb.

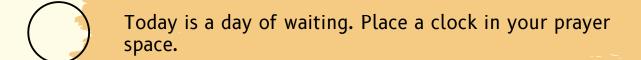
Saturday is a day of waiting in hope. Are we living our lives with this same hope? Do we really believe that Jesus rose and is now in heaven? Are we living a life that reflects that hope? Or have we given up hope and given into the deception that this life is the end?

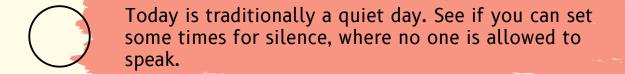


Easter - It's Saturday But Sunday's Coming (K-Love) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=PVAal1MpotE</a>

That 1 Day (ODB Films)\*
<a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
<a href="yeuWTUCtU1jNw&t=29s">yeuWTUCtU1jNw&t=29s</a>
\*Teens and Adults (evening of Holy Saturday)

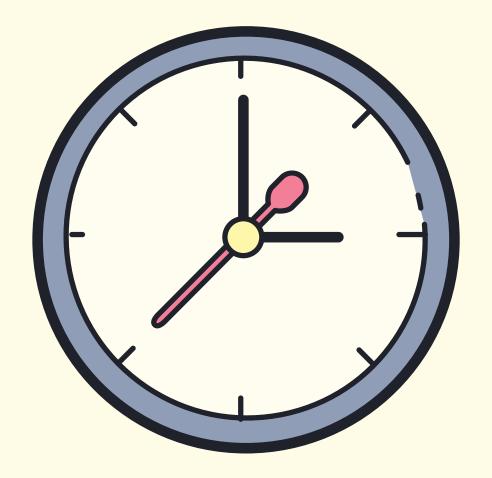
## HOLY SATURDAY





This day is a day of mourning and this is usually associated with darkness. See if you can go the whole day without turning any lights on. And try having your evening meal by candle light.

Make a colourful cross that you can put in your window before you go to sleep so that in the morning others will see and know that Jesus is Risen.





# EASTER SUNDAY



## **Prayer for the day**

Lord God,
You loved this world so much,
That you gave your one and only Son,
That we might be called your children too.
Lord, help us to live in the gladness and grace of Easter Sunday, everyday.
Let us have hearts of thankfulness for your sacrifice.
Let us have eyes that look upon Your grace and rejoice in our salvation.
Help us to walk in that mighty grace and tell your good news to the world.
Amen.

## Lectio Divina: 'Alleluia! Jesus is risen!'

Before sunrise on the Sunday morning, Mary of Magdala went to the tomb. As she reached the entrance, she saw that the stone had been rolled away and the tomb was empty. She ran to the disciples saying, 'They have taken the Lord from the tomb and we don't know where they have put him!' Peter and another disciple, John, ran to the tomb and found it just as Mary had described, with the linen burial cloths lying on the ground. Peter went into the tomb first, and then John followed him.

Until this moment they had not understood the Scriptures which said, 'He must rise from the dead,' but now they saw, and they believed.

(Based on John 20: 1-9)

#### Have a chat or make a note

The tomb was empty. Why is the concept of something being empty usually considered a bad thing?

When it comes to Easter, how is empty a good thing?

It might feel at the moment that we are doing a lot of waiting during this time in isolation. Easter teaches us to wait in hope. Is there anything you have learnt during this time so far that you would like to continue with once we are back into our normal routine of life?



Easter: He is Risen (K-Love)
<a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
v=ITZ1kNfT5SY

The Beginner's Bible: The Easter Story\* (zondervan) <a href="https://www.youtube.com/watch?v=bkNTU\_Vv5Ew&t=77s">https://www.youtube.com/watch?v=bkNTU\_Vv5Ew&t=77s</a>\*Younger children

He is still Risen (Igniter Media) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=EjT70vQMIQg</a>

## EASTER SUNDAY





