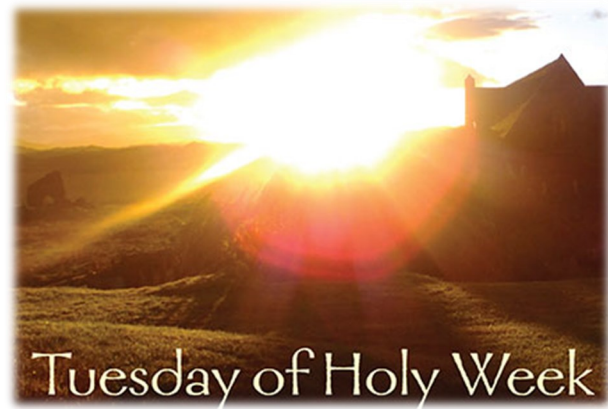


#Holy week at Home

A few suggestions and activities for Families to celebrate Holy Week at home



Tuesday of Holy Week

In his account of the Last Supper St. John interweaves two strands: imminent loss and future triumph. Even among the Twelve who sat at table with Jesus, there was one who would betray him, another who would deny him. He had to contend with their general incomprehension of what awaited him next day. But the Evangelist knew that Jesus faced this supreme trial with a firm hope and willing acceptance. This is also our hope, as we gather around his memory with reverence, this Holy Week.

Scripture: John 13:21-33, 36-38

When he had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come."

Activity: Pay Attention and Pray Need:

Pencils, paper.

Take a moment to reflect on what may be causing you anxiety today. Draw a picture or write it down on your paper. As a family, take turns sharing what it is you are feeling. Then as a family pray for strength during this time of uncertainty. Reach out to your community of faith and friends via social media or a phone call and let them know that you are also praying for them.

Prayer:

Merciful God, during this time of uncertainty, we remember how Jesus told his disciples to stay alert and to pray for strength. Give us strength and courage this day. Thank you that you are with us in our anxiety and will never leave us on our own, AMEN.

Food Idea:

Spaghetti! Heat up some spaghetti sauce on the stove and boil the water for noodles. As you wait for the noodles to boil, talk about how we never know the precise moment that the noodles will begin to boil but we know that through the heat, they eventually will boil. Just as we are patient for the noodles to boil, when we pray, we must also practice patience. We can rely on the faithfulness of Jesus to be with us always as we wait for things to fall into place in our lives. Then, mix your spaghetti sauce and noodles together and enjoy your spaghetti!

Spaghetti Bolognese Recipe



450g lean minced beef/
lamb
1 tin of tomatoes
6 mushrooms chopped
1 red pepper sliced
2 carrots chopped
1 onion finely chopped
1 low salt beef or vegetable stock cube
275ml of boiling water
1 dessertspoon tomato sauce
1 dessertspoon flour
225g spaghetti

STEP 1 - Cook the mince beef, onions, mushrooms and carrots on a dry pan (low heat) for 15 minutes. (There is sufficient fat in mince for frying, so no more is needed). Drain any excess fat from pan.

STEP 2 - Add flour and stir well.

STEP 3 - Dissolve the stock cube in a 275ml of boiling water.

STEP 4 - Add the stock, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 30 minutes

STEP 5 - Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.

STEP 6 - Serve with the bolognese sauce on top.

A Prayer Ritual at Home

In the prayer space place pictures of people you care about.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

United in Prayer
Together as a Church. Praying at Home

Opening Prayer

Lord the pain of being betrayed by someone you loved and trusted must have been hard. Was your life not worth more than thirty pieces of silver? Lord help us to appreciate our family and friends – each one unique, each one a gift from you. Help us always to be honest with them in our words and in our actions. Help us to work so that true love, harmony and peace may reign among us. Amen.

Reading

‘While at supper with his disciples, Jesus was troubled in Spirit and declared, ‘I tell you solemnly, one of you will betray me’. The disciples looked at one another, wondering who he meant.’ *(From the Gospel of the day, full text John 13:21-33, 36-38)*

Reflection

There are growing tensions as the passion and crucifixion nears. This time the tension is not from outside – it is closer to home. It is from within the very group of Jesus’ closest friends. Although each one is different, they somehow had felt the call and followed Jesus. They had shared the common experience of being with him these last few years – they had listened to his every word and witnessed things they could only have dreamt of. They had built a bond—a band of brothers. Now right in their midst, distrust and disharmony was festering. One of their own – one of their number was about to betray Jesus. How easily even the best of relationships can break down. How important it is to appreciate those we love and those who love us – our family and our friends. How we must work to bring peace to petty quarrels and unity to divisions so that love and harmony and peace may reign between us.

Ritual Action

Pause in silence to pray for harmony among our family and friends - for those whose pictures have been placed in the sacred space. Lord, help us always to get along. Help us never to betray each other in word or action. Help us to grow in love for each other. As a sign of our commitment to this let us offer each other a sign of peace. *All exchange a sign of peace as appropriate and safe to do so.*

Intercessions *Light the candle*

As we light this candle we pray especially for harmony and peace among family and friends among nations and peoples. *(Pause)* We pray for our needs and the needs of the whole world. We remember in our prayer ... *(Bring your intentions to God)* **Lord, in your mercy. Hear our prayer.**

Our Father ...

Prayer of St Francis

Lord, make me an instrument of your peace, Where there is hatred, let me sow love
Where there is injury, pardon. Where there is doubt, faith
Where there is despair, hope, Where there is darkness, light
And where there is sadness, joy. Amen

Blessing

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

Sign of the Cross ...

To do

- Before the sun sets, make peace with everyone in the house. Take time to tell each one in your family that you care for them. Call those who are absent and tell them too.
- Pray for areas for the world that suffer from war or violence. Look up on the internet Christian communities that are suffering persecution at this time.