

Optional Family Activities

Holy Week in the Home

Part I: Palm Sunday through Holy Wednesday

PALM SUNDAY: This day marks Jesus' triumphal entry into Jerusalem the week before he died. Jesus is welcomed by the people as a king, and palms and cloaks are laid on the ground as he passes by.

- **Pick up or make palms**

- St. Stephen Distribution <https://stephen.org/palm-sunday/>
 - Receive Palms and blessing from your vehicle on Sunday, April 5 from 10:00 AM to 12:00 PM. Father Padraic and Father Dave will each be at the North and South circles. Please “drive-through” and remain in your vehicles and bring your patience.
 - Palms are blessed, and therefore sacred things which need to be treated with respect. They look like great swords or lightsabers, but explain to your children why they are not!
 - Blessings and blessed things are called "sacramentals" because they prepare us to receive the grace of the sacraments and help us to grow to be more like Christ
- Or, a tutorial on making your own: <https://youtu.be/NgJ5c7veE8U>
 - This is advanced – there are simpler options!

Variations on Palms around the world

- *Italy: olive branches*
- *Ireland: yew branches*
- *England, Poland, and Lithuania: willow branches*

This means if you are unable to acquire palms, you can use any branch available to you!

- **Here's instructions on how to fold your very own palm cross!**

- <https://files.constantcontact.com/79b29d07001/e9c2add6-f9b6-4215-ba49-c6987e36cfcf.pdf>

- **March in a triumphal procession around your home**

- Give each family member something to process with: palms, ribbons, branches, etc.
- Consider having someone process with a picture of Jesus – if you have one at home, great! If not, print/draw a picture of Jesus on a donkey.
 - Jesus could lead the procession, or walk through a tunnel of palms
- March throughout your home singing hymns or shouting Hosanna! or Jesus is King!

- **Veil statues, holy images, crucifixes in your home**

- “So they took up stones to throw at him; but Jesus hid himself, and went out of the temple” John 8:59 – The tradition of veiling statues comes from this line in which Jesus hid himself. Images have power, and by hiding them, they become a reminder of our desire to see Jesus. Sometimes kids can become troubled or upset at finding their favorite images covered. “This is just another example of kids setting an example for us grown-ups. That’s exactly how we are all supposed to feel about it.” from *The Catholic Catalogue: A Field Guide to the Daily Acts That Make Up A Catholic Life* by Melissa Musick and Anna Keating
- This is traditionally done on the fifth Sunday of Lent with purple cloth, but it’s not too late to do it today!

HOLY MONDAY

- **Watch Archbishop Lucas celebrate the Chrism Mass**
 - My favorite Mass of the year! It is traditionally celebrated in each diocese at the cathedral during Holy Week with all the bishop's priests in attendance. The holy oils used for the entire Mass are blessed during this time. Keep a special eye out for the bishop blowing or breathing on the Sacred Chrism
 - 11:00am at <https://archomaha.org/holyweek/>
- **Read the liturgical readings of the day**
 - Click on today in the calendar on <http://usccb.org/>
- **Spring Cleaning**
 - There is no liturgical tradition for this, but every Holy Week at home resource I find recommends it! Prepare for the holy days coming, so you can really focus on them when they arrive.

HOLY TUESDAY

- **Read the liturgical readings of the day**
 - Click on today in the calendar on <http://usccb.org/>
- **Spring Cleaning**
 - There is no liturgical tradition for this, but every Holy Week at home resource I find recommends it! Prepare for the holy days coming, so you can really focus on them when they arrive.

SPY WEDNESDAY: "We remember Judas betraying Jesus, telling the high priest when Jesus would be in a place where he could be more conveniently arrested, in exchange for thirty pieces of silver." From *The Catholic All Year Compendium: Liturgical Living for Real Life* by Kendra Tierney

- **Hide thirty pieces of silver (loose change, or chocolate coins) for kids to find**
 - If real change, put in CRS Rice Bowl after
- **Discuss the similarities and differences between Judas and Peter**
 - Both betrayed Jesus
 - Judas – turned Jesus in
 - Peter – denied knowing Jesus
 - Both felt sorrow for their sin
 - Judas – returned the silver
 - Peter – wept bitterly
 - Two different reactions to that sorrow
 - Judas didn't trust that God could forgive him (hung himself)
 - Peter waits for Jesus, and is forgiven
 - Discuss our own response to sin and our trust that God will forgive us
- **Prepare for Triduum (Holy Thursday evening through Easter Sunday)**
 - Select and wash Easter clothes
 - Finish cleaning
 - Prep Easter foods, baskets, etc. that can be done in advance

- Read the liturgical readings of the day
 - Ask Alexa to play “Catholic Daily Readings”
 - Or, click on today in the calendar on <http://uscgb.org/>