

Holy Week Retreat

FROM HOME



CLICK HERE FOR HOLY WEEK LIVE STREAMING LITURGIES 

THE HOLY WEEK SEQUENCE

The Franciscans have an ancient tradition of living Holy Week called the Holy Week Sequence.

It consists of focusing on the paradoxes and conflicts of Holy Week, and following the movements of Christ from Palm Sunday to Easter by incorporating them into each day of Holy Week.

For more details on each day and a reflection, please visit the website.

vandalcatholics.org

SUNDAY

PALM SUNDAY

"The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road." Mt 21: 8

(Taken from the Reading at the Procession with Palms)

FAMILY ENGAGEMENT: Prior to your family celebrating Mass (via live-stream), have each member of the household get a tree branch. Create a prayerful space where a crucifix or cross is prominent. Gather the branches together and add them to the prayer space.

MONDAY

MONDAY OF HOLY WEEK: EXTRAVAGANCE

Gospel Focus (John 12: 1-11): Mary anoints Jesus with costly oil

FAMILY ENGAGEMENT: Today's focus is on Extravagant Monday. As a family, decide how you might like to do this. Here are a couple of suggestions:

- Plan to have a nice family dinner. Perhaps allow for the whole family to participate in preparing the meal or setting the table. Can you dress your table up a bit? Add a candle or a table cloth or an early blooming flower? Maybe some quiet, peaceful music in the background?
- Share your extravagance with others by taking a meal or canned goods to a neighbor in need.

At the start of your meal, read **John 12: 1-11** and take a few minutes for each member of the family to share what stands out to them from the reading. Then share one thing and one person for which you are grateful.

TUESDAY OF HOLY WEEK: COMPULSION TO COMPLETION

Gospel Focus (Matthew 21: 12-17): Jesus cleanses the Temple

FAMILY ENGAGEMENT: Today's focus is on completing a project. As a family, take time today to complete something. It could be as simple as:

- *cleaning the whole house together or*
- *each person writing a letter to someone.*

It could be as elaborate as:

- *painting a room or completing some other project you've been wanting to do for a while.*

Before or after you begin your project, take some time to **read Matthew 21: 12-17** and take a few minutes for each member of the family to share what stands out to them from the reading.

WEDNESDAY OF HOLY WEEK: DAY OF ALONENESS

Gospel Focus (Matthew 26: 14-25): Betrayal by Judas // Jesus is Alone

FAMILY ENGAGEMENT: Today's focus is on silence.

As a family, decide how you might like to do this.

Here are a few suggestions:

- *Perhaps it's that everyone gives up electronics for the day (phone, computer, TV, video games, music, etc.) for the day, minus what needs to be done for school/work;*
- *or that as a family you're going to take a whole hour of silent personal prayer after dinner.*

HOLY THURSDAY: BODILY SELF-GIVING

Gospel Focus (John 13: 1-15): Jesus Washes the Disciples' Feet and Institutes the Eucharist & Priesthood

FAMILY ENGAGEMENT: Find time today, perhaps while watching the Holy Thursday Liturgy (Live-Stream), to have each member of the family wash another person's feet and share one thing they love most about this person. Before or after, take some time to **read John 13: 1-15** and take a few minutes for each member of the family to share what stands out to them from the reading.

Additional Ideas:

- *Write a letter to your parish priest thanking them for all they do to bring the Sacraments to us.*
- *Cover all the crosses and crucifixes in your home (symbolic of the Church Sanctuary being stripped).*

GOOD FRIDAY: LAWLESSNESS

Gospel Focus (John 18: 1 -- 19: 42): The Passion of Our Lord

FAMILY ENGAGEMENT: We know this is a solemn day of fasting and abstinence from meat. As a family, what are some other things you might give up for the day?

Here are a few suggestions:

- Turning on lights
- Electronics

Spend time today doing one of the following prayer experiences as a family:

- Pray the Stations of the Cross while taking a hike
- Pray the Divine Mercy Chaplet together for all those who have died and will die from COVID-19.
- Read the Gospel, or a portion of the Gospel, and then venerate the Cross (uncover at least one)
- Watch and reflect the following video of Good Friday

<https://www.youtube.com/watch?v=FzxXvEtf9Do>

- Watch **The Passion of the Christ** (This film is rated-R; intended for older and mature audiences).

FRIDAY

HOLY SATURDAY: NIGHT

A day of waiting and darkness. Caught between the Passion and the Resurrection, but God is still at work, preaching the Gospel to those in hell.

FAMILY ENGAGEMENT:

- Pray through A Stations of the Cross Hike for Holy Saturday
- Do a bonfire outside (if able)
- Watch a Live-Streamed Mass of the Easter Vigil.

To engage in the liturgy, turn all the lights off in your home. Light a candle when the Paschal Candle is lit / Have only one candle lit. When the Church proclaims the Gloria and all the lights turn on, turn on the lights in your home.

SATURDAY

EASTER SUNDAY

Gospel Focus (John 20: 1-9): The Resurrection

FAMILY ENGAGEMENT: Spend the day as a family celebrating and entering into the joy of the Resurrection. Remember to uncover all crosses and crucifixes in your home if you covered them!

A few other suggestions include:

- Family Game Day!
- Take a hike outside
- Watch the movie, **Risen** (This film is rated-PG-13).
- Listen to an Easter Playlist

<https://www.youtube.com/playlist?list=PL5sexwzkyqUUuJV8dTFvVso5MktNXLZOI>

- FaceTime/Call Family members that you would have spent time with

SUNDAY