

WELCOME TO THE

Liturgy Lookout

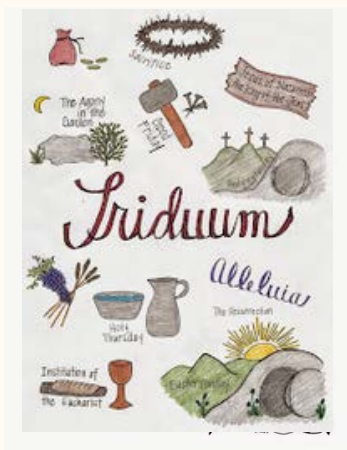
A resource for your Domestic Church



HOLY WEEK & THE TRIDUUM

"Do you see that tiny gold sliver in the Liturgical Calendar to the left? That represents the Triduum. The Triduum runs from the evening of Holy Thursday through the evening of Easter Sunday. These days are considered so holy, that they are their own Liturgical season!

Holy Week and the Triduum is the holiest week of the entire year for the Church, so we should recognize the holiness of this time in our domestic churches as well. But how do we do this? Let's take a look!



Holy Week Quick Links



[NAVIGATING HOLY WEEK](#)



[THE "YOU CAN STILL DO THIS" GUIDE TO ALL THINGS HOLY WEEK](#)

The "You Can Still Do This" Guide to All Things Holy Week

Also available as a YouTube video here! Well, you've done it. You AND your children have, somehow,...

Catholic All Year / Apr 10, 2022



The Ultimate Guide for Celebrating Holy Week With...

When living the liturgical year with kids, holy week is a really big and excellent week to include! The most...
catholicicing.com

[THE ULTIMATE GUIDE TO CELEBRATING HOLY WEEK WITH KIDS](#)

HOLY WEEK DAY BY DAY

PALM SUNDAY

- Commemorates the arrival of Jesus to Jerusalem, and his kingly reception
- Read this story in a children's or illustrated Bible; discuss the difference between this procession and the procession of the Passion in just a few days
- Look at a map & timeline of Holy Week events



Click on these images for the coloring pages!

MONDAY & TUESDAY

- Use these days to clean, grocery shop, and finish Easter preparations so that you can enter into the remainder of Holy Week focused and ready!

SPY WEDNESDAY

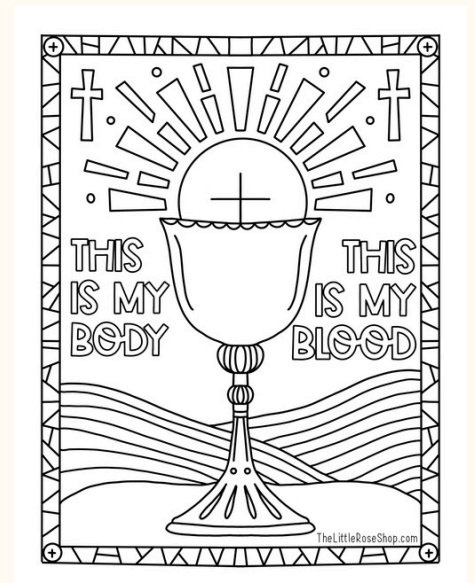
- Commemorates how Judas Iscariot betrays Jesus for 30 pieces of silver
- Read this story in your Bible today, and hide 30 coins (real or chocolate!) around your house for kids to find
- Play "I Spy" or watch a spy movie



A WONDERFUL RESOURCE FOR HOLY WEEK!

HOLY THURSDAY

- Also known as "Maundy Thursday" because Jesus gave us the commandment to "Love one another" (In Latin, "mandatum" means "command")
- Today we remember the Last Supper and the institution of the Holy Eucharist
- We also celebrate the institution of the priesthood
- Ideas for today:
 1. Attend the Mass of the Lord's Supper
 2. Spend time with Jesus at the altar of repose. This is a beautifully adorned altar meant to resemble the Garden of Gethsemane. Adoration is available until midnight
 3. Eat Mediterranean food for dinner, read the story of the Last Supper & wash each others' feet
 4. Watch the movie *The Prince of Egypt* and discuss the feast of the Jewish Passover. Discuss connections between the Passover lamb and Jesus.



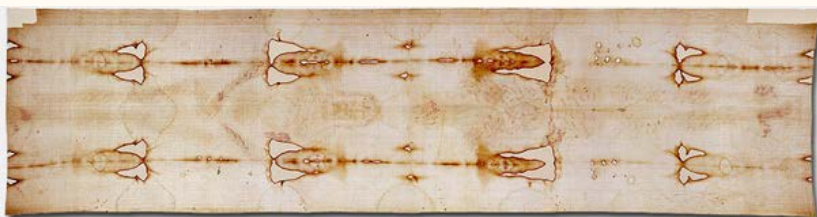
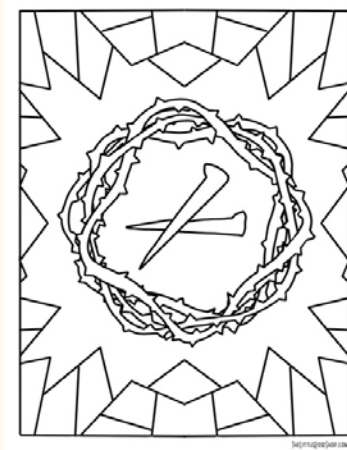
GOOD FRIDAY

- Today we commemorate the Passion and Death of Jesus
- Fast from distractions and noise today, especially between 12pm and 3pm. (As well as fasting from food if you are old enough)
- Make hot cross buns for breakfast! **Hot Cross Buns**
- Pray the Stations of the Cross with your family, either at church or at home. (There are many video versions on Formed and YouTube!) **Stations of the Cross Freebie**
- Have an Easter Story lunch! This is a wonderful way to discuss the Passion narrative with kids. **Easter Story Lunch**
- Pray the Sorrowful Mysteries of the Rosary
- **Festivity on Good Friday**



Holy Saturday

- Prepare for Easter today! Try to maintain a sense of quiet preparation
- Reflect on how Mary and the Apostles would have been feeling this day, without the knowledge (that we have) of the coming Resurrection
- Learn about the **Shroud of Turin**



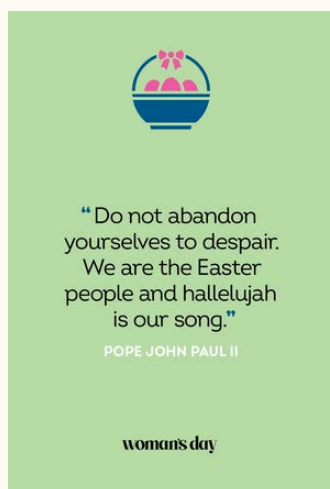
ALLELUIA! HE IS RISEN!

Happy Easter!

Don't Forget: the Easter season lasts for
50 days!

Easter Activity Pack

50 Ways to Celebrate the Easter Season



SEASONAL MARIAN HYMN: REGINA CAELI



LOOKING AHEAD:

April 27: **Divine Mercy Sunday**
and
the canonization of **Blessed Carlo Acutis!**

Make Divine Mercy "Sundaes" today with whipped cream and red berries and blueberries to represent the Divine Mercy image

