

HOLY WEEK AT HOME



Maundy Thursday Servant Ministry



MAUNDY THURSDAY

What today's all about:

Today begins the Triduum, or “Great Three Days” of our faith.

At church, the service typically offers a visceral reminder of Jesus’ call to serve.

We wash each other’s feet, kneeling down humbly before one another.

We break the last bread of Communion before Easter Sunday.

Since we can’t celebrate the sacrament of Communion together, we’ll instead have an Agapé Meal together, but from our homes.

Connect Online

Check your e-mail or www.calvaryclifton.org for virtual ways to connect & worship today

If you have it at home...

Matzoh is an unleavened bread is what is prepared by our Jewish siblings for the Passover each year. Passover began yesterday in the Jewish tradition. Add this bread to your meal tonight and remember that Jesus’ last supper was the Passover meal.

Saltine Crackers are a suitable substitute.

Today's Story:

Read about Jesus’ last night with his disciples in your Bible
or at biblegateway.com

John 13:1-17, 31b-35

Divine Reading of Scripture (Lectio)

As you read the story, ask

“How can I continue to serve others while sheltering in place?”

Today's Actions:

Agapé Meal - Prepare your dinner table with bread, wine (or non-alcoholic beverage), and a special dish for dinner. The Rector will ask those who can to share their special dish in the Facebook comment feed, and we will share virtual Agape Feast during an online service at 6:00 PM.

— See Appendix 2 for the liturgy —

After the meal, take some time to physically care for yourself or a member of your family. Ideas: wash someone’s feet, give them a hand or foot massage, or give your own hands or feet a message.

Prayer Vigil - Throughout the night, join your Calvary Community keeping a vigil of prayer
from 9pm Thursday until Noon on Good Friday
Contact olivia@calvaryclifton.org



Good Friday
*God So Loved
the World...*

GOOD FRIDAY

What today's all about:

We remember at Noon on Good Friday that Jesus hung upon the cross, stretching out his loving arms.

Today, we look to Jesus and remember that in that offering on the cross is the salvation of the entire world.

Today is considered a fast day in the church. Consider making a fast today in a way that allows space for the wondrous love of God

Connect Online

Check your e-mail or www.calvaryclifton.org for virtual ways to connect

Support a Local Business today

Buy Hot Cross Buns.

Graeter's, Busken Bakery, & Servatii all sell them.

Make it a spiritual practice to refrain from eating them until Easter morning, keeping the Good Friday fast.

Today's Story:

Read a visceral experience of feeling forsaken by God in your Bible or at biblegateway.com

Psalm 22

Divine Reading of Scripture (Lectio)

As you read the Psalm, ask

"How do I know God is still near, even when I feel forsaken and alone?

Today's Actions:

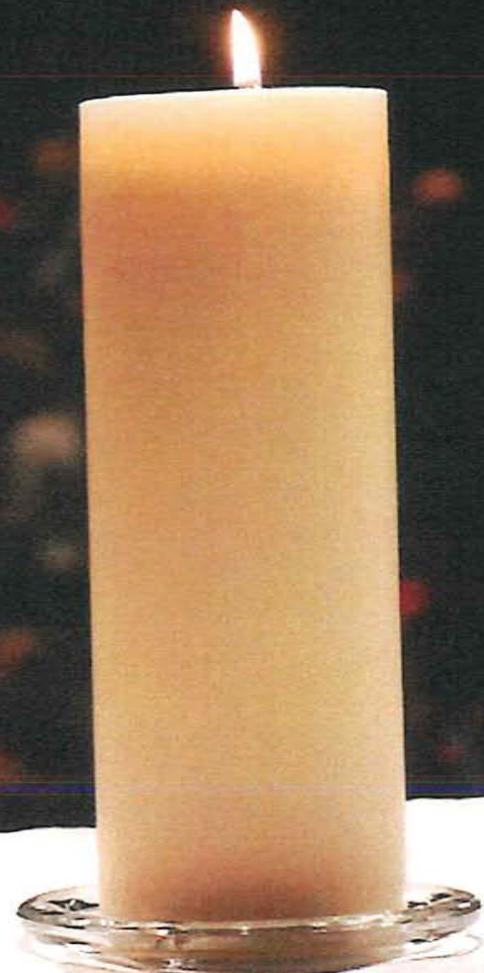
Experience the story of Christ's Passion online in worship, offered by our Youth Group. Or read John 18:1-19:42.

Find a cross or make one out of items in your home. Spend several minutes with the Cross and pray the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

Another way to engage - Contemplating God's love for us

Make a list or a collage that visually represents people in need. Use this as a visual intercession prayer board.

Holy Saturday
*The Lord God is
in your midst*



HOLY SATURDAY

What today's all about:

Some of you remember the book we read this past year called Learning to Walk in the Dark by Barbara Brown Taylor. We live in a culture that uplifts "solar spirituality" — seeking light above all else.

But the Saturday after Jesus died, the disciples and friends of Jesus were left in the dark. Jesus' body was enclosed in the tomb. All was dark and seemed final.

Today is about being unafraid to wait in the dark and dwell in the shadows.

Connect Online

Check your e-mail or www.calvaryclifton.org for virtual ways to connect

See the Appendix for a Recipe for Triduum Cookies (meant to be made the night before Easter Sunday)

Convert your oven into a tomb and see what happens overnight.

Today's Story:

Join Job in his experience of walking and waiting in darkness, death, and struggle in your Bible or at biblegateway.com

Job 14:1-14

Divine Reading of Scripture (Lectio)

As you read the story from Job, ask
How does the past assure me not to be afraid of the dark?

Today's Action:

Pull out a candle from storage or a candle you were able to purchase in the last week.

Decorate your candle to burn throughout the 50 Days of Easter.

Refrain from lighting your candle until we light them together at the Easter Vigil online.

Easter Vigil
New Fire
New Hope



EASTER VIGIL

What today's all about:

This is the most important feast of the entire year. It completes the *Triduum*, or Three Great Days, and is a joyous celebration of the Resurrection of Jesus Christ

Connect Online

Check your e-mail or www.calvaryclifton.org
And view the Easter Vigil Worship Video

This is Calvary's Easter Worship Offering.
Take part in it anytime after Sunset on Holy Saturday until Sunrise on Easter Morning

EASTER MORNING

Join our greater Episcopal Community.

**Christ Church Cathedral is
broadcasting Easter online.**

www.cincinnaticathedral.com

Prepare for Worship

Hear an ancient chant offered each year at the Easter Vigil online.
Light your candle and join the saints: past, present, and yet to come in celebrating the Light of Christ's Resurrection.

Today's Stories

Offered by members of the congregation online, you can also look up these stories and accompanying prayers by finding the citations in the Book of Common Prayer, page 288-291.

These are known as the Salvation History. We also hear the Resurrection Story from the Gospel of Matthew.

Today's Actions:

Join the Calvary Community Online as we experience the most ancient worship of our faith in the most unique way in human history.

Renew Your Baptismal Vows
with the Calvary Community

This our promise of Belief and Action as Christians.
This Covenant guides us and makes us ministers of our Baptism to bring hope to a hurting world.

Shout Alleluia! Ring bells in your home!
Sing "Jesus Christ is Risen Today!"

Appendix 3: Recipes - if you have the ingredients at home!

Recipes for Holy Week

CHAROSET

For Holy Tuesday

Ingredients

6 apples

1 cup finely chopped walnuts

$\frac{1}{2}$ tsp ground cinnamon

1 white sugar

$3 \frac{1}{2}$ tsp honey

$\frac{1}{2}$ cup sweet red wine

Instructions

Place the apples and walnuts into a large bowl.

Mix together the cinnamon and sugar and sprinkle over the apples.

Stir in the honey and sweet wine.

Serve immediately, or refrigerate until serving.

Recipes for Holy Week

Chocolate Toffee Matzah

Make after Maundy Thursday Agapé Feast for Easter Celebration

Ingredients

1 cup butter
1 cup brown sugar
1 box matzah (salted if you like salted caramel)
3 cups (at least) chocolate morsels, dark or milk bars chopped, or any other chocolate
Chopped nuts (optional)

Instructions

Line two cookie sheets with foil.

Arrange matzah, broken in half, on lined cookie sheets. (Some overlapping is okay.)

Melt butter and sugar together over low heat, stirring constantly.

Pour over matzah parts and spread with spatula. (It will not cover completely, which is fine, but you can alter to taste.)

Sprinkle chocolate bits/morsels/shavings over matzah.

Bake in 300 degree oven, for 5-10 minutes, until chocolate melts. (Hint: the morsels may not look melted but take out and spread with spatula or knife to test. Bake a little longer if still solid.)

Remove from oven, spread chocolate over matzah while still warm, sprinkle with nuts. Put trays in freezer until hardened, about 2 hours.

Break into pieces and eat or store in freezer until ready to eat.

Recipes for Holy Week

Triduum Cookies

Triduum is Latin for Three Days of Prayer Preceding a Feast.
It is a special experience to make these the night before Easter.

Ingredients

1 cup whole pecans
1 tsp vinegar
3 egg whites
Pinch of salt
1 cup sugar

Supplies

Bible
plastic food storage bag
wooden spoon
tape

Instructions

- 1 Preheat oven to 300 degrees. **IMPORTANT!** Do this before you do the next steps.
- 1 Place pecans in zip top bag and let children beat them with the wooden spoon to break them into small pieces. Explain that after Jesus was arrested, the Roman soldiers beat him. Read John 19:1-3
- 1 Let each child smell the vinegar. Put 1 teaspoon vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28-30
- 1 Add egg whites to vinegar. Explain that eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11
- 1 Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27
- 1 So far the ingredients are not very appetizing. Add sugar in a slow constant stream. Explain that the sweetest part of this story is how much Jesus loves us. Read Psalm 34.9 and John 3.16

(go to next page)

Appendix 3

Recipes for Holy Week

Triduum Cookies

Continued

1 Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that God's love goes on forever. Read Matthew 28:18-19

1 Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. (Or, put ingredients in a gallon zip top bag and cut off a tiny piece of the corner to use as a piping bag. Pipe cookies onto cookie sheet.) Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60

1 Put the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66

1 GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22

1 On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter Jesus' followers were amazed to find the tomb open and empty. Read John 11:25-26

Source: <https://balancingmotherhood.com/easter-resurrection-meringue-cookies/>



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Gratefully,
The Reverend Allison English
Holy Week 2020