

Holy Saturday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Resurrection Cookies(gluten free)
- Coloring Page

Prep Ahead

- Print 1 coloring page per person
- Gather the following
 - 1 cup whole pecans
 - 1 tsp. white vinegar
 - 3 egg whites
 - pinch salt
 - 1 cup sugar
 - mixer
 - 1 Ziploc bag
 - strong wooden spoon
 - wax paper
 - cookie sheet
 - masking tape
 - Bible for readings

READ THE DAILY READINGS OR WATCH MASS

Daily Mass readings here: <http://www.usccb.org/bible/readings>.

*You can read them directly from this website or practice looking them up in your Bibles!

MAKE AN ACT OF SPIRITUAL COMMUNION

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there

and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

VERSE OF THE WEEK

"My kingdom does not belong to this world." -John 18:36

SING OR READ THE STABAT MATER

(or experience the *Stabat Mater* sung in Latin with stunning voices, visual aids, and English translations here:
<https://www.youtube.com/watch?v=4US4PSZF278>)

At the cross her station keeping,
Stood the mournful
Mother weeping,
Close to Jesus to the last.

Through her heart, His sorrow sharing, All
His bitter anguish bearing,
Now at length the sword had passed.

Oh, how sad and sore distressed
Was that Mother highly blest,
Of the sole begotten One!

Christ above in torment hangs.
She beneath beholds the pangs
Of her dying glorious Son.

Is there one who would not weep,
Whelmed in miseries so deep,
Christ's dear Mother to behold?

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.

For the sins of His own nation,
Saw Him hang in desolation
Till His spirit forth He sent.

O thou Mother: fount of love!
Touch my spirit from above,
Make my heart with thine accord.
Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ my Lord.

Holy Mother, pierce me through;
In my heart each wound renew
Of my Savior crucified.

Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.

Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.

By the Cross with thee to stay;
There with thee to weep and pray,
Is all I ask of thee to give.

Virgin of all virgins best,
Listen to my fond request:
Let me share thy grief divine.

Let me to my latest breath,
In my body bear the death Of
that dying Son of thine.

Wounded with His every wound,
Steep my soul till it hath swooned
In His very blood away.

Be to me, O Virgin, nigh,
Lest in flames I burn and die, In
His awful Judgment Day.

Christ, when Thou shalt call me hence,
Be Thy Mother my defense,
Be Thy Cross my victory.

While my body here decays,
May my soul Thy goodness praise,
Safe in Paradise with Thee.

Amen



RESURRECTION COOKIES

GLUTEN FREE

We are excited to share this amazing tradition with you! Resurrection cookies aren't just a delicious Easter treat. These cookies will help your children learn about the Passion and Resurrection of Christ through baking. Enjoy!

Note: The cookies should be made on Saturday night so that your family can celebrate the resurrection with an "empty tomb" Sunday morning. Using a physical Bible for this activity is very powerful. If you don't have one, use a Bible app or online Bible. We recommend The New Revised Standard Version, Catholic Edition (NRSV-CE) or what we hear at Mass, New American Bible (NAB) , that you can find on <http://www.usccb.org/bible/>.

Recipe

INGREDIENTS

- + 1 cup whole pecans
- + 1 tsp. white vinegar
- + 3 egg whites
- + pinch salt
- + 1 cup sugar

SUPPLIES

- + mixer
- + 1 Ziploc bag
- + strong wooden spoon
- + wax paper
- + cookie sheet
- + masking tape
- + Bible for readings

DIRECTIONS

+ Preheat oven to 300°F.

+ Place pecans in the Ziploc bag. Have your children beat the pecans with the wooden spoon to break them into small pieces.

Reading: John 19:1-3

Explanation: After Jesus was arrested, He was beaten by the Roman soldiers.

+ Let each child smell the vinegar, noting the pungent smell. If they want, have them just taste it on their finger. Put 1 teaspoon of vinegar into the mixing bowl.

Reading: John 19:28-30

Explanation: When Jesus said "I thirst" when dying on the cross, the soldiers gave Him vinegar to drink.

+ Add egg whites to the vinegar. Eggs represent new life.

Reading: John 10:10-11

Explanation: Jesus gave His life to give us life, and on Easter Sunday He came back to life.

+ Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl.

Reading: Luke 23:27

Explanation: The salt represents the salty tears shed by Jesus' followers, and the bitterness of our own sin.

DIRECTIONS CONTINUED

- So far the ingredients are not very appetizing. Add 1 cup sugar.

Reading: Psalm 34:8 and John 3:16

Explanation: The sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.

- Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed.

Reading: Isaiah 1:18 and John 3:1-3

Explanation: The color white represents the purity in God's eyes of those whose sins have been washed clean by Jesus' sufferings and death.

- Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet.

Reading: Matthew 27:57-60

Explanation: Each mound reminds us of the rocky tomb where Jesus' body was laid.

- 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.

Reading: Matthew 27:65-66

Explanation: Jesus' tomb was sealed with a large stone and soldiers guarded the entrance.

GO TO BED!

Reading: John 16:20 and 22

Explanation: The children may feel sad to leave the cookies in the oven overnight without seeing or tasting the results right away. Jesus' followers were in despair when the tomb was sealed.

Recipe is courtesy of CatholicCulture.org.

HOLY Saturday

