

# Holy Thursday

- Daily Readings/Mass
- Spiritual Act of Communion
- Verse of the Week
- Stabat Mater
- Prayer for our Priests
- Family Washing of the Feet
- Family Petitions
- Coloring Page

## Prep Ahead

- Print 1 coloring page per person
- Gather the following
  - towels
  - water basin large enough for feet
  - pitcher
  - washcloth

## 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**



## A PRAYER FOR PRIESTS

BY ST. THÉRÈSE OF LISIEUX

O Jesus, eternal Priest,  
keep your priests within the shelter of Your Sacred Heart,  
where none may touch them.  
Keep unstained their anointed hands,  
which daily touch Your Sacred Body.  
Keep unsullied their lips,  
daily purpled with your Precious Blood.  
Keep pure and unearthly their hearts,  
sealed with the sublime mark of the priesthood.  
Let Your holy love surround them and  
shield them from the world's contagion.  
Bless their labors with abundant fruit and  
may the souls to whom they minister be their joy and  
consolation here and in heaven their beautiful and everlasting crown.

**Amen.**



## WASHING OF THE FEET

**Prep: Begin your Holy Thursday celebration by preparing your space. Clean the space you will use to perform the washing of the feet. It is Catholic tradition to clean everything in preparation for Easter!**

- ⊕ Make sure you have enough chairs for everyone participating.
- ⊕ Grab towels, a water basin large enough for feet, a pitcher, and a washcloth. Lay a towel down on the floor and place the basin on top of it (this will help minimize the mess)!
- ⊕ Fill the pitcher with water (this might need to be repeated depending on the size of your family).
- ⊕ If you haven't already read them, begin with the readings for Holy Thursday:  
<http://www.usccb.org/bible/readings>.
- ⊕ The washing of the feet normally takes place after the homily. As a family, you might choose to discuss the readings for a moment.
- ⊕ Designate a footwasher (this is a beautiful role for a parent to fulfill). Explain the significance of the role: "Christ washed his disciple's feet in an act of love, service, and humility. I wash your feet today because I love you as Christ loves us."
- ⊕ Repeat this traditional antiphon as you gently wash each person's feet: "I give you a new commandment: love one another. As I have loved you, so you also should love one another." **John 13:34**
- ⊕ Pour water over the feet and use the washcloth to physically wash the foot in the basin. Dry each foot with a towel and move to the next participant. Spouses, you can choose to wash each other's feet, or allow eager hands to help.

## FAMILY PETITIONS

During Holy Thursday Mass, the intercessions of the faithful follow the washing of the feet. We encourage you to end your feet washing ceremony with family petitions. Here are a few to get you started but we highly encourage you to add your own as well:

For the Church, may she always shine a light in the darkness and offer hope to the hopeless.

**We pray to the Lord.**

**R: Lord hear our prayer**

For Catholics around the world, may we be an example of God's love and mercy to everyone we meet.

**We pray to the Lord.**

**R: Lord hear our prayer**

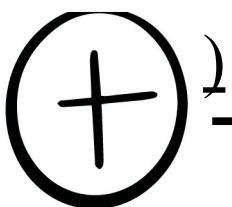
For everyone battling illness and all healthcare providers, that they may have courage, strength, and protection.

**We pray to the Lord.**

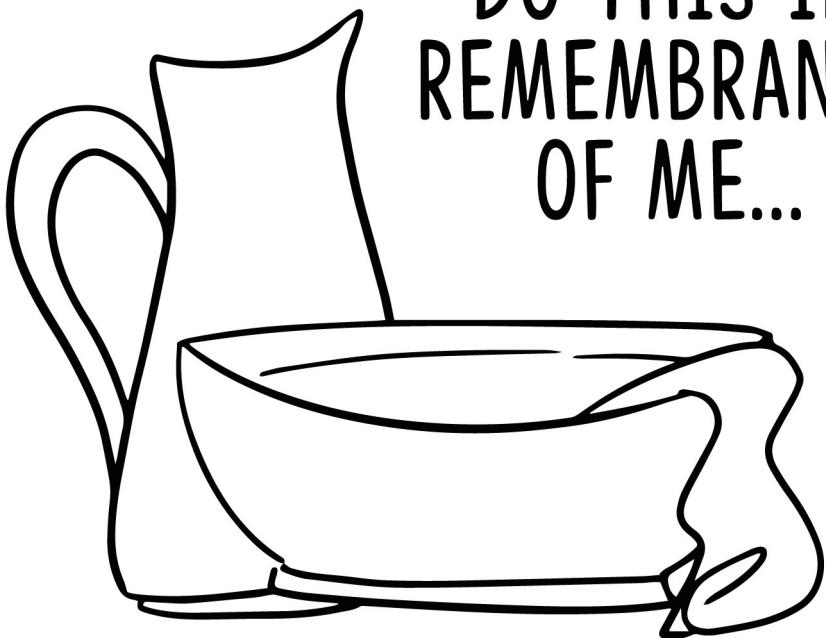
**R: Lord hear our prayer**

**Now, add your own!**





DO THIS IN  
REMEMBRANCE  
OF ME...



HOLY  
thursday

