

Holy Week

AT HOME

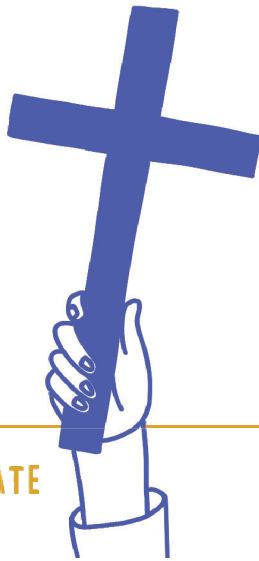
Success Kit

Holy Week (served homestyle)

We created an easy to follow, open-and-go resource so you can lead your family in holy and traditional activities at home. I have no doubt that together we will create some of the most powerful and memorable experiences your family has ever had. Thank you for cracking open this gift in your homes in hopes that Christ may crack open his Holy Word in our hearts forever and ever, Amen!

We pray for health, peace, and a Blessed Holy Week for all of you.

THE CFC TEAM



What's Included

DAILY ELEMENTS

Each day, we've equipped you to guide your family through four repeating elements: the daily readings or Mass streaming; a spiritual act of communion, a Lenten verse to memorize; and the Stabat Mater. Varying elements and activities will also be sprinkled in on relevant days.

MORE INFORMATION

The first document you'll come across is a little history about the daily elements we've included. Check that out on the [MORE INFORMATION](#) page.

HOLY WEEK WALK THROUGH

After that, you'll find a section for each day of Holy Week, starting with Palm Sunday. These links will take you to the section you need (or you can justscroll!):

- [Palm Sunday](#)
- [Monday, Tuesday & Wednesday of Holy Week](#)
- [Holy Thursday](#)
- [Good Friday](#)
- [Holy Saturday](#)
- [Easter Sunday](#)

PRINTABLE ACTIVITIES

Some of the days have printable activities like coloring pages, handwriting practice, and puzzles. You'll be reminded to print those out on the days they're needed. (Or feel free to skip ahead and print them all at once.) *Printing Tips: Select "borderless printing" or "print to edge" so the art will go to the edge of the paper.*

ACT OF SPIRITUAL COMMUNION

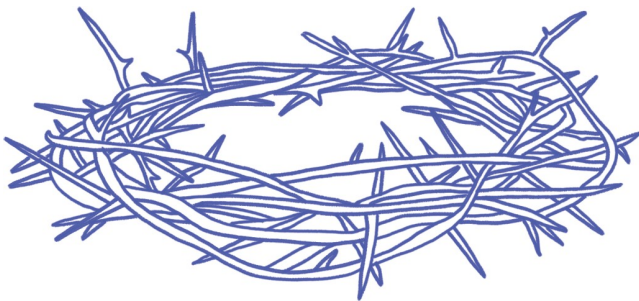
We also included an elegant print of the [ACT OF SPIRITUAL COMMUNION](#). We recommend you print this and hang it in your home.

Specific things you'll need to have

- Supplies for Holy Saturday Resurrection Cookies - please check your pantry for these items. You may find yourself needing to place a grocery pick up order. While you're at it, give some thought to what your family plans on doing for Easter dinner. Do the best you can with what you have and don't be afraid to ask friends for help.
 - 1 cup whole pecans
 - 1 tsp. white vinegar
 - 3 egg whites
 - pinch salt
 - 1 cup sugar
 - 1 Ziploc bag
 - wax paper
 - masking tape

What to do

Like we said, it's open-and-go. Click on the day of the week and follow along. Any links you may need will be where you need them. Just be sure to print however many coloring pages and/or activities you need for your family.



More Information

Here's a little history and background on the daily elements we'll be covering!



SPIRITUAL ACT OF COMMUNION

St. Thomas Aquinas once described spiritual communion as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” when we cannot physically receive him in sacramental Communion, aka the Eucharist. The Council of Trent solidified this practice in the catechism in the late 16th century, but in modern times it has often been forgotten. However, in 2003, in his encyclical “A Eucharistic Church,” Pope John Paul II encouraged the practice of spiritual communion, “which has been a wonderful part of Catholic life for centuries and recommended by saints who were masters of the spiritual life.”

During this time of social distancing and unprecedented change, most of us are unable to attend Mass, but we have a beautiful opportunity to participate in spiritual communion with Christ. If you are watching Mass online, this prayer can be used after the consecration, when we would normally line up to receive Jesus sacramentally. However, this prayer can be used outside of watching Masses online! We invite you to make a spiritual communion anytime with this prayer composed by St. Alphonsus Liguori in the 18th century.

VERSE OF THE WEEK: JOHN 18:36

This is a piece of Scripture from the Mass readings for Good Friday. We encourage you to read this aloud as a family daily so that you will have it memorized by the end of the week. Later in the kit, you'll see that we've included resources for handwriting practice and coloring the verse. You can also meditate on it, talk about what it means to each member of your family, draw it out, or play a memory game with it. It is so fitting and relevant for our current situation.

STABAT MATER

The Stabat Mater is a 13th century Latin prayer traditionally sung during Lent, particularly during the Stations of the Cross. Its name comes from the first few Latin words of the prayer: “Stabat mater dolorosa” (“The sorrowful mother was standing”). It is based on Simeon’s prophecy that a sword would pierce Mary’s heart (Luke 2:35). As you read or sing this beautiful prayer each day, reflect on the sufferings of Mary.