

Hi All

This is Holy Week! We know that many parents are not used to leading their children in prayer, especially for services as important as Holy Week. We want to encourage parents to step up and be the spiritual leaders in the domestic church that God has called them to be!

Ever conscious that there is information overload at the moment, I wanted to give you one specific resource which hopefully will provide everything you need. The site below is an excellent source for the whole of the Triduum, with suggestions of prayer and activities for each day. There is something for all levels and stages of your own spiritual journey. It is worth your time browsing.

<https://holyweek.pastoral.center/> *A contribution has been made for the use of these resources.*

Here is a brief overview of some options for your Easter Triduum at Home.

Holy Thursday

- Watch a livestreamed Holy Thursday Mass together. Ring bells and sing along with the Gloria. St Mary's, High Green, Mass of the Lord's Supper is at 7pm via the Facebook page.
- Consider having a Liturgy including foot washing in your own home. Read the Gospel and wash each others feet. All you need is a jug, bowl and towel. A fuller outline with prayers is available at <https://holyweek.pastoral.center/>
- Have a large family-style supper. Read the Gospel of the day. Holy Thursday commemorates both the Institution of the Eucharist and the Priesthood. Pray for all Priests, particularly Fr Andrew and the Priests of the Diocese.

Good Friday

- Good Friday is a day of fasting and abstinence. This means having no meat and smaller meals. Fasting can take other forms too, perhaps a reduction in screen time? (Young children, pregnant women, the elderly and ill are exempt from fasting.)
- Watch a livestream of a Good Friday service online. St Mary's High Green, Veneration of the Cross at 3pm via the Facebook page.
- Pray the Stations of the Cross at home.
 - You could print pictures to stick around your home and walk around the stations, just as you would in church. <https://holyweek.pastoral.center/> has colouring sheets and a service.
 - There are also many child suitable versions available online. e.g. <https://www.emmausproductions.com/special-feature/spiritual-comfort-for-troubled-times-holy-week-2020/> Find in page 'The Way of the Cross Children's Edition'
- Pray the Sorrowful Mysteries of the Rosary.
- Spend time in silence.

Holy Saturday

- Reflect on a world without Jesus. This is particularly meaningful when, worldwide, so many are without the Sacraments this year because of the pandemic.
- Make an Easter Garden.
- Too long for young children perhaps.....Watch a livestream of the Easter Vigil online. St. Maries Cathedral is at 6pm from the website www.stmariecathedral.org



Easter Sunday

- Sing the Gloria and many Alleluias!
- Watch a livestream of Easter Sunday Mass. St Mary's High Green, at 9.30am via the Facebook page.
- Learn about Easter traditions around the world.
- Pray the Joyous Mysteries of the Rosary