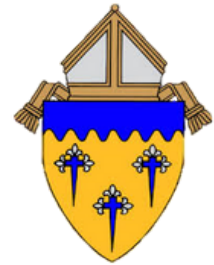


Holy Week at Home



An aid for families seeking to celebrate holy week fruitfully at home



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Holy Thursday

Extract from Roman Catholic Daily Missal

The Mass today specially commemorates the *Institution of the Blessed Eucharist* at the Last Supper, and the *Ordination of the Apostles*, and is, therefore, a Mass of joy and thanksgiving. Hence the Church lays aside for the moment the penitential violet, and assumes festive white vestments; the altar is decorated; the *Gloria* is said. During the *Gloria* the bells are rung, and from that time until the Easter Vigil they remain silent.

After the evening Mass the Altar is stripped in order to show that the holy Sacrifice is interrupted and will not be offered again until Holy Saturday is ending.

HOW TO PRAY THE TV MASS FROM HOME

Creating a sacred space to reverently watch the mass in your home

Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

Open your bible to the gospel of the day and place it on your "home altar" to remind you that the Word of God is among you.

Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.

Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

If you have holy water at home, bless yourself and your family before you begin the mass.

Take a few moments of silence to transition from the busyness of your home to the sacredness of the mass.

Unite yourself spiritually to the mass by standing, kneeling, sitting, and responding as if you were actually present.

Engage in community by having coffee and breakfast with your family after mass or by calling your loved ones to connect.

[List of Online and Televised Masses Viewable in the Diocese of Superior](#)

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.



Passiontide Penance

Holy Thursday - The Agony in the Garden

Today we enter into the sacred Triduum, the three holy days of Jesus' passion, death, burial, and descent into hell. He will rise again on Easter Sunday, but during these three days we feel his absence, perhaps more powerfully than ever this year.

After the Last Supper, Jesus goes with his disciples into the Garden of Gethsemane. He prays to his Father, saying: *If it be possible, let this cup pass from me. Yet not my will, but thine be done.* In the sorrow of his soul, he asked his disciples to *watch and pray* with him, but he found them sleeping and rebuked them, saying: *Could you not watch with me one hour?*

Our Lenten penance today should be to *watch and pray* with our Lord for longer than usual during the evening. Spend at least 20 minutes in quiet prayer, if not a full hour. Meditate on the loving heart of Jesus revealed to us in his suffering and in the Holy Eucharist. Keep up your fasting and other Lenten resolutions.



The Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy
Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most Holy.
Blessed be her Holy and Immaculate Conception.
Blessed be her Glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His Angels and in His Saints.
Amen.

- Start your day with a simple [morning offering](#).
- Use the [Magnificat Online Edition](#) for morning and evening prayers.
- Pope Francis has offered a [Plenary Indulgence](#) for all who pray the [Chaplet of Divine Mercy](#) to implore from Almighty God the end of the current pandemic, relief for those who are afflicted, and eternal salvation for those whom the Lord has called to Himself.*
- Pray a Family Rosary: [How to Pray the Rosary](#)
- Recite the Divine Praises (left) as you "watch and pray" with Jesus in his agony in the garden.
- End your time of prayer by singing *Sing, My Tongue, the Savior's Glory / Tantum Ergo* (next page).

Family Prayers

*To gain this indulgence it is necessary to be in the state of grace; to be free from all attachment even to venial sin; to pray for the intentions of the Holy Father; and to intend to receive the sacraments of Confession and Holy Communion as soon as possible.

SING, MY TONGUE, THE SAVIOR'S GLORY/
DOWN IN ADORATION FALLING

Acc #420 / CP3 #272

PANGE LINGUA GLORIOSI



1. Sing, my tongue, the Sav-ior's glo - ry, Of his flesh
 * 2. Of a pure and spot-less vir - gin Born for us
 3. On the night of that last sup - per, Seat - ed with
 4. Word made flesh, the bread of na - ture By his word
 ** 5. Down in ad - o - ra - tion fall - ing, This great sac -
 6. To the ev - er - last - ing Fa - ther, And the Son

1. the mys - t'ry sing: Of the Blood, all price ex - ceed - ing,
 2. on earth be - low, He, as man, with us con - vers - ing,
 3. his cho - sen band, He, the Pas - chal vic - tim eat - ing,
 4. to flesh he turns; Wine in - to his blood he chang - es:
 5. ra - ment we hail; O - ver an - cient forms of wor - ship
 6. who made us free, And the Spir - it, God pro - ceed - ing

1. Shed by our im - mor - tal King, Des - tined for the world's
 2. Stayed, the seeds of truth to sow; Then he closed in sol -
 3. First ful - fills the Law's com - mand; Then as food, to the
 4. What though sense no change dis - cerns? On - ly be the heart
 5. New - er rites of grace pre - vail; Faith will tell us Christ
 6. From them each e - ter - nal - ly, Be sal - va - tion, hon -

1. re - demp - tion, From a no - ble womb to spring.
 2. emn or - der Won - drous - ly his life of woe.
 3. dis - ci - ples Gives him - self with his own hand.
 4. in earn - est, Faith its les - son quick - ly learns.
 5. is pres - ent, When our hu - man sens - es fail.
 6. or, bless - ing, Might and end - less maj - es - ty. A - men.

TANTUM ERGO

*Tantum ergo sacramentum
 Veneremur cernui:
 Et antiquum documentum
 Novo cedat ritui:
 Praestet fides supplementum
 Sensuum defectui.*

*Genitori, Genitoque
 Laus et iubilatio,
 Salus, honor, virtus quoque
 Sit et benedictio:
 Procedenti ab utroque
 Compar sit laudatio.*

The *Tantum Ergo* is the last two stanzas from the Eucharistic Hymn (*Pange Lingua*) composed by St. Thomas Aquinas and is used at Benediction of the Blessed Sacrament. Sung to the same tune as *Sing, My Tongue, the Savior's Glory* above.



[Click here for video link.](#)

Meditation on the Eucharist

St. Alphonsus Ligouri

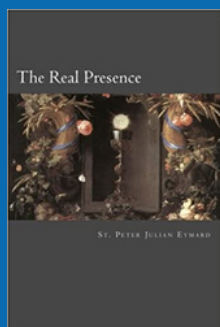
Jesus, knowing that his hour was come, that he should pass out of this world to the Father: having loved his own who were in the world, he loved them to the end (John 13:1). Jesus knowing that the hour of his death was come, desired to leave us, before he died, the greatest pledge of his affection that he could give us; and this was the gift of the Most Holy Sacrament: *He loved them to the end*; which St. Chrysostom explains, *He loved them with extreme love*. He loved men with the greatest love with which he could love them, by giving them his whole self.

But at what time did Jesus institute this great Sacrament, in which he has left us himself? On the night preceding his death: *The same night in which he was betrayed* (writes the Apostle), *he took bread; and giving thanks, broke and said, Take ye and eat; this is my body* (1 Cor 11:23-24). At the very time that men were preparing to put him to death, he gave them this last proof of his love. The marks of affection which we receive from our friends at the time of their death, remain more deeply impressed on our hearts; for this reason did Jesus bestow on us this gift of the Blessed Sacrament just before his death. With reason, then, did St. Thomas call this gift *a sacrament and pledge of love*; and St. Bernard, *the love of loves*; because in this Sacrament Jesus Christ united and accomplished all the other acts of love which he had shown us. Hence St. Mary Magdalene of Pazzi called the day on which Jesus instituted this Sacrament, *the day of love*.

O infinite love of Jesus, worthy of being loved with a like infinite love! Thou, my Lord, dost love men so much; how is it, then, that men love thee so little in return? What more couldst thou do to make thyself loved by them? O my Jesus, thou art so amiable and so loving; make thyself, I pray thee, known; make thyself loved. When shall I love thee as thou hast loved me? Oh, discover to me more and more the greatness of thy mercy, in order that I may burn ever more and more with thy love, and always seek to please thee. O beloved one of my soul, would that I had always loved thee! Alas, there was a time when I not only did not love thee, but despised thy grace and thy love! I am consoled by the sorrow which I feel for it, and I hope for pardon through thy promise to forgive him that repents of his sins. To thee, O my Saviour, do I turn all my affections; help me, through the merits of thy Passion, to love thee with my whole strength. Oh, that I could die for thee, as thou didst die for me! O Mary, my Mother, do thou obtain for me the grace from henceforth to love God alone.



Spiritual Reading on Kindle | Under \$3



Eucharistic Meditations
by St. Peter Julian
Eymard



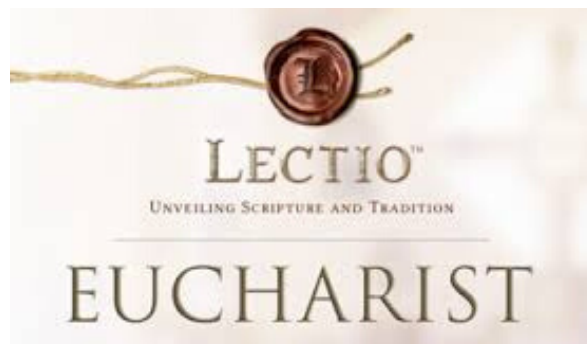
Imitation of Christ
by Thomas a Kempis
Book 4, On the Holy Eucharist



Bible Study

Go deeper!

During these challenging times, the Augustine Institute is extending complimentary access to FORMED (a digital platform for the Catholic Faith on demand) for 40 days. Get access at [Faith at Home](#)



Session 8, The Last Supper and the Cross: The New Passover of Christ. What is the connection between the Old Testament celebration of Passover and Jesus's Last Supper with his disciples—and how does that impact the Mass as we know it?

Stream [The Eucharist in Scripture](#) for free at the [Quarantined Catholic Hub](#). Discover God's plan as it is expressed through the Bible and the Mass. This six-lesson study, presented by Dr. Scott Hahn, will unlock the meaning of covenant, sacrifice, and sacrament as understood in the Bible, from Genesis through Revelation.

- **Have a nice family dinner** that calls to mind the Last Supper (without trying to re-create it). For example, have bread and wine (or grape juice) with dinner. Dip your bread in olive oil (Italian-style!) to remember the Garden of Gethsemane on the Mount of Olives. Here is a [recipe for a simple meatless spaghetti with olive oil and garlic](#) that goes great with bread and wine. For dessert, how about [angel food cake](#)? (the Eucharist is also called the bread of angels!).
- **Wash some feet.** At the Last Supper, Jesus washed the feet of his disciples as an example of how those in authority should serve those under their care.
 - Get a large bowl, a pitcher of warm water, and some towels.
 - Read the story of Jesus washing his disciples' feet (John 13:1-20).
 - The father could wash everyone's feet; or he could wash his wife's feet, then she could wash the feet of the oldest child, who could wash the feet of the next oldest, etc.
 - Afterwards, talk about the following questions:
 - How would you feel if Jesus washed your feet?
 - How can you serve others in your family to show your love for them?
 - How can you serve those outside your family, especially the poor or those suffering from the current pandemic?
- **Set up a family altar.** Put a white cloth over a small table or desk. Place a crucifix in the center with candles, a Bible, and any other favorite religious images.
- **Keep watch with Jesus.** After Mass on Holy Thursday, the Blessed Sacrament is processed to a "tabernacle of repose," symbolizing Jesus' journey from the Last Supper to the Garden of Gethsemane, where he will soon be arrested. "Watch and pray" with Jesus by keeping silence throughout the evening (no TV or other media entertainment). Prayerfully read and reflect upon the *Gospel of John 13-17*, which includes Jesus' final teachings and encouragement to his disciples.

Family Activities

Live it!