

Holy Week at Home



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



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Easter Sunday

Extract from Roman Catholic Daily Missal

The Mass is full of allusions to the Resurrection of our Lord and to Baptism, which is a spiritual resurrection. This is the day which the Lord had made; let us celebrate it with transports of joy!

Jesus confounded all His enemies by clothing in glory and splendor that Body which had been the Victim of the cruelty of man. Christ's triumph over Death is the most conclusive proof of His Divinity and the foundation of our faith. *If Christ be not risen again your faith is in vain* (I Cor 15). *God hath given us the victory through our Lord Jesus Christ—He hath raised us up together with Christ and hath made us sit together in the heavenly places* (Eph 2:6).

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.



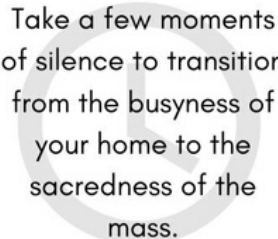
Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

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



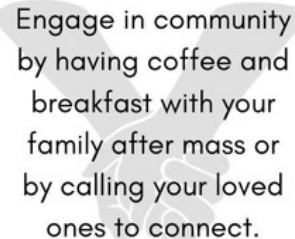
Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

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.



Family Activities

Live it!

- **Do Easter stuff.** Hunt for Easter baskets, eggs, and spend time as a family.
- **Have a feast!** Make [Resurrection Rolls](#) for breakfast. Make dinner festive—lamb is especially appropriate for celebrating Jesus the Lamb of God. [Here are 10 Lamb recipes for Easter dinner.](#) Ham or any kind of pork is also a great way to express our thanks to Jesus for liberating us from the burdens of the Old Law. Check out these [23 Easter Ham recipes.](#)
- **Connect!** Call, skype, or otherwise connect with family members whom you've been unable to see in person lately and wish them a happy Easter. Greet them with *Christ is Risen!*
- **Do it again—49 times!** Remember, the Easter season lasts for 50 days until Pentecost. Keep cultivating joy and sharing it with others!



Commit to Spiritual Growth

The two pillars of growth in the spiritual life of a Christian are **prayer** and **penance**. Now that the weight of our Lenten penances has been lifted, we must re-commit to a serious life of prayer in order not to return to our former sins and lukewarmness. The new flame of love which has been kindled in our hearts by the Easter light of Christ must be given fuel lest it wither and fade into cold and dead ashes.



15 minutes of prayer is 1% of your day. [Take the challenge.](#)

Discipleship is a series of next steps. [What's your next step?](#)



- Start your day with a simple [morning offering](#).
- Use the [Magnificat Online Edition](#) for morning and evening prayers.
- Pray Day 3 of the [Divine Mercy Novena](#) leading up to the feast of Divine Mercy on the Sunday after Easter ([sign up for daily email reminders](#)).
- Pray a Family Rosary: [How to Pray the Rosary](#).
- If you didn't pray the Easter Vigil TV Mass (or even if you did!), pray the Easter morning TV Mass from home.
- End your family time of prayer by singing *O Sons and Daughters* or *Regina Caeli* (next page).

Family Prayers

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O Sons and Daughters, Let Us Sing



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.



1 O sons and daugh - ters, let us sing
 2 That Eas - ter morn, at break of day,
 3 An an - gel clad in white they see,
 4 That night the a - pos - tles met in fear;
Insert stanzas 5-8 if desired.
 9 On this most ho - ly day of days,



with heav'n - ly hosts to Christ our king:
 the faith - ful wom - en went their way
 who sits and speaks un - to the three,
 a - mong them came their mas - ter dear,
 be laud and ju - bi - lee and praise:



to - day the grave has lost its sting! Al - le - lu - ia!
 to seek the tomb where Je - sus lay. Al - le - lu - ia!
 "Your Lord will go to Gal - i - lee." Al - le - lu - ia!
 and said, "My peace be with you here." Al - le - lu - ia!
 to God your hearts and voic - es raise. Al - le - lu - ia!

After the final stanza



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

[Click here for link to melody \(different words\) on YouTube.](#)

VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-

ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,

alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.

The Regina Caeli is a hymn of joy used in place of the Angelus at noon and sung at the close of night prayer through the whole Easter season.

*O Queen of Heaven, rejoice, alleluia!
 For he whom thou didst merit to bear, alleluia!
 Hath arisen as he said, alleluia!
 Pray for us to God, alleluia!*

V. Rejoice and be glad, O Virgin Mary, alleluia.
 R. Because the Lord is truly risen, alleluia.

[Click here for link to melody on YouTube.](#)

Meditation on the Easter Alleluia

St. Augustine

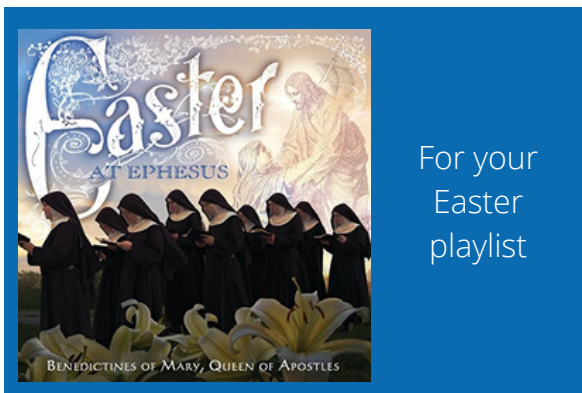
Our thoughts in this present life should turn on the praise of God, because it is in praising God that we shall rejoice for ever in the life to come; and no one can be ready for the next life unless he trains himself for it now. So we praise God during our earthly life, and at the same time we make our petitions to him. Our praise is expressed with joy, our petitions with yearning. We have been promised something we do not yet possess, and because the promise was made by one who keeps his word, we trust him and are glad; but insofar as possession is delayed, we can only long and yearn for it. It is good for us to persevere in longing until we receive what was promised, and yearning is over; then praise alone will remain.

Because there are these two periods of time—the one that now is, beset with the trials and troubles of this life, and the other yet to come, a life of everlasting serenity and joy—we are given two liturgical seasons, one before Easter and the other after. The season before Easter signifies the troubles in which we live here and now, while the time after Easter which we are celebrating at present signifies the happiness that will be ours in the future. What we commemorate before Easter is what we experience in this life; what we celebrate after Easter points to something we do not yet possess. This is why we keep the first season with fasting and prayer; but now the fast is over and we devote the present season to praise. Such is the meaning of the Alleluia we sing.

Both these periods are represented and demonstrated for us in Christ our head. The Lord's passion depicts for us our present life of trial—shows how we must suffer and be afflicted and finally die. The Lord's resurrection and glorification show us the life that will be given to us in the future.

Now therefore, brethren, we urge you to praise God. That is what we are all telling each other when we say Alleluia. You say to your neighbor, "Praise the Lord!" and he says the same to you. We are all urging one another to praise the Lord, and all thereby doing what each of us urges the other to do. But see that your praise comes from your whole being; in other words, see that you praise God not with your lips and voices alone, but with your minds, your lives and all your actions.

We are praising God now, assembled as we are here in church; but when we go on our various ways again, it seems as if we cease to praise God. But provided we do not cease to live a good life, we shall always be praising God. You cease to praise God only when you swerve from justice and from what is pleasing to God. If you never turn aside from the good life, your tongue may be silent but your actions will cry aloud, and God will perceive your intentions; for as our ears hear each other's voices, so do God's ears hear our thoughts.



For your
Easter
playlist

Spiritual Reading on Kindle | under \$3

Spiritual counsel for ordinary men and women who want to become holy while living in the world. This will shake you out of mediocrity.

