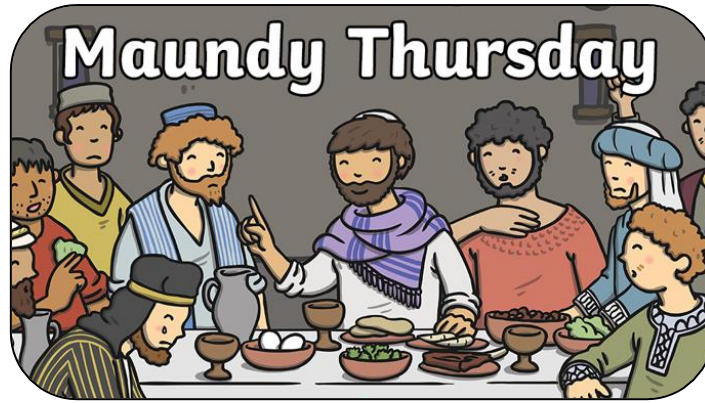




# Holy Week, Easter and Beyond





Maundy Thursday is celebrated on Thursday 9<sup>th</sup> April this year. On this day, we remember Jesus having a last meal with his friends before he died. For that reason, this meal is remembered as 'The Last Supper'. Jesus shared bread and wine with his disciples and washed their feet. He asked them to continue to do this to remember him when he was gone.

Christians usually remember this special meal on Maundy Thursday, and every Sunday, at Mass where they eat bread and drink wine which is changed by the priest into the Body and Blood of Jesus. They call this **Holy Communion** or the **Eucharist**. In many churches, the priest also washes the feet of the parishioners like Jesus did.

### Time to think...

Can you think of any meals you have shared that have been really special to you?

Why do you think Jesus chose to share a meal with his disciples?

How do you think he and the disciples felt knowing what was to come?

### Time to do...

- Take time to share a meal with those you love and enjoy their company. Perhaps you could do something different like have a picnic in your garden or all get involved in planning, making or serving the food (and cleaning up after!).
- Jesus washed his disciples' feet to show them they need to help and care for others. What can you do today to show love for others? Perhaps you could wash your family's feet or hands, as this is so important at the moment, while you talk about ways you could care for each other and those locally in need.

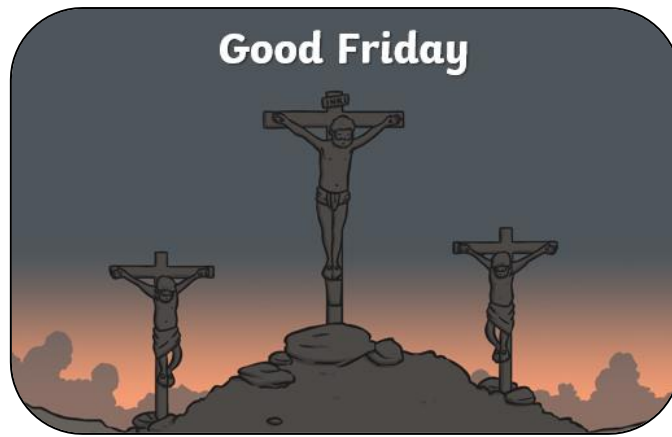
- Watch:

<https://www.youtube.com/watch?v=bv5ajWNrnt4>

A cartoon of Jesus washing the feet of his disciples

<https://www.youtube.com/watch?v=SigoALSS1R8>

A cartoon of the Last Supper.



Good Friday will be celebrated on Friday 10<sup>th</sup> April this year. On this day, we remember Jesus' death on the cross. This is called the **Crucifixion**. Jesus was forced to carry a heavy wooden cross and he suffered a great deal before he died. Many people fast on this day or attend services in church to show they haven't forgotten what Jesus did for us.

It can seem strange that this day is called 'Good' Friday. However, it is both a sad and a happy day. It is sad because it is the day Jesus died on the cross. Yet, it is also happy because it was only by Jesus dying on the cross for us that our sins are forgiven. Jesus gave up his life for mankind to show how much he loves us. The word 'good' can also mean holy meaning 'Holy Friday'.

### **Time to think...**

How would you describe Jesus to someone?

How does the story of Jesus' death on the cross make you feel?

Jesus always showed love to people through his actions during his life. Can you remember any of the ways he did this?

As Jesus died on the cross, he asked God to forgive those people who had hurt him. Is there anyone you are cross with that you need to forgive?

### **Time to do...**

- Watch this to see what we remember on Good Friday:

<https://www.youtube.com/watch?v=HL8R158Ujp4>

**This is a cartoon of Jesus' Crucifixion so you may want to watch this before showing it to your child.**

- Have a go at making a 'Magic Cross' – instructions on the next page.
- Read 'Stations of the Cross for Kids' and try some of the activities (separate document). This will give you a chance to reflect on the last hours of Jesus' life.

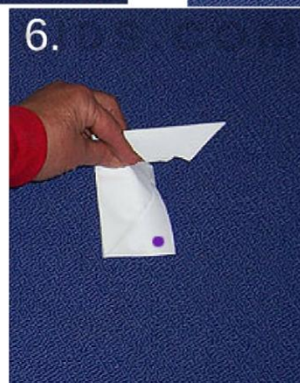
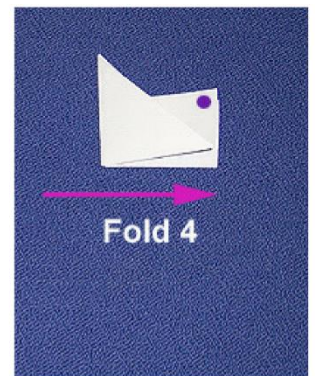
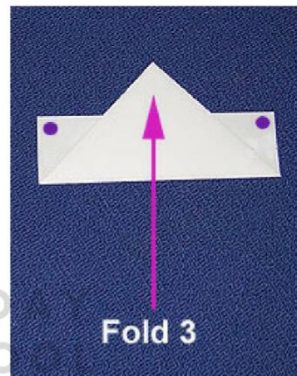
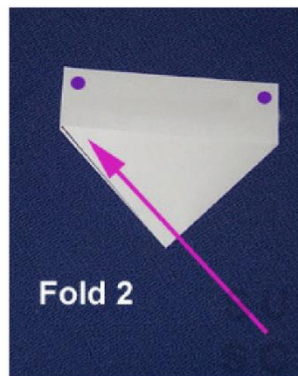
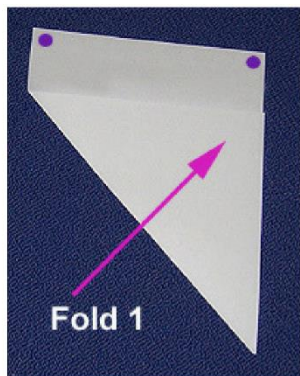
# The Magic Cross

Really simple!

Just follow the instructions below to magically produce a cross from a rectangle of paper. No tools or artistic talent required and your children will be extremely impressed!

**You will need:** a piece of A4 paper (thinner paper is best) with a dot in each corner of one of the short ends.

Just follow the pictures to create your cross.



# Holy Saturday and Easter Sunday



On both Easter Sunday and the evening of Holy Saturday, people celebrate the **Resurrection** of Jesus. Resurrection means coming back to life after being dead. On the Sunday after Jesus had died, the women found the tomb was empty and an angel told them 'He has risen!' Jesus had risen from the dead showing, beyond doubt, he was the Son of God. This is the most special celebration of the year for Christians and a very happy occasion.

When it gets dark on Holy Saturday, people can usually attend the **Easter Vigil** in church. All the lights are turned off and a fire is started and blessed outside. From this, the large **Paschal Candle** is lit and the flame passed onto everyone in the church. People all have their own small candles and the light is a reminder that Jesus is the light of the world, spreading His light even at the darkest of times. Some people attend church on **Easter Sunday**. They will be able to see the lit Paschal Candle at the front of the church.

## Time to think...

What makes the Resurrection of Jesus so special?

How does the Resurrection make you feel?

How do you think the women felt when they saw Jesus was gone from the tomb?

## Time to do...

Celebrate Easter with your family. You could:

- Wish everyone in your house a very happy Easter.
- Make Easter cards for neighbours which you can post through their doors when you are out for a walk.
- Decorate hard boiled eggs and eat chocolate ones! Eggs are a wonderful sign of new life.
- As a family, offer prayers of thanksgiving for Jesus and our many other blessings.



## **Celebrating Mass with Little Ones**

While we are all confined to our houses, it may be a real struggle for you to watch Mass online with your children. Instead you could try setting up your own little prayer area and planning a simple liturgy together.

First, ask your child or children to help you find special items to add to your prayer area. They love having to chance to build a focus point for prayer in school and can be extremely creative. Give it a go!

<b>Some ideas for things you might put in your prayer area:</b>	
<ul style="list-style-type: none"><li>• Cross/Crucifix</li><li>• Children's Prayer Books / Bibles</li><li>• Holy ornaments or pictures (these could be printed or drawn by the children)</li></ul>	<ul style="list-style-type: none"><li>• Rosary Beads</li><li>• Candles</li><li>• Holy Water</li><li>• Special cup (chalice) and some bread or a roll</li><li>• Flowers</li><li>• A cloth to place things on</li></ul>

It doesn't matter if you don't have many of these things, but do let the children choose and set out the items in a way they like. This will make it more significant to them.



You may like to set out chairs like a church or perhaps cushions in a circle. It's up to you.

Below is a simple way to celebrate together. This is based on the parts of the Catholic Mass but it is short and simple enough that it will be meaningful for children. You could easily tweak this to suit what would work well for your own family or ask the children what they would like to do. They will probably have their own ideas from church or school! Your liturgy won't take long to complete, but hopefully you'll be amazed by how engaged your children are and how much they will remember. It is probably worth taking some time to talk through and plan your first one so that things can run smoothly and you will have things ready.

- **Sing a hymn** together that the children know well or play a hymn or instrumental music from the internet.
- Make the **Sign of the Cross** together.
- Tell Jesus we are very sorry for things we have done wrong. You could sing **Lord have Mercy** together.
- Read the **Gospel** (a story from a children's Bible).
- **Bidding Prayers**

Go around in a circle and each person say one person or intention to pray for. You may want to consider the following: the sick, people who lonely, our community, Pope Francis and so on. At the end of each prayer:

**Say:** *Lord in your mercy*

**Response:** *Hear our Prayer*

- Children can pick up bread and 'chalice' and walk a mini **offertory procession**. You could sing a hymn at this moment such as 'This is my Body' or play some music.
- Gather in a circle holding hands and say the **Lord's Prayer** together as a family.
- Give each other the **Sign of Peace** by shaking hands, giving cuddles or saying 'peace be with you' to one another.
- Take the bread and remember the words of Jesus:

***Take it and eat it, this is my body which will be given up for you.***

Get the children to repeat these words to remember how important and special they are. **Break the bread** together and then each person gives a piece to another family member to eat.

- Make the **Sign of the Cross** and finish with another hymn that the children are familiar with like Give me Joy in My heart.



## **Masses while churches are closed**

Below is a link to the Plymouth Diocese Youtube channel where you can find Mass said daily, usually by the Bishop.

<https://www.youtube.com/channel/UC8KUEwsXFK3VBLEfn4H1tBw/videos>

For a little bit of an adventure you could log in to the mass online tab available on St Mary's Barnstaple website. This will give you the option of Plymouth Cathedral or the bottom tab will enable you to enjoy mass from churches throughout England and Ireland. Mrs Cohen has been enjoying the Irish masses. Especially as she has relatives in Cavan, Mayo and Meath. Hope you enjoy it as much as I do. God bless and Happy Easter all.

<https://www.barnstaplecatholicchurch.com/mass-online>