

Journeying as a family through Holy Week



REFLECTIONS AND SUGGESTIONS
FOR THE BLESSED WEEK

HOLY WEEK AT HOME

Holy Week and Triduum Kit

Liturgy is the Work of the People: In celebrating the death and resurrection of Christ in the liturgy, everyone has a role to play. This week we celebrate the holiest of weeks of our Church year: The Triduum (*Holy Thursday, Good Friday, Holy Saturday: The Easter Vigil*) and Easter Sunday.

To participate more fully in the Liturgy in your home while viewing the online services, you will need to gather some items or use the kit provided by the parish. Working individually or as a family, your home Church Liturgy will transform your lives. Use this booklet as a guide or a starting point to add to your already existing traditions and rituals.



Enter into these days celebrating liturgy with St Mary's while celebrating the liturgy of your house church - like the early Christians. We will rise from this experience and God will bless us. We are Easter people - join in on the journey with Christ!

The Family as the Domestic Church

Even under these unusual circumstances, Holy Week can still be one of the most prayerful weeks of the year. The family, which forms the domestic church, can participate more fully in solemn worship even if they are unable to attend mass in person or as they participate in the online masses and reflections.

This year, more than ever, we can expand and deepen our observance and celebration of the mysteries of the Triduum in our domestic churches, our homes.

The first efforts of all members of the family will be to readjust their schedules at home so as to enter more fully into worship at their parish church, beginning with Passion or Palm Sunday, and thereafter for the Easter Triduum on Thursday, Friday and Saturday evening of Holy Week.

Creating a Prayer Space

The first step in preparing for Holy Week is to create a prominent prayer space if you have none. It could be as simple as coming together to clear the TV console or coffee table. There you can place things such as a cross, a candle and a bible.



Some tips:

- Spend 5-10 minutes settling down before participating in the online service.
- Identify your cares and concerns.
- Invite God to approach you. Notice His presence, and enter into it.
- Notice what rises in your heart: thoughts, emotions, memories, hopes, fears, or dreams. Offer them to God.
- At the conclusion of your prayer time, thank God for this time together.
- Turn down the “Noise” around you during this period.

Active Participation of the Family: Chronos and Kairos



The ancient Greeks had two words for TIME: *chronos* and *kairos*. *Chronos* refers to the type of time that can be measured by clocks and calendars. *Kairos* refers to a very different type of time altogether: sacred time, God’s time. The forty days of Lent allows us to enter into *kairos* (quality) time. Or, put in another way, *chronos* asks “What time is it?” while *kairos* asks “What time is it for?”

When we attend mass in person, *chronos* and *kairos* can seem to be similar in nature. This is because we are keeping to the time while allowing for God's Word to speak to us during the time we are in Church. With the online mass that is pre-recorded or livestream, we have the opportunity to differentiate the two. We can allow for *kairos* to take precedence. It is possible to pause at various segments of the mass, especially during the Liturgy of the Word to allow for God's time to take place.

Turn down the volume and/or pause during the readings and instead someone in the household can read the readings, or there is even an opportunity to share (Lectio Divina) on the readings before or after the homily. The family could have a meal before or after the online mass as a continuation of the "meal".

Liturgy of the Hours

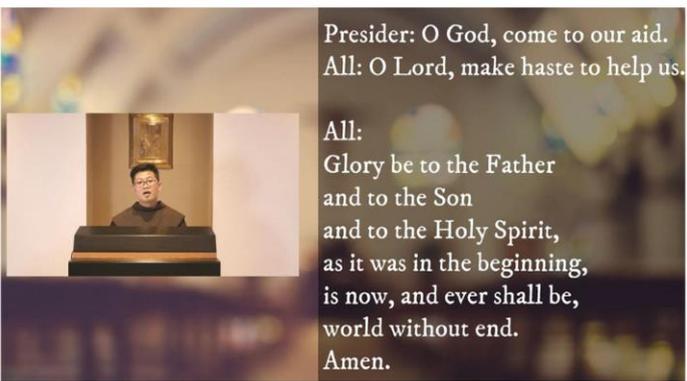
The Liturgy of the Hours or Divine Office or Work of God often referred to as the Breviary, is the official set of prayers "marking the hours of each day and sanctifying the day with prayer". It consists primarily of psalms supplemented by hymns, readings and other prayers and antiphons prayed at fixed prayer times. Together with the Mass, it constitutes the official public prayer life of the Church.

During Holy Week, the Franciscan Friars invite you, instead of the Liturgy of the Word, to begin each day with the Divine Office. It is a beautiful prayer the whole Church can unite with from Monday of Holy Week to Holy Saturday.



PSALM 41 (42)
LONGING FOR THE LORD AND HIS TEMPLE

Antiphon:
Jesus said: 'My soul is sorrowful to the point of death.
Wait here and keep awake with me.'



Presider: O God, come to our aid.
All: O Lord, make haste to help us.

All:
Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

PALM SUNDAY



What you need for your prayer space:

Palms (*or simple shrubs / small trees can be an alternative*)

The procession in church is an impressive act of loyalty to Christ the King. In Jesus' time, palms were symbols of life among the nomadic tribes, who, when crossing the desert, rejoiced at seeing the palm tree as it indicated an oasis with life-giving water was near. Palms have long branches and were considered symbols of victory, success and glory.

We hope to have a palm for each family, but there is no need to worry if you are unable to collect your palm, because simple branches from shrubs and small trees can be an alternate replacement for the palms.



The suggestion is that before or after the family meal, we gather and place the palm (*or alternative greenery*) on the table, or hang it on the Cross.

If it is possible, we could hold our palms up at the blessing of the palms, an indication of inviting Christ not just into the Church but into our hearts and into our families at home.

During the passion reading, you can also participate by holding your palm and engage with the passion.

MAUNDY THURSDAY



What you need for your prayer space:
A basin, a pitcher, and some towels



Washing each other's feet or hands in your family (or washing your own) displays the act of serving the other, and exemplifies kindness for one another that Jesus has called each of us to fulfill.

You may also decide to make and carry out a commitment, as an act of kindness you will do while the service invites you to participate. There will be a time during the Liturgy for you to be involved in this.



GOOD FRIDAY



What you need for your prayer space:

A Cross / Crucifix from around your house and candles

Place a cross in your prayer space and light up two candles as a way to commemorate Good Friday.

At the appropriate time, we will invite you to venerate the Cross as a family.

You could also download the Stations of the Cross to meditate on the passion of Christ together.



EASTER VIGIL



What you need for your prayer space:

A pillar candle and some tea light candles, a bowl of water

To prepare for Holy Saturday, we hope that the candle provided can be decorated by a member of the family for the family, or it could be a collective effort. May it take central place in our prayer space, together with our tea light candles (*in appropriate holders*), one for each member of the family, or even if it is just for yourself.





You will be asked to light your candles and take part in one of the most beautiful liturgies in your home.

St Mary's have gone through pains to represent you in the Church for the proclamation of Easter. So, we do hope that your participation at home will unite us with the efforts we will be doing in Church.

During the Exultet, the head of the family, or the youngest member of the family could light the Easter candle for the family at home as the priest lights the Easter Candle in Church. Next, you can also light all other candles around the house or in your prayer space.

Let us also have a bowl of water by the side in the prayer space, because we will renew our baptism and unite with all those being baptised during this time.



EASTER SUNDAY

Let us dress up in our Sunday best specially for today at home and gather together to celebrate Easter Sunday Mass. It would be a wonderful idea to also have a Sunday meal with the whole family, if you don't already normally do this, and commemorate the Lord's resurrection.

Tune in to St Mary's Online Masses and Services

Pray, engage and participate in the church liturgy as suggested in this booklet in tandem with the following schedule of Holy Week online services on St Mary's YouTube Channel. Holy Week information and links will be available at <http://go.stmary.sg/holyweekathome> or you can scan this QR code:

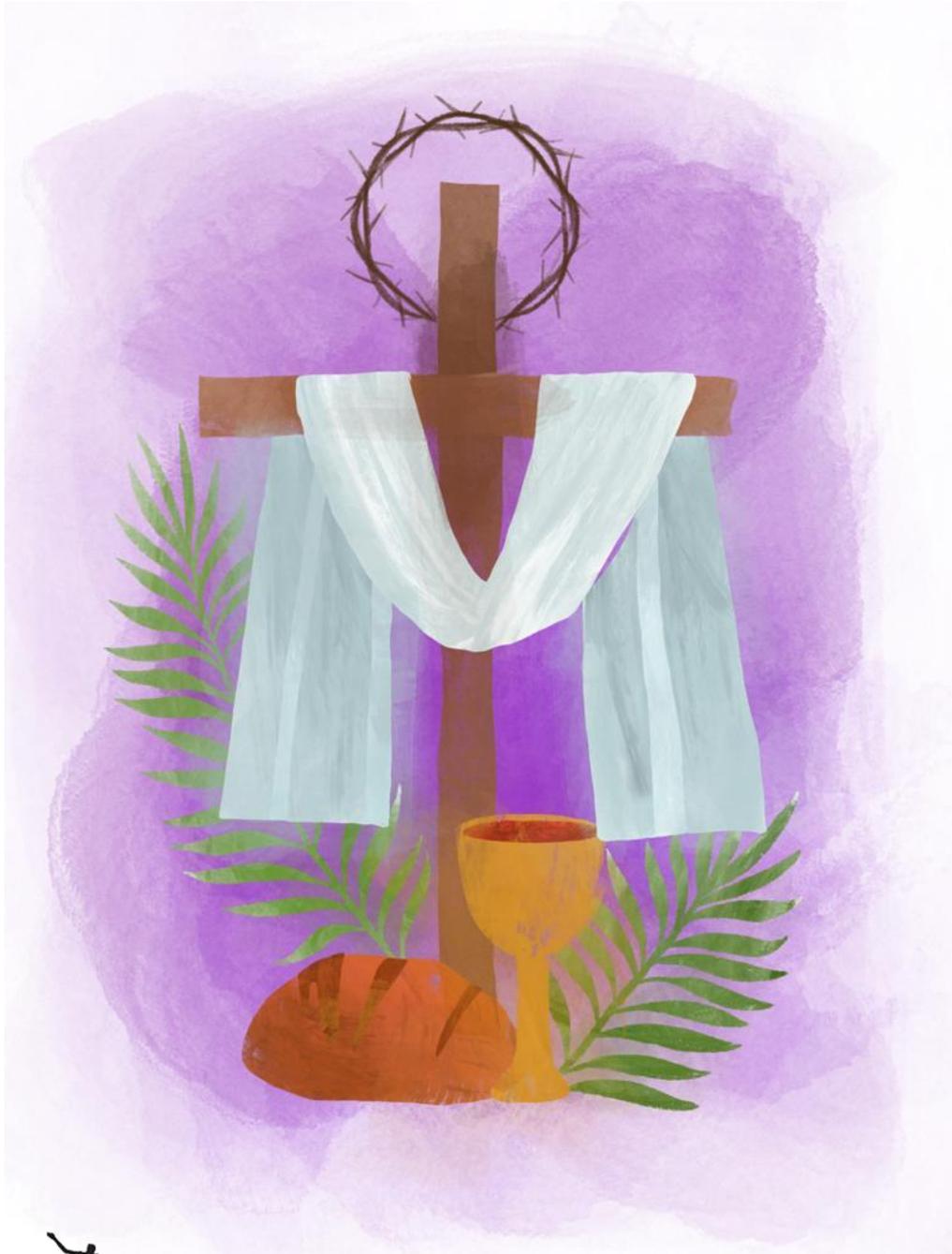
- ✘ SAT 27 Mar, 6pm : Palm Sunday MASS
- ✘ MON – SAT, 29 Mar – 3 Apr, 6am : Liturgy of the Hours
- ✘ THU, 1 Apr, 6pm : Maundy Thursday MASS
- ✘ FRI, 2 Apr, 10am : Good Friday SERVICE
- ✘ SAT, 3 Apr, 6pm : Easter Vigil SERVICE
- ✘ SUN, 4 Apr, 6am : Easter Sunday MASS



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We hope that this Holy Week guide will truly make it a Holy Week for everyone whether you managed to get a place in Church or what goes on in Church during these unusual times online, allowing the *kairos*, the time of Christ to speak to you, and using the time that you have set aside to unite with Christ. We have attached a more detailed guide at the website for your reference.

HAVE A BLESSED HOLY WEEK & HAPPY EASTER!



CHURCH OF ST MARY OF THE ANGELS

PARISH VISION: TO KNOW CHRIST + TO LOVE CHRIST + TO SERVE CHRIST

