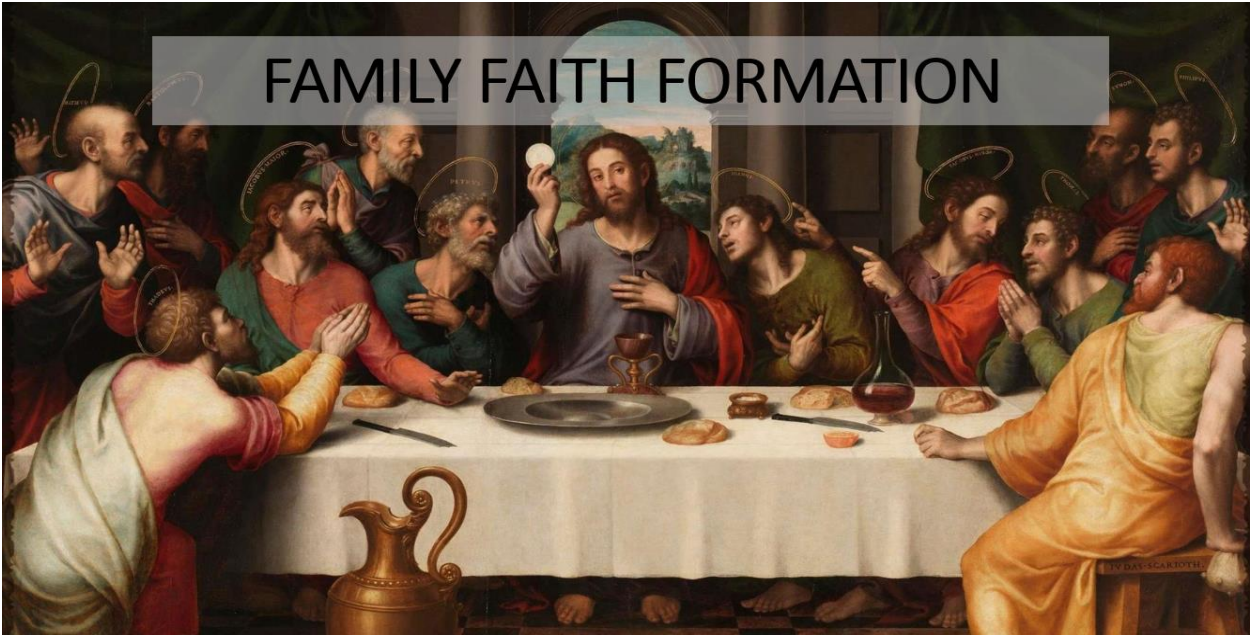


FAMILY FAITH FORMATION



TOPIC: PREPARING FOR HOLY WEEK – STATIONS OF THE CROSS & THE FAMILY ROSARY – CONTEMPLATING JESUS' SUFFERINGS FOR US AND FOR THE WHOLE WORLD

REFERENCES:

SACRED SCRIPTURE

IS 53:5
MK 11:1-9
MK 14:1 - 15:47

**CATECHISM OF THE CATHOLIC CHURCH
NOS. 571 & 1067**

CREED

nos.
559-60,
571-
638

LITURGY

nos.
1085,
1115,
1168-71,
1337-44

LIFE

nos.
1708-09,
1741-42,
1748,
1846-
48, 1851

PRAYER

nos.
2598,
2605-
06,
2620,
2746-
2751,
2758

Opening Prayer

Almighty and Everlasting God, You have given our families and the whole human race Your Son, Jesus Christ our Savior, as a model of humility. He fulfilled your will by becoming man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son. *Our Father...*

Goals

- Reflect on Holy Week, Palm Sunday and Holy Thursday. Reflect on how Jesus chose to lay down his life because He loves us completely.
- Family will make their *Family Holy Week Plans*

Ice Breaker

What is your favorite Bible story and why?

When you think of
“Holy Week,” what two
words come to mind?

Topics

Holy Week is a time when we prepare our hearts to remember the redemptive suffering and death of our Lord, Jesus Christ, and we prepare to celebrate His Resurrection. It begins with Palm Sunday of the Passion of the Lord and continues through the Sacred Triduum. Today we will begin to reflect on Holy Week and decide what our *Family Holy Week Plans* will be.

Family Sharing

(For parents) When you were growing up, what special traditions or religious practices did your family do during Holy Week?

(For the whole family) Which of the practices or traditions that you have experienced have brought you closer to God?

Watch video: Holy Week in Two Minutes by Busted Halo

https://www.youtube.com/watch?v=HugMM_3FfnI&t=9s

Explain: Holy Week is the holiest time of the year! It is when we remember the last week of Jesus' earthly life and His saving work for us. Ask: What is the special day that begins Holy Week? Answer: Palm Sunday (of the Passion of the Lord) Ask: Why is the day called Palm Sunday? What happened at the first Palm Sunday? Answer: Because the people waved palms and welcomed Jesus as He rode into Jerusalem on a donkey. Ask: Why were the people excited about Jesus and praising Him as He entered Jerusalem? Answer: Jesus was like a famous celebrity. He was very popular. Everyone had heard about how Jesus had raised His friend Lazarus from the dead and about His other miracles, so they wanted to see Him in person. Many thought Jesus to be the Messiah, the anointed one (the Christ), but they misunderstood the Messiah to be an earthly ruler (they did not expect him to be God Himself, nor did they expect the Messiah to suffer and die at the hands of men). Read: John 12:12-19

Watch: Triumphal Entry and Results | The Life of Jesus by Jesus.net (watch up to minute 1:35)

<https://www.youtube.com/watch?v=bXy8JJClj-Y>

Explain: Holy Week also contains the three holiest days of the year, the Sacred Triduum, in which we celebrate the Lord Jesus' Paschal Mystery (His Passion, Death, and Resurrection, and ultimately His glorious Ascension later in the Easter season). The Triduum begins with the Evening Mass of the Lord's Supper on Holy Thursday and ends with Evening Prayer on Easter Sunday. Ask: Does anyone know what the words Sacred Triduum mean? Answer: The Holy Three Days Explain: During the Triduum, we think about the final days of Jesus' earthly life when He suffered and died, and the great day of the Resurrection.

The Triduum begins with the Evening Mass of the Lord's Supper on Holy Thursday. During this Mass, the priest may wash the feet of some of the parishioners to remember how Jesus washed the feet of His Apostles, showing us how to love and serve one another. Two very important events took place for the first time on that night at Jesus' Passover meal with His Apostles—the institution of the Holy Eucharist and the institution of the priesthood. It is on this day that we celebrate the first time Jesus gave His Body and Blood, Soul and Divinity, to us in the Eucharist. On this day, Jesus also instituted the priesthood so that we would always have priests to give us the Sacrament of Holy Communion. Jesus did this because He loves us and knew we would need Him to be close to us on our life's journey. Jesus made certain we would have His Body and Blood in the Eucharist. This is the most powerful way Jesus unites our hearts with His own. Each time we worthily receive Him in the Eucharist (in a state of grace), Jesus is deepening our relationship with Him. Jesus loves us with all His Heart. After the Lord's Supper, Jesus then went out to the Garden of Gethsemane, knowing He would be arrested.

Watch: From Fame to Death by Tweeting with God (2 min)

<https://www.youtube.com/watch?v=-KPfk1fiUDs>

Family Sharing

Is there anything holding you back from following Jesus with all your heart?

Is there anything more important to you than Heaven with your family?

Anima Christi

*Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within your wounds hide me;
separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;
And close to you bid me;
That with your saints,
I may be praising you forever and ever.*

SUPPORTING QUOTES FROM CHURCH DOCUMENTS

Catechism of the Catholic Church, no. 571:

The Paschal mystery of Christ's cross and Resurrection stands at the center of the Good News that the apostles, and the Church following them, are to proclaim to the world. God's saving plan was accomplished "once for all" (Heb 9:26) by the redemptive death of his Son Jesus Christ.

Pope Francis, Homily for Palm Sunday of the Passion of the Lord (2020)

Jesus "emptied himself, taking the form of a servant" (Phil 2:7). Let us allow these words of the Apostle Paul to lead us into these holy days, when the word of God, like a refrain, presents Jesus as *servant*: on Holy Thursday, he is portrayed as the servant who washes the feet of his disciples; on Good Friday, he is presented as the suffering and victorious servant (cf. Is 52:13); and tomorrow we will hear the prophecy of Isaiah about him: "Behold my servant, whom I uphold" (Is 42:1). God saved us *by serving us*. We often think we are the ones who serve God. No, he is the one who freely chose to serve us, for he loved us first. It is difficult to love and not be loved in return. And it is even more difficult to serve if we do not let ourselves be served by God.

... In these holy days, in our homes, let us stand before the Crucified One, the fullest measure of God's love for us, and before the God who serves us to the point of giving his life, and let us ask for the grace to *live in order to serve*. May we reach out to those who are suffering and those most in need. May we not be concerned about what we lack, but what good we can do for others.

Pope St. John Paul II, Encyclical *Ecclesia de Eucharistia* (2003), no. 11:

The Lord Jesus on the night he was betrayed" (1 Cor 11:23) instituted the Eucharistic Sacrifice of his body and his blood. The words of the Apostle Paul bring us back to the dramatic setting in which the Eucharist was born. The Eucharist is indelibly marked by the event of the Lord's passion and death, of which it is not only a reminder but the sacramental re-presentation. It is the sacrifice of the Cross perpetuated down the ages. ...

The Church has received the Eucharist from Christ her Lord not as one gift – however precious – among so many others, but as *the gift par excellence*, for it is the gift of himself, of his person in his sacred humanity, as well as the gift of his saving work.

Watch one or more of the videos below on Lent.

- Holy Triduum: The Shortest and Holiest Time of the Year by the LIHM Sisters (for younger children— note, "Black Saturday" in the Philippines refers to Holy Saturday)

<https://www.youtube.com/watch?v=poRmZ2cTIas>

- Or The Last Supper – Son of God Catechetical Guide, Archdiocese of Washington (for tweens & teens)

<https://watch.formed.org/videos/let-s-learn-about-lent>

What is so special about Holy Week? • Answer: Holy Week is the holiest time of the year! It is when we remember the last week of Jesus' earthly life and His saving work for us.. On what day does Holy Week

begin? • Answer: Palm Sunday What does Sacred Triduum mean? • Answer: The Holy (or Great) 3 Days
What two important events happened at the Lord's Supper? • Answer: the institution of the Holy
Eucharist and the institution of the priesthood (Holy Orders)

Holy Thursday – Family Foot Washing



Family ideas for each day of Holy Week



Holy Week Traditions – Franciscan Friars



Top Five Triduum Traditions For Catholic Families - by CatholicLink



Holy Thursday

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

Family Ideas

<https://holyweek.pastoral.center/>

Holy Week Traditions

https://www.youtube.com/watch?v=Qnu_dyxiR14

Five Triduum

<https://www.youtube.com/watch?v=1r0xugpc8sE>

Discuss as a family your practice of the Lenten pillars of praying, fasting and almsgiving. Reflect on the commitments that you had written on your stones and placed on your prayer altar at the beginning of Lent. How are you living them out as we get closer to Easter? Or, if the practices are not going as well as planned, consider taking them up again, confident that God is with us and He is always on our side! Remember that perfection to God is not the same as our idea of perfection. Our little Lenten acts may be imperfect, but when we offer them to Jesus with love, He rejoices and transforms them into sacrifices of perfect love.

Gather around your prayer altar as a family. Take a moment to be silent and bring yourselves into God's presence. Ask Mary to be with you as you read Luke 22:39- 53 about the Agony of Jesus in the Garden and pray one decade of the Rosary together, OR watch and pray with the Agony in the Garden video.

<https://www.youtube.com/watch?v=iD6nnNpi9F4>



Solemnity of Saint Joseph

March 19, 2021, is the Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary, foster father of Jesus, and patron saint of the universal Church.

Solemnity of the Annunciation

March 25th is the Solemn Feast or Solemnity of the Annunciation. On this day, we celebrate when the angel Gabriel asked Mary if she would be the mother of our Savior. Of course (we know the story), Mary said “Yes”! With Mary’s yes (fiat—let it be done), God the Son became incarnate by the power of the Holy Spirit, becoming one of us. The baby Jesus began to grow in his mother’s womb. This tiny infant was both truly divine and truly human—“true God and true man,” as we pray during the Creed at Mass. In exactly nine months from this Solemnity, all Christianity will celebrate Jesus’ birth on December 25th. The event of the Annunciation has forever changed the world, human history, and all our lives.

[Plenary Indulgence](#)

How will you celebrate these two great solemnities as a family?

Easter

The Easter season, which is fifty days long, officially begins at the Easter Vigil (the night before Easter Sunday). The first eight days of Easter, the Easter Octave, are celebrated as solemnities (the most solemn or greatest of feast days). Don’t forget to consider how you will celebrate the Easter Octave and what you might do to keep the Risen Jesus at the center of your homes that week—possibly by reading and discussing the daily Gospel reading together during dinner, and by praying the Divine Mercy Chaplet on the Second Sunday of Easter, Divine Mercy Sunday.

How will you celebrate the Easter Octave as a family?

If you could travel to any place in the world,
where would you go?



Watch: *Good Friday* by Catholic Central

<https://www.youtube.com/watch?v=h4K8tOQdbM8>

Family Sharing

Has there been a moment or difficult time in your life when you were filled with sadness or despair, and now as you look back on it, you can see that God was there?

Watch *Easter Eggs in the Bible* by Tweeting with God

<https://youtu.be/OeF2yfYiR-k>

Whose Feast Day we celebrate on March 17th?

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Christ be with us
Christ be within us
Christ behind us
Christ before us
Christ beside us
Christ to win us
Christ to comfort and restore us

Christ beneath us
Christ above us
Christ in quiet
Christ in danger

Christ in the hearts of all who love us

Lord, we thank you for bringing us together. We ask that you bless and keep us until we gather in your name again. Amen. Glory be...

(Adapted from St. Patrick's Breastplate)



This Month's Recipe...

Hot cross buns are a beloved tradition in Catholic households across the world. Originating in England, these sweet buns are marked with a distinctive cross on top, symbolizing the crucifixion of Jesus Christ. Their consumption on Good Friday holds significant religious meaning for Catholics and Christians worldwide.

According to tradition, hot cross buns were originally baked by monks in the 12th century to distribute to the poor on Good Friday. The cross marked on the bun represents the crucifixion, while the spices used in the dough, such as cinnamon, nutmeg, and cloves, symbolize the spices used to embalm Jesus after his death.

Beyond their religious symbolism, hot cross buns are a delicious treat enjoyed by many during the Easter season. The soft, slightly sweet dough is studded with currants or raisins, adding bursts of flavor with every bite. Whether enjoyed fresh out of the oven or toasted with a generous slather of butter, hot cross buns are a comforting reminder of the spiritual significance of Easter and the enduring traditions that accompany it.





Hot Cross Buns



Perfect for breakfast on Good Friday

In the realm of culinary tradition, few treats hold as much historical significance and religious symbolism as the beloved hot cross buns. These spiced, sweet buns, adorned with a distinctive cross on top, have woven themselves into a beloved tradition during the triduum for Catholic families all over the world. These buns are marked with a cross on the top to symbolize the crucifixion of Christ, and also the sign of the cross. The spices inside the buns represent the spices that were used during the burial process during the time of Jesus. These little buns actually have a long and interesting history! Legend has it that these buns were once baked with great reverence, believed to possess properties of protection against illness and evil. Their consumption was considered an act of spiritual devotion, bridging the gap between the solemnity of Good Friday and the celebration of Easter Sunday. They are such a traditional food for Good Friday that they are sometimes even referred to as "Good Friday Rolls".

Ingredients

- 3/4 cup of warm whole milk
- 1 standard pack of yeast (.25 oz)
- 1 teaspoon granulated sugar
- 1/2 cup packed brown sugar
- 5 Tbsp softened unsalted butter, cut into small pieces
- 1/2 tsp pure vanilla extract
- 2 large eggs, room temp
- 1 tsp salt
- 1 -1/4 tsp ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 3-1/2 cups all-purpose flour
- 1 cup of raisins

Topping ingredients:

- 1/2 cup all-purpose flour
- 6 Tablespoons water

Orange glaze ingredients:

- 1 cup confectioners' sugar
- 3 Tablespoons fresh or bottled orange juice

Directions

Preheat oven to 350 °. Whisk the milk, yeast, and 1 tsp of sugar together. Cover and sit in warm place 10 minutes. Add brown sugar, butter, vanilla extract, eggs, salt, spices, and 1 cup flour. Mix well then add remaining flour and raisins. Continue to mix well with wooden spoon. (Dough should be soft and a little sticky.) Knead dough for 2 minutes. Place in covered bowl and allow to rise in warm place for 1 hour or until doubled. Once dough has doubled, punch down & roll into 14 equal balls. Grease 9x13 baking pan. Arrange the rolls in baking pan and cover in warm area. Allow rolls to rise again for 1 hour. Whisk 1/2 cup all purpose flour & 6 Tbsp water together, adding a few more tablespoons of water if necessary until topping is a thick paste. Put into bag and clip corner. Pipe crosses on buns. Bake 20 minutes or until golden brown. Whisk together orange icing ingredients and brush or drizzle over the top.



March

2024



Dedicated To Saint Joseph

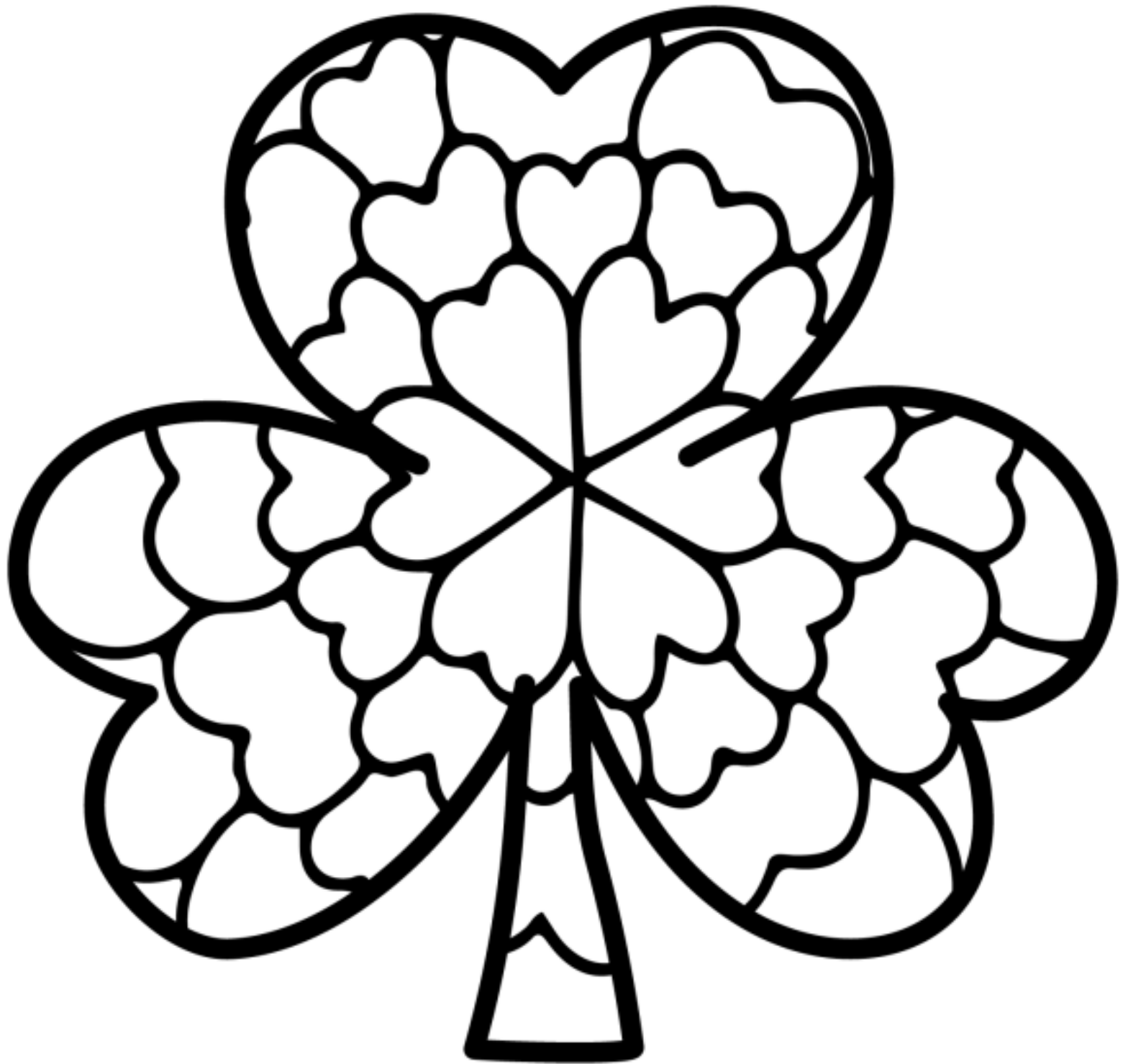
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 	4	5	6	7	8	9
St. Katharine Drexel 3rd Sunday of Lent				Sts. Perpetua and Felicity	St. John of God	
10 	11	12	13	14	15	16
Daylight Saving Time Begins Laetare Sunday						
17 	18	19 	20	21	22	23
St. Patrick 5th Sunday of Lent		St. Joseph				
24 	25	26	27	28 	29 	30 
Palm Sunday (Start of Holy Week)						
31 						
Easter Sunday	Holy Monday	Holy Tuesday	Holy Wednesday	Holy Thursday	Good Friday	Holy Saturday



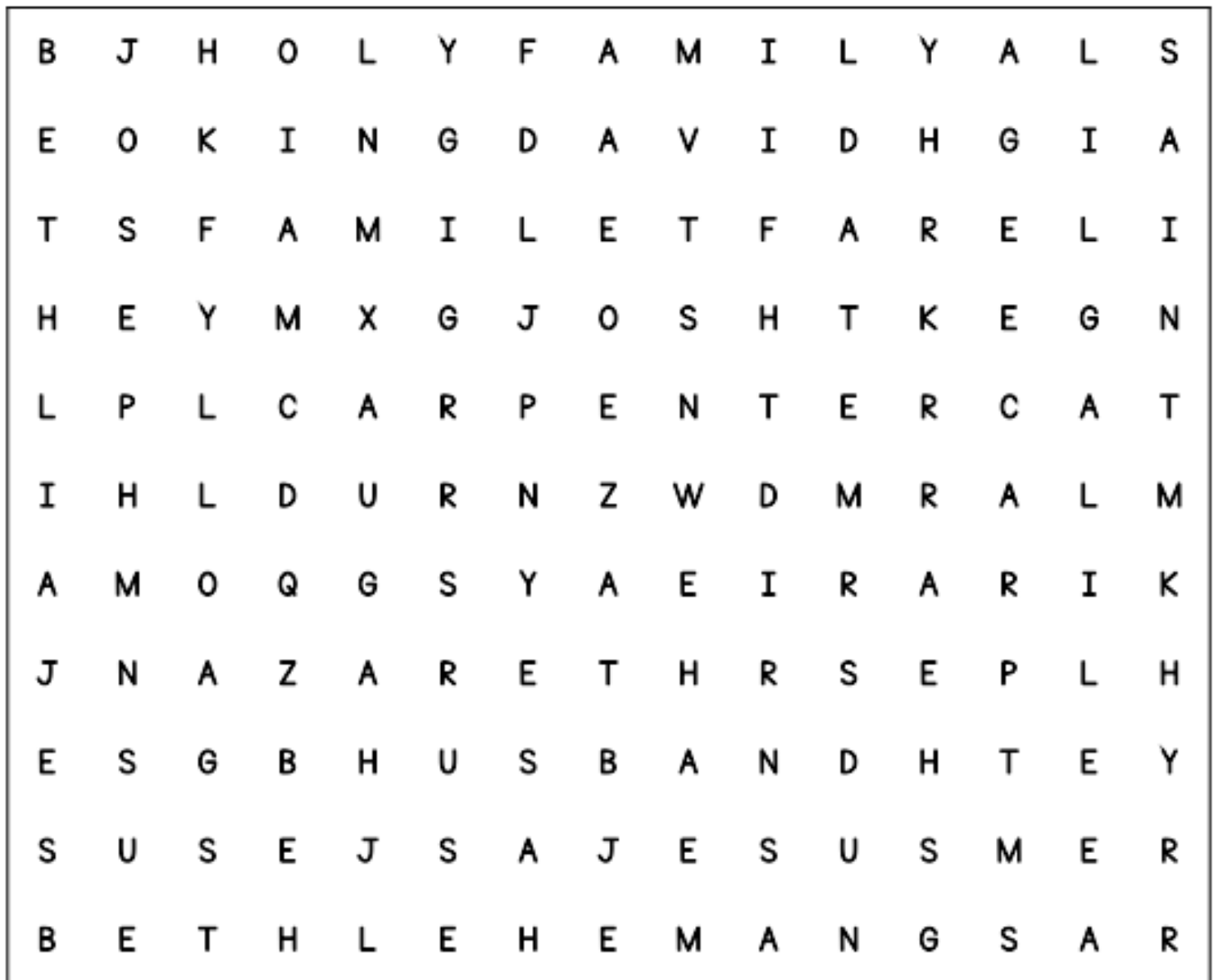
Saint Joseph

PRAY FOR US

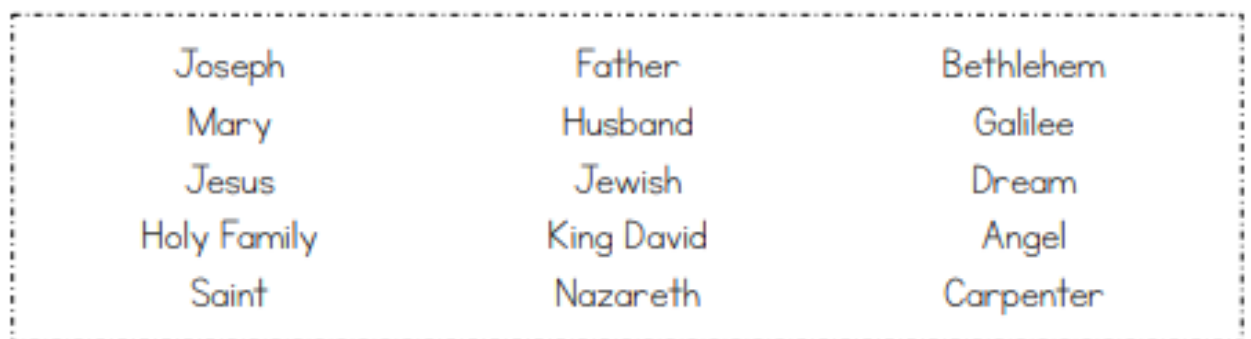
Decorate a Special Shamrock
for Saint Patrick's Day



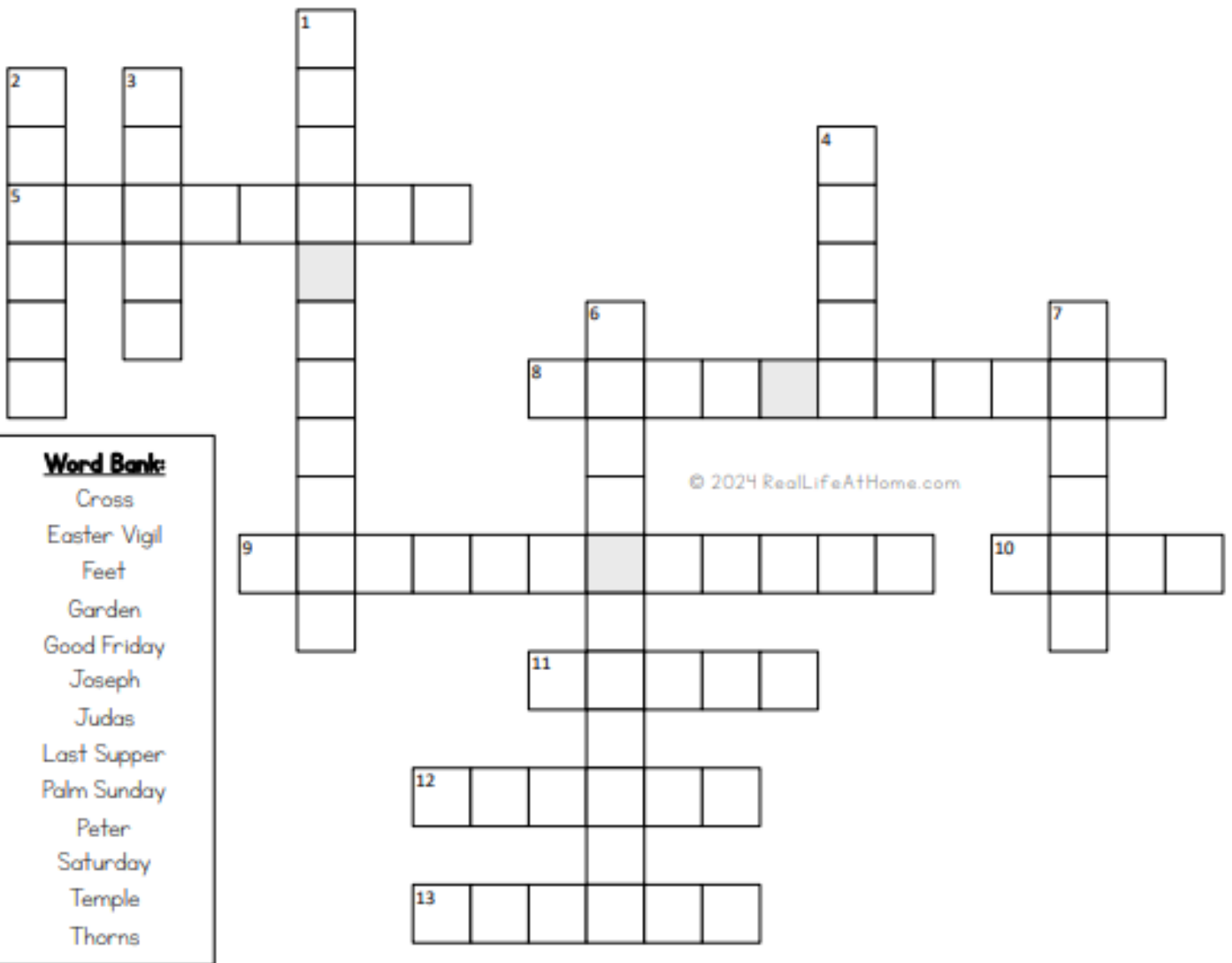
Saint Joseph Word Search



Find the words related to Saint Joseph listed in the box below in the puzzle area above. Words can be found across, down, and diagonally.



Holy Week and Triduum Crossword



Across

5. The day before Easter is known as Holy _____
8. The day Jesus rode into Jerusalem while people said, "Hosanna! Blessed is he who comes in the name of the Lord!"
9. The liturgy on the night before Easter
10. Jesus washed his disciples _____ during Holy Week
11. Jesus was betrayed by this disciple
12. Jesus turned over tables of money changers at this place
13. Roman guards put a Crown of _____ on Jesus

Down

1. The term for the day Jesus was crucified
2. This man from Arimathea provided a tomb for Jesus
3. This disciple denied knowing Jesus three times and then wept afterward
4. The Christian symbol made up of a vertical line and a horizontal line
6. The event when Jesus established (began) the Eucharist
7. Before Jesus was arrested, he prayed in the _____ of Gethsemane

Saint Catherine of Bologna Crack the Code

The feast day of Saint Catherine of Bologna happens each year on March 9th. Catherine was born in Bologna, Italy in 1413. She was a Poor Clare nun, which was the contemplative order founded by Saint Francis and Saint Clare of Assisi. Saint Catherine of Bologna is the patron saint of artist.

Crack the code below to find out what Saint Catherine of Bologna is best known for writing.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	5	15	21	6	16	13	7	19	1	22	8	14	17	2	24	9	25	10	3	26	11	4	18	23	20

10	7	6

4	25	2	3	6

3	7	6

10	6	11	6	17

10	24	19	25	19	3	26	12	8

4	6	12	24	2	17	10



IT'S ALL ABOUT

HOSANNA!

HOSANNA
IN THE
HIGHEST!

On Palm Sunday,
Jesus...

HOSANNA!

On
the evening of
Maundy Thursday,
Jesus and his disciples
sat down together
and...

My favorite supper is:

On Good Friday,
Jesus...

We love Him
because He
first loved us.

REJOICE!

My favorite Easter
memory is:

Jesus is:

I love Easter Sunday because...

Hosanna

IN THE HIGHEST



Blessed

IS HE WHO COMES
IN THE NAME OF THE

Lord.

MATTHEW 21:9

Hosanna

IN THE HIGHEST



Blessed

IS HE WHO COMES
IN THE NAME OF THE

Lord.

MATTHEW 21:9

Jesus said
to his disciples,
"Do this
in remembrance
of me."

