

LITURGICAL LIVING

Series 31: March 24-30

Holy Week:

A week set apart from all the rest to remember Christ's suffering, death and resurrection.

Palm Sunday (24)

- The 6th and final Sunday of Lent is Palm Sunday. On this day we remember and celebrate Jesus' entrance into Jerusalem by beginning Mass in a special way. Typically, a separate space is used at the start of Mass and the congregation holds blessed palm leaves and sings and shouts "Hosanna." This part concludes and the congregation processes in. Mass begins as we are used to, but things turn when we read the Gospel. We read the entire Passion of Our Lord! During this time we shout, "Crucify Him!" just as the people of Jerusalem turned on Jesus a few days later. We as the congregation follow the path that many in Jerusalem took during Jesus' time: we go from praising his majesty to betraying Him and mocking Him.
- It is good to reflect on how when we sin we are acting as those in Jerusalem did. As they shouted "crucify him" out loud, we shout "crucify Him" silently in our hearts when we turn away from Jesus, when we sin. It is quite a humbling thing to acknowledge.
- A note on the palm leaves: they are blessed, so they are sacramentals. They are not to be thrown away. You can fold them into crosses or leave them straight and keep them in your home, in your car or your desk until bringing them back to the church for next year's Ash Wednesday.
- On this day, the priest's vestments are red. The red helps us to remember Jesus' suffering.
- Celebrate
 - As mentioned last week, our AFC will be covering the crucifix as Holy Week begins. You are invited to do the same if you have not done so already.
 - Wear red. Red symbolizes the presence of the Holy Spirit and the sacrifices of the martyrs.



Holy Monday (25)

- We remember Jesus visiting his friends at Bethany: when Mary anointed Jesus with precious oil, preparing him for his burial.
- Many dioceses hold their Chrism Mass on Holy Monday, where the priests of the diocese gather as the bishop consecrates and distributes to each parish the sacred oils used in the Sacraments of Baptism, Confirmation and Holy Orders. The Diocese of New Ulm does this Mass on Holy Tuesday each year.
- We can celebrate the anointing in our home as well. You could ask your priest to bless some olive oil for your family. Bless yourself with it and make the Sign of the Cross. This can serve as a reminder of penitence as you enter Holy Week.

- Pray with [Psalm 21](#) this day. In this psalm we see through the eyes of David the prophetic picture of Christ's suffering for us on the Cross.

In thy strength the king rejoices, O LORD;
 and in thy help how greatly he exults!
 Thou hast given him his heart's desire,
 and hast not withheld the request of his lips. *Selah*
 For thou dost meet him with goodly blessings;
 thou dost set a crown of fine gold upon his head.
 He asked life of thee; thou gavest it to him,
 length of days for ever and ever.
 His glory is great through thy help;
 splendor and majesty thou dost bestow upon him.
 Yea, thou dost make him most blessed for ever;
 thou dost make him glad with the joy of thy presence.
 For the king trusts in the LORD;
 and through the steadfast love of the Most High he shall not be moved.
 Your hand will find out all your enemies;
 your right hand will find out those who hate you.
 You will make them as a blazing oven
 when you appear.
 The LORD will swallow them up in his wrath;
 and fire will consume them.
 You will destroy their offspring from the earth,
 and their children from among the sons of men.
 If they plan evil against you,
 if they devise mischief, they will not succeed.
 For you will put them to flight;
 you will aim at their faces with your bows.
 Be exalted, O LORD, in thy strength!
 We will sing and praise thy power.



Holy Tuesday (26)

- On Holy Tuesday we remember Jesus' announcement of Judas's and Peter's denial.
- It is important to remember that both Judas and Peter denied Jesus. Jesus predicted that both men would deny him, they both protested that they would do so and they both did in the end: Judas after the Last Supper and Peter denied Jesus three times when Jesus was arrested.
- Both men feel sorrow and repent almost immediately. Seeing Jesus was condemned, Judas brought back the silver. Peter felt sorrow upon hearing the cock crow.
- So what's the difference here? Peter became the leader of the church and Judas is remembered as the villain of Christianity. Humility is the difference. How did these men respond? Judas despaired and acted out of pride. Not trusting in the Lord's forgiveness. While Peter waited. He remained and was restored with Jesus after the resurrection.
- As you prepare for Triduum, begin pondering in your own heart - how are you responding to the sorrow you have for your sins in your heart. Are you acting out of pride or a humble waiting for the mercies of the Lord?

Spy Wednesday (27)

- This is the day we remember Judas betraying Jesus. Judas told the high priest when Jesus would be in a place where he could be more conveniently arrested, in exchange for 30 pieces of silver. Read the parts of the Gospels that tell the story of Judas's betrayal. It can be found in Matthew 26:14-16 and Luke 22:3-6.



- Consider donating to a charity that has meaning to you on this day. I have seen people donate 30 quarters (\$7.50).
- Reflect on the ways we have been like Judas to Jesus. Reflect on the ways we have failed our friends or even betrayed those we love the most. Reflect in silence today about the ways you have betrayed Jesus in your own heart and seek forgiveness.

Triduum:

Begins with the Mass of the Lord's Supper and ends after evening prayers at sunset on Easter Day. It is one great festival recounting the last three days of Jesus' life on earth, the events of his Passion and Resurrection, when the Lamb of God laid down his life in atonement for our sins.

Holy Thursday (28)

Referred to as the Mass of the Lord's Supper, Holy Thursday is when the Last Supper is celebrated and we remember Jesus making his final preparations for His Passion. The Eucharist and the Sacrament of Holy Orders were given to the Church on this day. This day is also called 'Maundy Thursday' as it refers to Jesus' commandment to love one another. This commandment of love is symbolized by the washing of feet of the twelve apostles, often reenacted by the priest during Mass. Extra hosts are consecrated to make preparations for Good Friday as well. Then after Mass, the Eucharist will be processed throughout the Church and placed on a separate "altar of repose" for adoration until midnight in memory of Jesus' Agony in the Garden (this will be in the chapel in St. Peter).



- We like to do our own foot washing ceremony at home before Mass. We wash our children's feet and they wash ours. It helps us discuss what will be happening at the upcoming late Mass for our young children and is a tangible reminder of how we are to love one another through humble service. It often begins sweet and turns into water play

for the littles.

- Since Holy Thursday is when we celebrate the institution of the priesthood, it's a great time to thank them and pray for them. Let them know how their priesthood has impacted your life.

Good Friday (29)

- Good Friday is the most somber day of the year for Christians. This is the only day of the year that Mass is not celebrated anywhere in the world. The altar is bare and the tabernacle is empty. A commemoration, a communion service, of Christ's Passion is held which includes a resuscitation of the Passion and Veneration of the Cross.
- Tradition tells us that Jesus was placed on the Cross at 9am, and darkness covered the land from 12 until Jesus' death at 3pm (Mark 15:25-38). On this day we abstain from meat and fast from regular meals. We join our sufferings and worries to those of Christ crucified and trust in him. We are also called to enter into the silence especially between 12 and 3 so consider fasting from TV, internet, music, etc.
- This is a good day to pray **Stations of the Cross** one last time before Easter. You can do this in your own home and go to your local church.



Holy Saturday(30)

- A Holy Day of waiting. Christ is in the tomb. He descends into hell to bring heaven to the faithful souls who died before His Passion on the Cross. It's a good time to remember our loved ones who have died and all those who are grieving.
- We encourage you to go to the Easter Vigil if you are able. Even with young children! It is a glorious celebration as we await and then celebrate the Resurrection of Jesus. This Mass is incredibly rich and the best way to ring in Easter.

• The Easter Vigil consists of four parts:

1. The Service of Light

- The Vigil service begins outside the church around a large fire. This new fire symbolizes the radiance of the Risen Christ dispelling the darkness of sin and death. The Paschal candle is blessed and then lit. This Paschal candle will be used throughout the season of Easter, remaining in the sanctuary of the church or near the lectern, and throughout the coming year at baptisms and funerals, reminding all that Christ is "light and life."
- Once the candle has been lit there follows the ancient and dramatic rite of the Lucernarium, in which the candle is carried by a priest through the nave of the darkened church, stopping three times to chant an acclamation such as 'Christ our Light' to which the assembly responds 'Thanks be to God.' As the candle proceeds through the church, the baptized light their candles from the flame of the Paschal candle. As this symbolic "Light of Christ" spreads throughout those gathered, the darkness is dispersed. Once the procession has reached the sanctuary of the altar, with the church lit only by candle light, the Exultet (Easter Proclamation) is intoned.

2. The Liturgy of the Word

- Consists of seven readings from the Old Testament, although it is permitted to reduce this number for pastoral reasons (if reduced, it is customary to use readings 1, 3, 5 and 7). Each reading is followed by a psalm and a prayer relating what has been read in the Old Testament to the Mystery of Christ. After these readings conclude, the Gloria is sung for the first time since before Lent (with the exception of Holy Thursday, which is the only time it is heard during the 40 days of Lent), and the church bells and the organ, silent since that point on Holy Thursday, are sounded again – The opening collect (prayer) is read. A reading from the Epistle to the Romans is proclaimed, followed by the chanting of Psalm 118. The Alleluia is sung for the first time since the beginning of Lent. The Gospel of the Resurrection is proclaimed.
- initiated as members of the faith the Church through the Sacraments of Initiation (Baptism, Confirmation, and the Holy Eucharist; the latter is celebrated during the Liturgy of the Eucharist). This year we have **two** candidates who will be joining the Church!

3. Christian Initiation and the Renewal of Baptismal Vows

- People desiring to full initiation in the Church who have completed their formation are formally initiated as members of the faith the Church through the Sacraments of Initiation (Baptism, Confirmation, and the Holy Eucharist; the latter is celebrated during the Liturgy of the Eucharist). This year we have **two** candidates who will be joining the Church!

4. Holy Eucharist

See AFC Website for
Digital Version

