



An At Home Family Retreat for



Holy Week

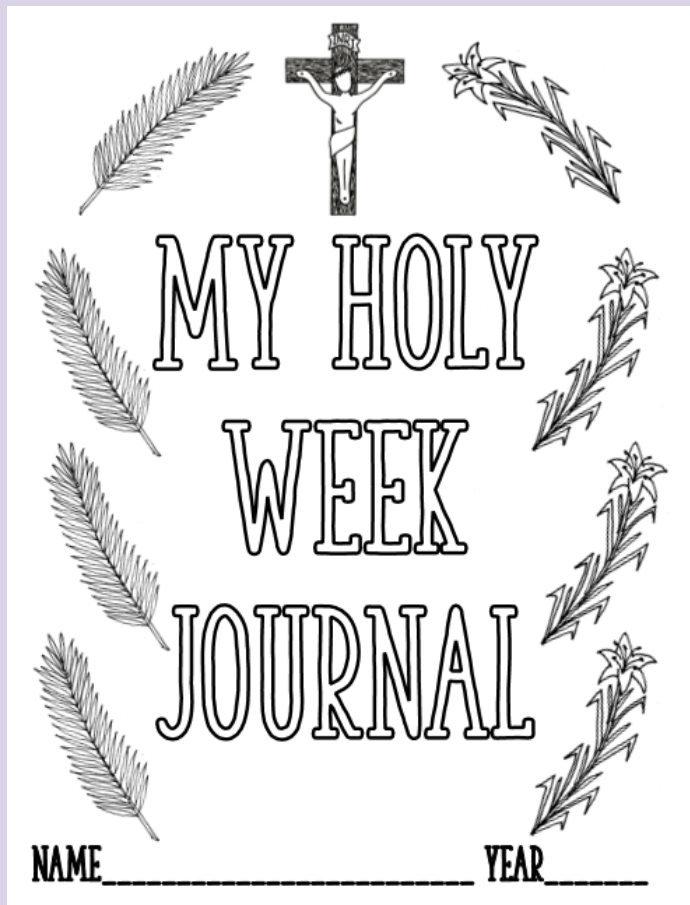
This Holy Week will be like no other in living memory. Our churches are closed and we are compelled to stay at home as much as possible to prevent the spread of Covid-19. For many of us, not being able to participate in the liturgical services of the Easter Triduum will be a source of great sadness. We are, however, fortunate that modern communications enable us to join with others via live-streaming of Mass and devotions. That is a great blessing.

This At Home Family Retreat is designed to help you and your families join together to pray, to read and reflect upon scripture as you journey with Christ this Holy Week. There are links to the daily Mass readings and a range of activities for children, young people and parents.

The symbol  shows that the video is suitable to younger children, many of these are animations, whereas  indicates that the video is more appropriate for older children (upper KS2 and above).

There are links to all the online resources but should you have a problem accessing them, those marked ** are also on the final pages of this presentation, so you can copy and paste them into a document for printing. Other links can also be found in the Acknowledgments slide at the end of this presentation. Before starting the retreat, please take a moment to look through all the slides so you know what is there.

Despite being socially isolated from each other, through praying and sharing together may we come to know ever more deeply that we are never alone since Christ is always with us. May this Holy Week be a time of blessings for us all.



IDEAS FOR USING YOUR HOLY WEEK JOURNAL

ON THE LINED PAGES:

- COPY YOUR FAVORITE VERSE FROM THE BIBLE
- WRITE A REFLECTION ON THE GOSPEL
- TAKE NOTES DURING THE HOMILY AT MASS
- MAKE A LIST OF VIRTUES YOU SEE LIVED OUT IN THIS GOSPEL STORY
- WRITE YOUR OWN PRAYER
- JOURNAL USING THE STEPS OF LECTIO DIVINA:
 - LECTIO
 - MEDITATIO
 - ORATIO
 - CONTEMPLATIO

ON THE BLANK PAGES:

- DRAW A PICTURE OF THE EVENTS THAT TAKE PLACE IN THIS GOSPEL STORY
- WRITE YOUR FAVORITE BIBLE VERSE IN FANCY HANDWRITING
- FOLLOW THE DRAWING PROMPT ON THE BOTTOM OF EACH PAGE
- DRAW A SYMBOL REPRESENTING THAT DAY OF HOLY WEEK
- CREATE A BANNER TO HANG UP IN YOUR HOME FOR HOLY WEEK
- DESIGN A STAINED GLASS WINDOW



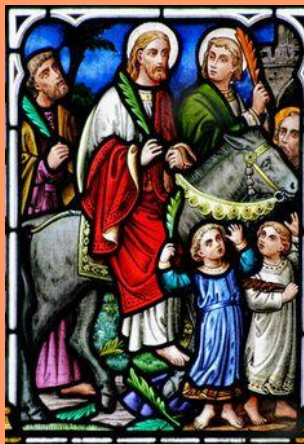
[Click here to download the Holy Week Journal](#) or see the pages at the end to copy and print directly from this Powerpoint.

Liturgy



Join a live streamed
Palm Sunday Mass
[click here to find a church
near you](#)

PALM SUNDAY



Scripture



Matthew 21:1-11

- Make a Scripture Card
- [Draw an illustration](#)
- [Pray with Lectio Divina](#)

Craft

Handprint Palms and Footprint Donkey Craft

Suggested words to accompany
this can be found at [Mission
Together](#)



Video

Palm Sunday



Singing

The King of Glory



Colouring

Palm Sunday Colouring Page**



Liturgy



Join a live streamed Mass.
[Click here to find a church near you.](#)

MONDAY, 6/4/20



Scripture

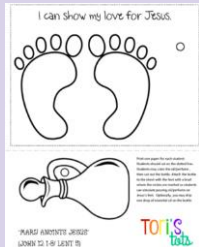


[John 12:1-11](#)

- Make a Scripture Card
- [Pray with Lectio Divina](#)

Craft

[Mary anoints Jesus' feet craft](#)



Video



[Holy Week in Two Minutes](#)

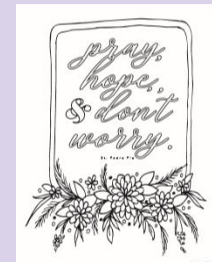
Singing

[One thing I ask](#)



Colouring

[Faith over Fear Quote Colouring Page**](#)



Liturgy



Join a live streamed Mass.
[Click here to find a church near you](#)

TUESDAY, 7/4/20



Scripture

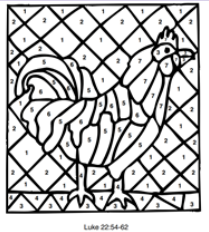


John 13:31-38

- Make a Scripture Card
- [Draw an illustration](#)
- [Pray with Lectio Divina](#)

Craft

[Rooster colour by number](#)**



Luke 22:54-62

Video

[Jesus in the desert](#)



[Follow - A Social Media Holy Week](#)



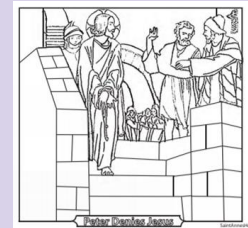
Singing

[How can it be?](#)



Colouring

[Peter denies Jesus colouring page](#)**



Liturgy



Join a live streamed Mass.
[Click here to find a church near you](#)

WEDNESDAY, 8/4/20



Video

[Betrayal and arrest of Jesus](#)

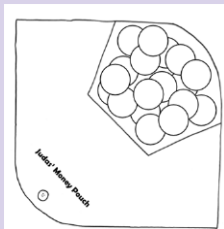


[Spy Wednesday - 30 pieces of silver hunt - A Social Media Holy Week](#)



Craft

[Judas' money pouch printable**](#)



Singing

[Were you there?](#)



Scripture

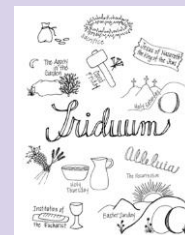


[Matthew 26:14-25](#)

- [Make a Scripture Card](#)
- [Pray with Lectio Divina](#)

Colouring

[What the Triduum looks like colouring page**](#)



Liturgy



Join a live streamed Mass.
[Click here to find a church near you](#)

MAUNDY THURSDAY



Scripture



[John 13:1-15](#)

- Make a Scripture Card
- [Draw an illustration](#)
- [Pray with Lectio Divina](#)

Craft

[Monstrance art project](#)



Video

[Holy Thursday](#)



Singing

[Panis Angelicus \(Bread of Angels\)](#)



Colouring

[Da Vinci's Last Supper Colouring Pages](#)



Liturgy



Join the Celebration of the Lord's Passion at 3pm.

[Click here to find a church near you](#)

Craft

[Stations of the Cross box for kids](#)

[Stations of the Cross art](#)



GOOD FRIDAY



Video

[The Crucifixion](#)



[The Stations of the Cross for children](#)



[Fulton Sheen on the meaning of the Cross](#)

[Were you there?](#)



Singing

[At the Cross Her Station Keeping](#)



Scripture



[John 19:16-42](#)

- Make a Scripture Card
- [Draw an illustration](#)
- [Pray with Lectio Divina](#)

A Lenten Meditation

Colouring

[Stations of the Cross colouring pages**](#)



Liturgy



Join a live streamed
Easter Vigil.

[Click here to find a
church near you](#)

HOLY SATURDAY



Scripture



[Matthew 28:1-10](#)

- Make a Scripture Card
- [Pray with Lectio Divina](#)

Craft

[Make your own Paschal
Candle](#)



Video

[The Three Trees Movie](#)



[That One Day](#)



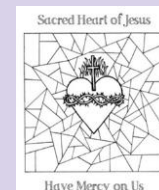
Singing

[Easter Proclamation \(Exsultet\)](#)



Colouring

[Sacred Heart of Jesus
colouring pages](#)

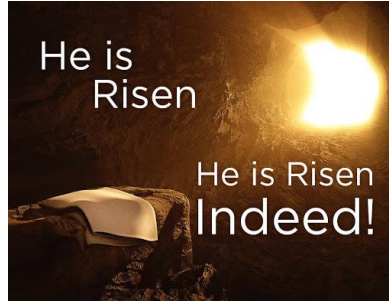


Liturgy



Join Easter Sunday Mass
[Click here to find a church near you](#)

EASTER SUNDAY



Video

[The Easter Story](#)
[Godly Play - The Faces of Easter](#)



Scripture

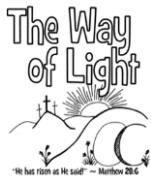


[John 20:1-9](#)

- Make a Scripture Card
- [Draw an illustration](#)
- [Pray with Lectio Divina](#)

Craft

[Way of Light Mini](#)
[Colouring Book and Bible Study](#)



Singing

[Because He Lives](#)
[Be Thou My Vision](#)
[Jesus Christ is risen today](#)
[Christ is Risen \(M.Maher\)](#)
[How deep the Father's love for us](#)
[Jesus Christ is risen today \(He is not dead\)](#)
[Beautiful Saviour](#)
[In Christ Alone](#)
[Your love is mine](#)
[Regina Caeli Laetare](#)
[Benediction: Laudes Divinae \(Pluscarden Abbey\)](#)
[Oceans](#)



Colouring

[What Easter looks like colouring pages**](#)



Palm
Sunday
colouring
page



Jesus Enters Jerusalem

PALM SUNDAY

GOSPEL OF THE DAY: MATTHEW 21:1-11

JESUS WAS WELCOMED INTO JERUSALEM WITH CRIES OF "HOSANNA TO THE SON OF DAVID; BLESSED IS HE WHO COMES IN THE NAME OF THE LORD; HOSANNA IN THE HIGHEST." WHAT WORDS DO YOU USE TO PRAISE JESUS?



USE THE BACK OF THIS PAGE TO DRAW JESUS ENTERING JERUSALEM.

MONDAY OF HOLY WEEK

GOSPEL OF THE DAY: JOHN 12:1-11

TODAY WE READ THAT MARY OF BETHANY ANOINTED JESUS' FEET WITH FRAGRANT OIL. THIS WAS A BEAUTIFUL ACT OF WORSHIP, SHOWING THAT MARY LOVED JESUS AND BELIEVED HE WAS THE MESSIAH.



USE THE BACK OF THIS PAGE DRAW A PICTURE OF WAYS YOU SHOW JESUS YOU LOVE HIM.

HOLY THURSDAY

GOSPEL OF THE DAY: JOHN 13:1-15

AT THE LAST SUPPER, JESUS GATHERED WITH HIS APOSTLES AND GAVE THEM THE GIFT OF THE EUCHARIST. WE RECEIVE THIS SAME GIFT AT EVERY MASS. LET'S PRAY THAT WE WILL OPEN OUR EYES, MINDS, AND HEARTS TO TRULY SEE JESUS PRESENT IN THIS SACRAMENT: BODY, BLOOD, SOUL, AND DIVINITY.

USE THE BACK OF THIS PAGE TO DRAW A PICTURE OF THE LAST SUPPER.



GOOD FRIDAY

GOSPEL OF THE DAY: JOHN 19:16-42

TODAY WE REMEMBER THE WORST THING THAT HAS EVER HAPPENED, THE DEATH OF JESUS ON THE CROSS. SO WHY IS IT CALLED "GOOD" FRIDAY? THIS DAY IS NAMED GOOD FRIDAY BECAUSE IT IS ALSO THE BEST THING THAT HAS EVER HAPPENED. JESUS' DEATH FREES US FROM SIN AND ALLOWS US TO BE WELCOMED INTO HEAVEN.

USE THE BACK OF THIS PAGE TO DRAW THE SCENE OF THE CRUCIFIXION.



HOLY SATURDAY

GOSPEL OF THE DAY: MATTHEW 28:1-10



TONIGHT AT THE EASTER VIGIL, THE NEW PASCHAL CANDLE IS BLESSED AND LIT. THIS CANDLE WILL REMIND US ALL YEAR THAT JESUS CHRIST, WHO HAS RISEN FROM THE DEAD, IS THE LIGHT OF THE WORLD!

USE THE BACK OF THIS PAGE TO DRAW YOUR OWN PASCHAL CANDLE.

EASTER SUNDAY

GOSPEL OF THE DAY: JOHN 20:1-9

THE TRADITIONAL PASCHAL GREETING IS: "ALLELUIA! HE IS RISEN!"
AND THE RESPONSE IS: "HE IS RISEN INDEED!"

USE THE BACK OF THIS PAGE MAKE YOUR OWN ALLELUIA BANNER!



LECTIO DIVINA (HOLY READING)

Read the text, out loud if you are able, then read it though again in silence, 2 or 3 times. “Chew over” the words in your mind, allowing yourself to sit with them. Perhaps a particular word, or phrase, will strike you, but don’t worry if it doesn’t. Read the text aloud again, “chew over”, or allow the words to wash over you, for another while. A prayer or a thought may come to you which you can carry with you through the day. End with the Our Father and the Sign of the Cross.

If you are keeping a Holy Week Journal, the suggestions below may be helpful.

Lectio Read

Read several times, be attentive to detail
Note verses or phrases that stand out to you
Work to understand meaning and background

Journal Starters:

- In this passage...
- My favorite verse was...
- I noticed...

Meditatio Meditate

Think about the reading and connect to your life
Imagine being present to hear the passage or witness the story

Journal Starters:

- This reminds me of...
- If I were there...
- I can connect this story to...

Oratio Pray

Dialogue with God in prayer about the passage
Thank God for His Word
Ask Him to lead you into deeper understanding

Journal Starters:

- Dear Jesus...
- Thank you God for...
- Please help me understand...

Contemplatio Contemplate

Quiet expression of love between you and God
Note what God is trying to teach you through the passage and time of prayer

Journal Starters:

- I think Jesus is teaching me...
- Lord, I love you for...
- I believe...

SCRIPTURE CARDS

If a word or phrase strikes you during Lectio Divina or any other time, take the time to write it down. You could decorate it or keep it quite simple. Whatever you choose to do will be the right way for you - there is no right or wrong way! You may wish to keep the cards together in a Scripture Jar. An empty (washed!) food jar is ideal for this. Most of all give thanks for the gift of these words and enjoy being creative as you pray.



Faith over fear colouring pages

Jesus,
I trust in You.



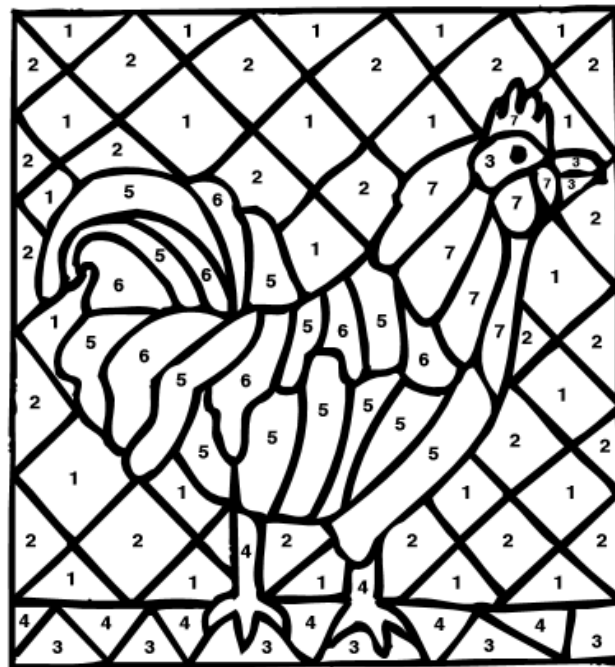
pray,
hope,
& don't
worry.

St. Padre Pio





Rooster colour by number



Luke 22:54-62

At the last supper Peter professed his love for Jesus. But later he denied knowing Jesus three times.

What farm animal reminded Peter of his lies?

Use the color code to find out:

1=Green 2=Blue 3=Yellow 4=Orange 5=Brown 6=Black 7=Red

Peter denies Jesus colouring page

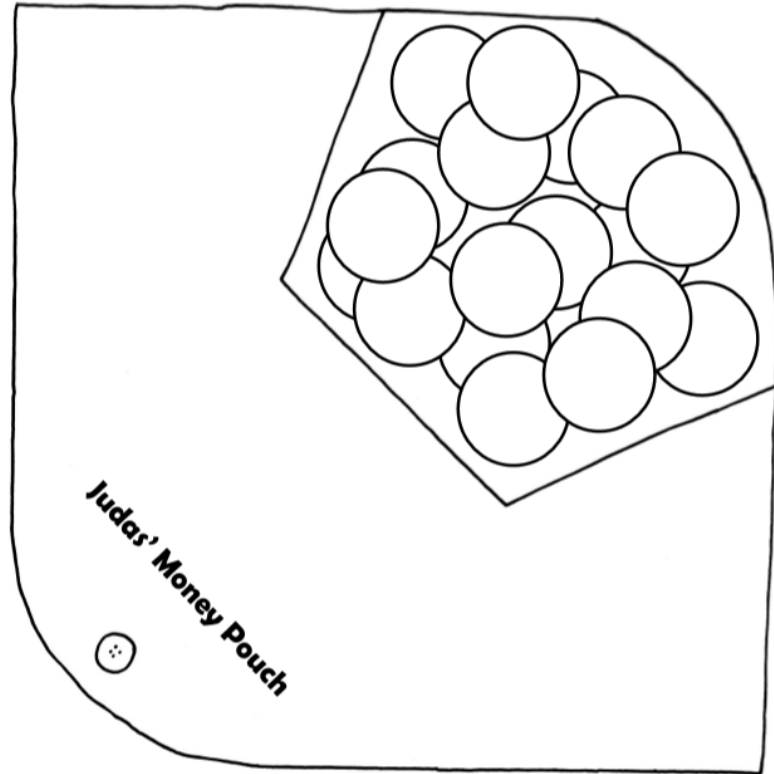


Peter Denies Jesus

**Judas' Money Pouch– he agrees to turn over
Jesus in exchange for 30 silver coins**

3-D Printable

Judas money
pouch



What the
Triduum
looks like
colouring
page



Stations of the Cross colouring pages



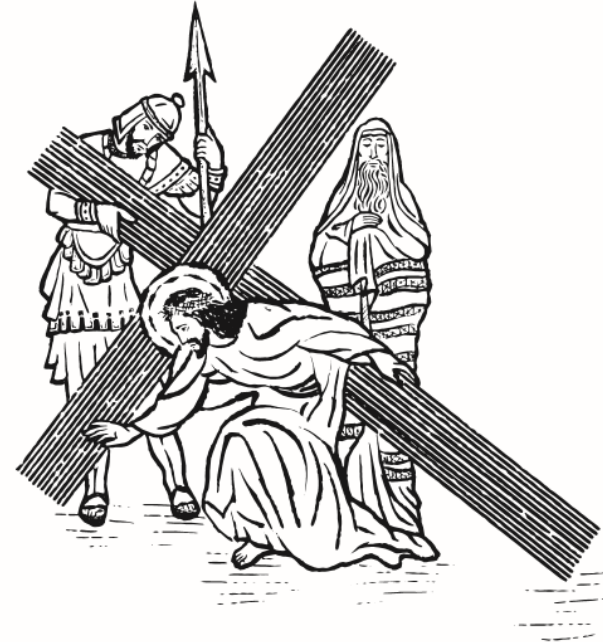
I JESUS IS CONDEMNED TO DIE

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II JESUS ACCEPTS HIS CROSS

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III JESUS FALLS THE FIRST TIME

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IV JESUS MEETS HIS MOTHER

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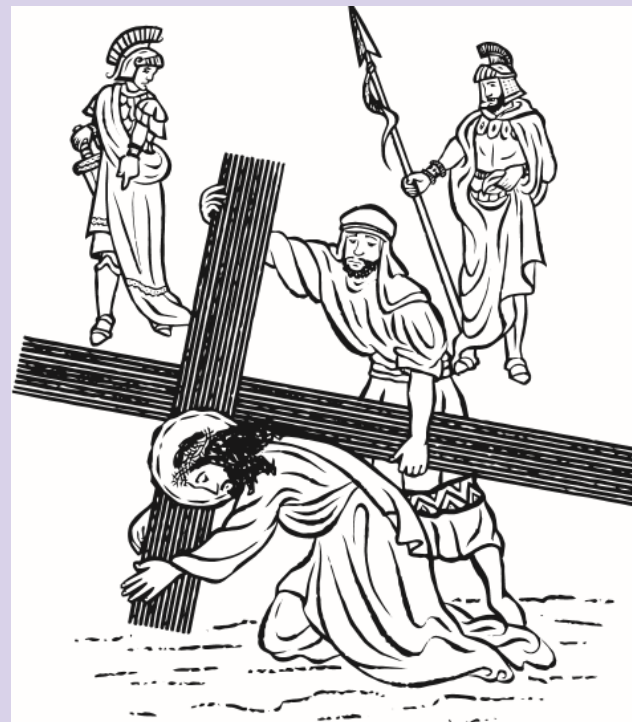
V SIMON OF CYRENE HELPS JESUS

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VI VERONICA WIPES THE FACE OF JESUS

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VII JESUS FALLS THE SECOND TIME



VIII JESUS MEETS THE WOMEN OF JERUSALEM

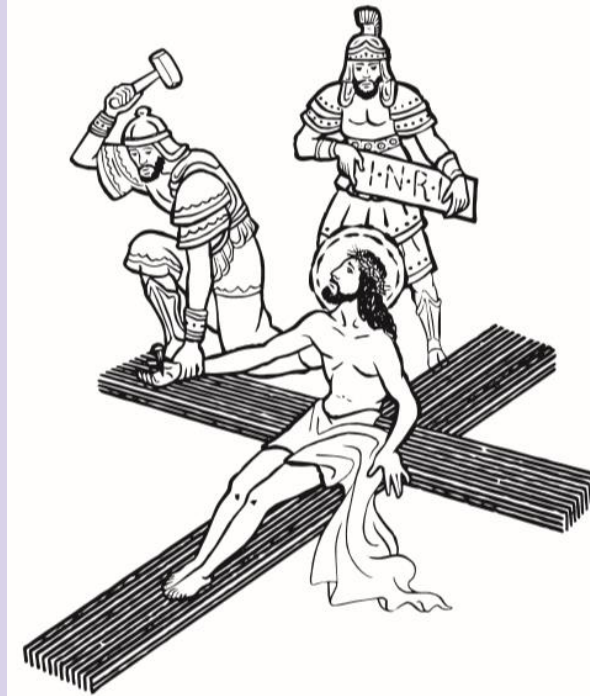


IX JESUS FALLS THE THIRD TIME



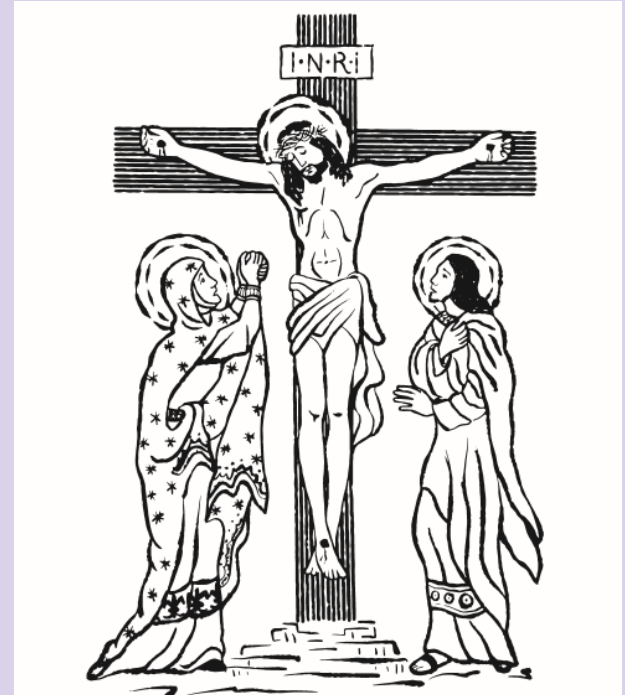
X JESUS is STRIPPED of HIS GARMENTS

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XI JESUS IS NAILED TO THE CROSS

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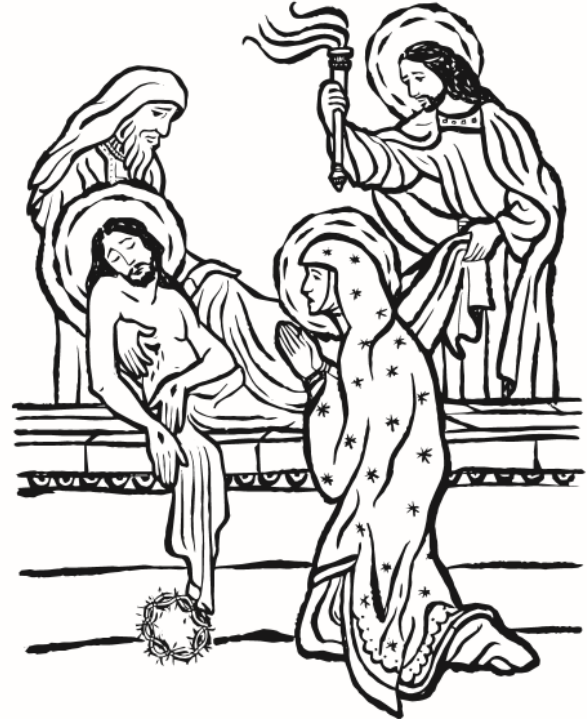
XII JESUS DIES ON THE CROSS

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XIII JESUS IS TAKEN DOWN FROM THE CROSS

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XIV JESUS IS LAID IN THE TOMB

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What Easter
looks like
colouring
page



Acknowledgements

With grateful thanks to Katie at www.looktohimandberadiant.com who provided the original inspiration and many of the resources for this At Home Family Retreat.

Thank you also for the online resources freely available from the following websites:

<https://www.catholicicing.com>

<https://missiontogether.org.uk/school-resources-for-lent-2020/>

<https://www.saintanneshelper.com>

<https://cafod.org.uk/Pray/Prayer-resources/Holy-week-prayers>

<https://justloveprints.com>

<https://toristots.wordpress.com>

<http://www.biblewise.com>

<http://www.drawn2bcreative.com>

<http://www.bonnieengstrom.net>

<https://catholicallyear.com/>

Alleluia

He is

Risen

