



Forming lives ready to face the future

FAMILY PRAYER SHEET

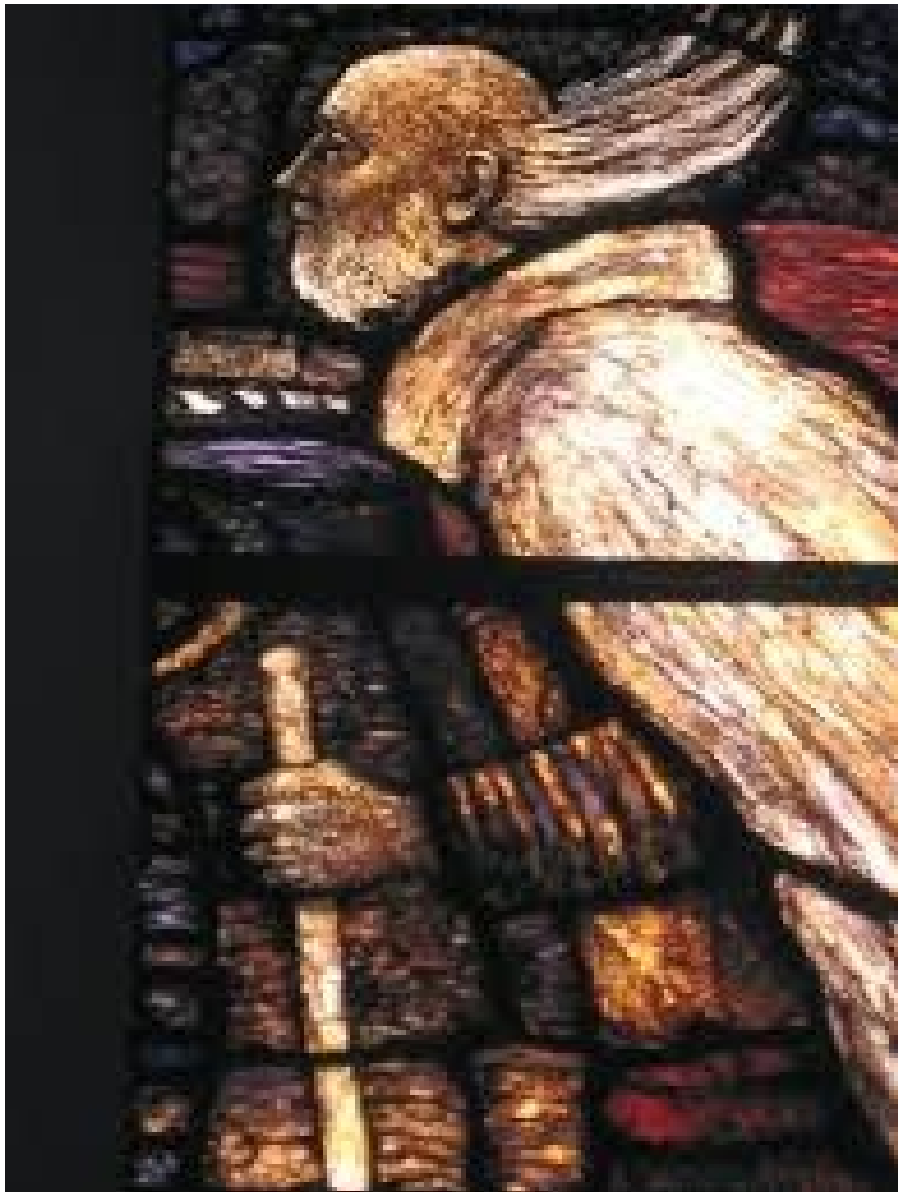
Holy Week 2020

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



PALM SUNDAY



BLESSED
IS HE WHO COMES
IN THE NAME
OF THE LORD!
HOSANNA IN THE HIGHEST!
MATTHEW 21:9

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to Matthew 21:1-11

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, 'Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, "The Lord needs them." And he will send them immediately. This took place to fulfil what had been spoken through the prophet, saying,

'Tell the daughter of Zion,
Look, your king is coming to you,
humble, and mounted on a donkey,
and on a colt, the foal of a donkey.'

The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting,

'Hosanna to the Son of David!
Blessed is the one who comes in the name of the Lord!
Hosanna in the highest heaven!'

When he entered Jerusalem, the whole city was in turmoil, asking, 'Who is this?' The crowds were saying, 'This is the prophet Jesus from Nazareth in Galilee.'

Reflection

This is a passage about hope. The gospel tells us that Jesus is the Messiah as he fulfils the prophecies that were made to the Jewish people to help them know the Messiah. The disciples and the gospel writers are looking at this in the light of the events of Easter. They see the people recognising Jesus as the Messiah and they are very happy to see Jesus at this time.

Discussion Points

- Why do you think the people were happy to see Jesus?
- In the gospel's we hear that by the end of the week the people had turned against Jesus. Why might people turn against others?
- How do you celebrate things?

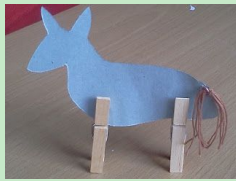
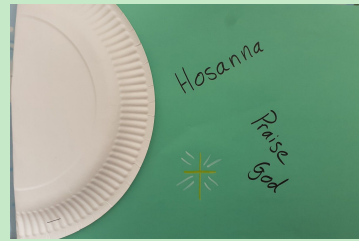
Ideas taken from "The Sunday Word" by Henry Wansbrough OSB.

Activities

Palm Sunday Praise

You will need: paper and a paper plate

Fold the paper plate over the edge of the paper and then get the children to decorate their flag. As you read the gospel passage these can be used to represent the palm leaves that are waved in the passage.



Peg Leg Donkey

You will need: 2 pegs, some string or wool for a tail and paper, card or fabric to cut the donkey out of.

Cut out the shape of a donkey, then attach the pegs as the legs and the string/ wool as the tail. Now you have a model of the donkey that carried Jesus into Jerusalem.



Prayer Dough Mats or Peg Models

Make some play dough (for recipe see the last page). Make some faces to show how the crowd felt when Jesus arrived into Jerusalem. If you can print off the hosanna image on the last page of Palm Sunday and use that as a template of where to put your happy faces. Or make some people using pegs and draw happy faces on them.

Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

- Send a positive text message to five different people right now.
- Help tidy up today, around the house or in the garden.

Prayers

Palm Sunday Benediction

My brothers and sisters, as we enter into this holy week, let us keep our eyes on Jesus. He will show us where we need to go.

Taken from: <https://carolpenner.typepad.com/leadinginworship/church-year-palm-sunday/>

Lord, increase the faith of your people and listen to our prayers. Today we honor Christ our triumphant King by carrying these branches. May we honor you every day by living always in him, for he is Lord for ever and ever.

Taken from: catholicexpert.com/blessing/blessing-palms2.htm

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

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

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

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

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us



Hosanna!

Use play dough to add happy faces
to the people and to make more
palm branches.



HOLY MONDAY



*WHEN YOU SEE
SOMEONE
IN NEED,
WHAT WILL
YOU DO?*

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to John 12:1-11

Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. They gave a dinner for him there; Martha waited on them and Lazarus was among those at the table. Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was full of the scent of the ointment. Then Judas Iscariot – one of his disciples, the man who was to betray him – said, 'Why wasn't this ointment sold for three hundred denarii, and the money given to the poor?' He said this, not because he cared about the poor, but because he was a thief; he was in charge of the common fund and used to help himself to the contributions. So Jesus said, 'Leave her alone; she had to keep this scent for the day of my burial. You have the poor with you always, you will not always have me.'

Meanwhile a large number of Jews heard that he was there and came not only on account of Jesus but also to see Lazarus whom he had raised from the dead. Then the chief priests decided to kill Lazarus as well, since it was on his account that many of the Jews were leaving them and believing in Jesus.

Reflection

This shows us how we can be disciples. If we see a need and we have to do something about it. Mary anointed Jesus in preparation for his coming passion. This is like the footwashing we see Jesus perform on Maundy Thursday which he tells us is how disciples need to be.

Discussion Points

- Is it always easy to see what people need?
- What sort of things can you do to help other people

Ideas for reflection taken from "The Gospels of the weekday lectionary: Commentary and Reflections" by John F. Craghan.

Activities

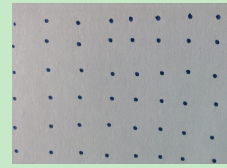
What can you do for somebody?

Today what can you do to help somebody? Can you:

- do a job for someone without them knowing?
- Tell someone you love them?
- Read a book to someone?
- Make a cake for your family?
- Help out without being asked?

Boxes Prayer Game

You will need: A piece of paper and different colour pens for each player



Draw lines of dots (10 by 7) as shown in the picture. Then, each player can draw a line and the person who makes a box gets to draw or write a prayer intention inside the box. Chose one of these:

1. Someone's name - ask God to bless them or help them.
2. Something you want to thank God for.
3. Something you want to ask God for.

Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

Do one of the suggestions in the first activity or something else that would help out in your family at the moment.

Prayers

Lord God, six days before his death, your son sat with Lazarus, whom he had raised from the dead, and ate dinner with his friends. Once again, your gospel tells us, Martha served, and Mary knelt at Jesus' feet to anoint them with costly perfume. The disciple who was about to betray him said that it was a waste. He didn't care about the poor, really - he just wanted to fill his own pockets and make Mary feel ashamed.

Lord God, often we cannot discern what is best: when to pour out costly perfume for your sake, even if the world thinks it a waste. When to be busy serving, or when to rest at your Son's feet and learn. Give us ears to hear you and eyes to see. For the sake of your Son, Jesus Christ. Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Blessed Nicholas Postgate, Pray For Us



HOLY TUESDAY



*IN OUR BAPTISM
WE WERE
ANOINTED
WITH OIL, A
MARK OF THE
CALL TO SERVE*

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to John 13:21-33, 36-38

While at supper with his disciples, Jesus was troubled in spirit and declared, 'I tell you most solemnly, one of you will betray me.' The disciples looked at one another, wondering which he meant. The disciple Jesus loved was reclining next to Jesus; Simon Peter signed to him and said, 'Ask who it is he means', so leaning back on Jesus' breast he said, 'Who is it, Lord?' 'It is the one' replied Jesus 'to whom I give the piece of bread that I shall dip in the dish.' He dipped the piece of bread and gave it to Judas son of Simon Iscariot. At that instant, after Judas had taken the bread, Satan entered him. Jesus then said, 'What you are going to do, do quickly.' None of the others at the table understood the reason he said this. Since Judas had charge of the common fund, some of them thought Jesus was telling him, 'Buy what we need for the festival', or telling him to give something to the poor. As soon as Judas had taken the piece of bread he went out. Night had fallen.

When he had gone Jesus said:
'Now has the Son of Man been glorified,
and in him God has been glorified.
If God has been glorified in him,
God will in turn glorify him in himself,
and will glorify him very soon.

'My little children,
I shall not be with you much longer.
You will look for me,
And, as I told the Jews,
where I am going, you cannot come.'

Simon Peter said, 'Lord, where are you going?' Jesus replied, 'Where I am going you cannot follow me now; you will follow me later.' Peter said to him, 'Why can't I follow you now? I will lay down my life for you.' 'Lay down your life for me?' answered Jesus. 'I tell you most solemnly, before the cock crows you will have disowned me three times.'

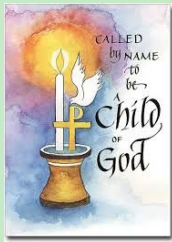
Reflection

During Holy Week at a special Mass at the Cathedral the Bishop will bless the oils that are then given to all the priests in the diocese to use when they celebrate sacraments such as baptism and anointing of the sick. Each of us was probably baptised when we were a baby so we probably don't really remember it. Baptism is the sacrament where God calls each of us by name to be part of his family. We are anointed Priest, Prophet and King just as Jesus is Priest, Prophet and King. This doesn't mean that we will all become a Priest, a Prophet or a King but it means we need to live out aspects of those callings. Priest, do we pray? Prophet, do we stand up for what is right? King, do we take a lead to help make the world a better place?

Discussion Points

- Is it always easy to make time to pray? What can stop us?
- How might you be a Prophet in your own life?
- Do you set an example and try to make the world a better place or leave it to others?

Activities



Your Baptism

Ask your family to talk about your baptism and what they remember of the day. Are there any photos you can look at? Do you still have your baptism candle or the white garment?



Make an Easter Garden ready for Easter Sunday

Instructions and pictures taken from <https://www.mybaba.com/nanny-anitas-easter-garden/>

You will need: A tray, soil, grass seeds or moss, small stones, a large stone, a piece of small white cloth, a small flower pot/

plastic cup, 6 sticks to make into 3 crosses, string.

1. Place your flower pot or plastic cup on its side on the tray (this will be the tomb) and cover half the tray (including over the side of the flower pot with soil, this will make a hillside. On the other half put your small stones.
2. If you are doing this with enough time before Easter you could always plant some grass seeds in the soil and watch them grow. If you don't have very long, find some moss that is growing on a wall and peel it off to cover the soil area. You could also plant some flowers into the soil as well to add some colour if you like.
3. With your sticks use them to make three crosses and secure them with bits of string. Stick them into the top of the "hill", if you have one cross bigger than the others, place it in the centre of the three crosses to represent the cross which Jesus was crucified on.
4. Finally with the piece of white cloth if you have one, fold it up and put it in the tomb and place the large stone in front of the entrance to the tomb. On Easter Sunday roll the stone away to show that Jesus has risen.

What can you do for others?

- Make a homemade Easter gift for someone this week.

Prayers

I believe in God, the Father Almighty, Creator of Heaven and earth;

and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into Hell; the third day He rose again from the dead;

He ascended into Heaven, and sitteth at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.

Apostles Creed

Blessed Nicholas Postgate, Pray For Us



HOLY WEDNESDAY



LET US ASK FOR
GOD'S HELP
WHEN
THINGS GET
DIFFICULT

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to Matthew 26:14-25

One of the Twelve, the man called Judas Iscariot, went to the Chief Priests and said, 'What are you prepared to give me if I hand him over to you?' They paid him thirty silver pieces, and from that moment he looked for an opportunity to betray him.

Now on the first day of Unleavened Bread the disciples came to Jesus to say, 'Where do you want us to make the preparations for you to eat the passover?' 'Go to so-and-so in the city' he replied 'and say to him, "The Master says: My time is near. It is at your house that I am keeping Passover with my disciples."' The disciples did what Jesus told them and prepared the Passover.

When evening came he was at the table with the twelve disciples. And while they were eating he said 'I tell you solemnly, one of you is about to betray me.' They were greatly distressed and started asking him in turn, 'Not I, Lord, surely?' He answered, 'Someone who has dipped his hand into the dish with me, will betray me. The Son of Man is going to his fate, as the scriptures say he will, but alas for that man by whom the Son of Man is betrayed! Better for that man if he had never been born!' Judas, who was to betray him; asked in his turn, 'Not I, Rabbi, surely?' 'They are your own words' answered Jesus.

Reflection

Evil can be changed to good. Here we have God taking the evil of Jesus' betrayal and being handed over to his death, changing it from something bad into something good through the resurrection. If Jesus' death had been the end then evil would have won, but we believe that it was not the end and so good triumphs over evil. This gives us hope that good can come out of the bad things we experience, such as malicious gossip, injustice, slander, ridicule) can be a foundation for change and lead us to do good in the world.

Discussion Points

- During lent we think about behaviours that are getting in the way of us living a Christian life. What sort of things would you say would do this?
- Can you see times where good triumphs over evil?

Ideas for reflection taken from "The Gospels of the weekday lectionary: Commentary and Reflections" by John F. Craghan.

Activities

Prayer Pretzels

These are scones in the shape of pretzels but the idea is a nice one. Make up the scone mix and then shape them into the shape of a pretzel. This has been linked to lent because it could be seen to represent arms folded in prayer.

Ingredients

100g self-raising flour

30g butter

Milk to mix

Tablespoon sugar

Pinch of salt

1 egg

Instructions

- Preheat the oven to 180c
- Rub the butter into the flour until it resembles breadcrumbs.
- Mix in the sugar and salt.
- Gradually add milk to the mixture until a dough is formed. Don't let it get too sticky!
- Split the dough into 6. Make each piece into a sausage shape and then form it into a pretzel shape (see photo)
- Place on a greased baking tray.
- Whisk an egg and use a pastry brush to 'wash' it over the top of each pretzel shape.
- Bake pretzels for 10 mins until golden
- Leave to cool and then eat with butter and jam!
- When the pretzels are baking make a list of (or draw) favourite foods that you want to thank God for.
- Talk about people in the world and in our own country who don't have enough to eat and ask God to help them.
- Pray for those who are isolated because of coronavirus, ask God to support them through this.
- Ask children to make up a short grace to say, thanking God for food. They might like to get inventive and use a familiar tune such as "Twinkle, Twinkle Little Star"!
- Sing/ say the grace and eat the pretzels!



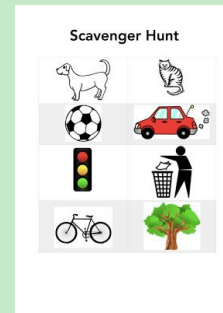
Prayer Scavenger Hunt

When you go for your exercise walk why not use this scavenger hunt to find things to pray about?

You will need: paper cut into heart shapes, pens or pencils, scavenger hunt sheet (see last page of Holy Wednesday)

Walk around the streets on your exercise and let each child have a scavenger hunt sheet. When you get to a street sign, write down the name of the street on a paper heart. Look out for the things on the scavenger hunt sheet.

When you get home, choose a paper heart and pray for God to look after and bless the people on that street. Each day pray for a different street. What else could you pray about, based on the scavenger hunt?



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What can you do for others?

- Offer to do a job for someone else today.
- Give someone a compliment.

Prayers

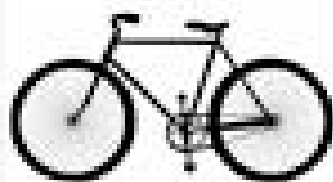
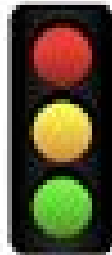
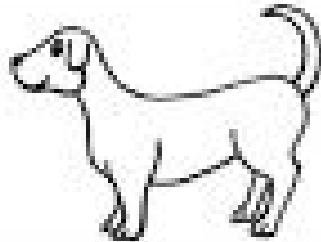
Lord God, We tremble to think that it was one of Jesus' own friends who betrayed him. One who sat by him, who broke bread with him. Give us strength, we pray, to walk faithfully with Jesus, even when the road we walk is rocky, even when the message of the cross seems like foolishness and even when we feel betrayed. You, Lord, are always faithful. We stumble, we become lost, but you are steady and sure. Give us the grace to endure our troubles, and reveal to us the glory of your kingdom, through your son, Jesus Christ, who lives and reigns with you and the Holy Spirit. Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Blessed Nicholas Postgate, Pray For Us



Scavenger Hunt



MAUNDY THURSDAY



THE WASHING
OF THE
FEET GIVES
US THE MODEL OF
SERVICE

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to John 13:1-15

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from the table, removed his outer garment and, taking a towel, wrapped it around his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

Reflection

In this gospel passage we have the model for service. This is the example of the servant leader. Here we are shown by Jesus, who as the master could reasonably expect not to be doing the jobs of servants that is sometimes exactly what we need to do. We need to be looking out for the needs of others and then do something to help. This is what is meant by the first shall be last and the last shall be first, because it is our actions that show if we believe and follow Jesus' teachings.

Discussion Points

- Why do you think it was shocking to the disciples for Jesus to wash the disciples feet?
- How do you think we can serve others in this time of self-isolation and social distancing?

Stripping the Altar

After Mass on Maundy Thursday the altar is stripped as Mass will not be celebrated again until the Easter Vigil on Holy Saturday evening. This stripping of the altar is symbolic of the bareness of the cross. It gives that feeling of sadness as we take everything away. This year it is perhaps particularly poignant because so much of our normal life has been stripped away. Let us take some time to think about what is important that we miss in the current times and what we can actually do without and when normal life resumes we won't need to restart.



Activities



Make a Special Cup

Take a plastic glass and decorate it with pens or paint that will work on the plastic. You could then use the special cup for a meal to remember Jesus' last supper this evening.



Story Stones

Make a set of story stones to tell the Easter story over the next few days as a family. These can be drawn, painted or stuck (see last page of Maundy Thursday for sheet) onto stones you find in the garden

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What can you do for others?

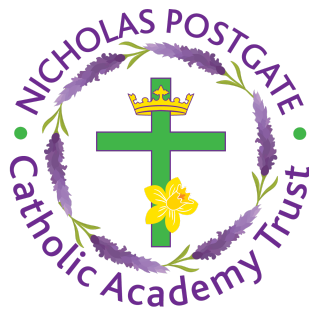
- Do some jobs you normally try to avoid.
- Clear up after one of the meals today for others.

Prayers

Lord God, You sent your Son into the world, and before his hour had come, He washed his disciples' feet. You had given all things into his hands. He had come from you, and was going to you, and what did he do? He knelt down on the floor, and washed his friends' feet. He was their teacher and their Lord, yet he washed their feet. Lord God, help us learn from his example; help us to do as he has done for us. The world will know we are his disciples if we love one another. Strengthen our hands and our wills for love and for service. Keep before our eyes the image of your Son, who, being God, became a Servant for our sake. All glory be to him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Blessed Nicholas Postgate, Pray For Us





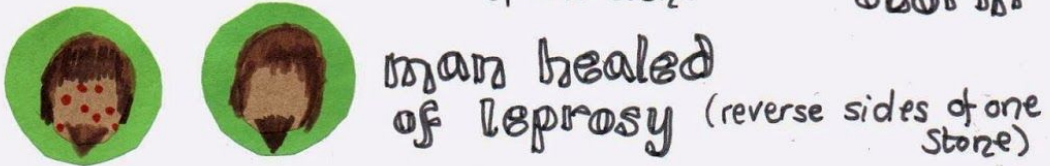
Nativity



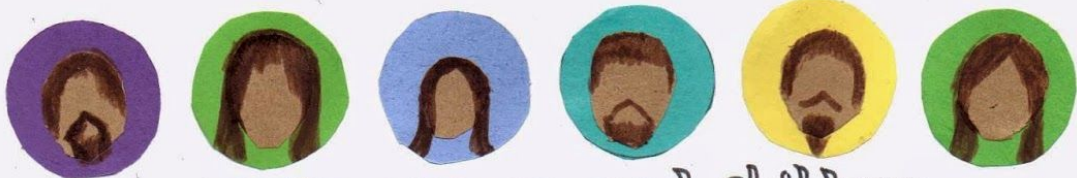
Easter



Calming the Storm



man healed of leprosy (reverse sides of one stone)



men, women and children



~ Story Stones ~

Aug 2014

- Print
- cut out
- stick onto stones
- play!

GOOD FRIDAY



*"AND BOWING
HIS HEAD HE GAVE
UP HIS SPIRIT"*
JOHN 19:30

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to John 18:1-19:42

Key:

N. Narrator.	✠ Jesus.	O. Other single speaker	C. Crowd, or more than one speaker
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N. Jesus left with his disciples and crossed the Kedron valley. There was a garden there, and he went into it with his disciples. Judas the traitor knew the place well, since Jesus had often met his disciples there, and he brought the cohort to this place together with a detachment of guards sent by the Chief Priests and the Pharisees, all with lanterns and torches and weapons. Knowing everything that was going to happen to him, Jesus then came forward and said:

✠ Who are you looking for?

N. They answered,

C. Jesus the Nazarene.

N. He said,

✠ I am he.

N. Now Judas the traitor was standing among them. When Jesus said, 'I am he', they moved back and fell to the ground. He asked them a second time,

✠ Who are you looking for?

N. They said,

C. Jesus the Nazarene.

N. Jesus replied,

✠ I have told you that I am he. If I am the one you are looking for, let these others go.

N. This was to fulfil the words he had spoken, 'Not one of those you gave me have I lost.' Simon Peter, who carried a sword, drew it and wounded the high priest's servant, cutting off his right ear. The servant's name was Malchus. Jesus said to Peter,

✠ Put your sword back in its scabbard; am I not to drink the cup that the Father has given me?

N. The cohort and its captain and the Jewish guards seized Jesus and bound him. They took him first to Annas, because Annas was the father-in-law of Caiaphas, who was high priest that year. It was Caiaphas who had suggested to the Jews, 'It is better for one man to die for the people.'

Simon Peter, with another disciple, followed Jesus. This disciple, who was known to the high priest, went with Jesus into the high priest's palace, but Peter stayed outside the door. So the other disciple, the one known to the high priest, went out, spoke to the woman who was keeping the door and brought Peter in. The maid on duty at the door said to Peter,

O. Aren't you another of that man's disciples?

N. He answered,

O. I am not.

N. Now it was cold, and the servants and guards had lit a charcoal fire and were standing there warming themselves; so Peter stood there too, warming himself with the others. The high priest questioned Jesus about his disciples and his teaching. Jesus answered,

✕ I have spoken openly for all the world to hear; I have always taught in the synagogue and in the Temple where all the Jews meet together: I have said nothing in secret. But why ask me? Ask my hearers what I taught: they know what I said.

N. At these words, one of the guards standing by gave Jesus a slap in the face, saying,

O. Is that the way to answer the high priest?

N. Jesus replied,

✕ If there is something wrong in what I said, point it out; but if there is no offence in it, why do you strike me?

N. Then Annas sent him, still bound, to Caiaphas the high priest. As Simon Peter stood there warming himself, someone said to him,

O. Aren't you another of his disciples?

N. He denied it, saying,

O. I am not.

N. One of the high priest's servants, a relation of the man whose ear Peter had cut off, said,

O. Didn't I see you in the garden with him?

N. Again Peter denied it; and at once a cock crew.
They then led Jesus from the house of Caiaphas to the Praetorium. It was now morning.
They did not go into the Praetorium themselves or they would be defiled and unable to eat the passover. So Pilate came outside to them and said,

O. What charge do you bring against this man?

N. They replied,

C. If he were not a criminal, we should not be handing him over to you.

N. Pilate said,

O. Take him yourselves, and try him by your own Law.

N. The Jews answered,

C. We are not allowed to put a man to death.

N. This was to fulfil the words Jesus had spoken indicating the way he was going to die.
So Pilate went back into the Praetorium and called Jesus to him, and asked,

O. Are you the King of the Jews?

N. Jesus replied,

☒ Do you ask this of your own accord, or have others spoken to you about me?

N. Pilate answered,

O. Am I a Jew? It is your own people and the chief priests who have handed you over to me: what have you done?

N. Jesus replied,

☒ Mine is not a kingdom of this world; if my kingdom were of this world, my men would have fought to prevent my being surrendered to the Jews. But my kingdom is not of this kind.

N. Pilate said,

O. So you are a King, then?

N. Jesus answered,

✕ It is you who say it. Yes, I am a King. I was born for this, I came into the world for this: to bear witness to the truth; and all who are on the side of truth listen to my voice.

N. Pilate said,

O. Truth? What is that?

N. and with that he went out again to the Jews and said,

O. I find no case against him. But according to a custom of yours I should release one prisoner at the Passover; would you like me, then, to release the King of the Jews?

N. At this they shouted:

C. Not this man, but Barabbas.

N. Barabbas was a brigand.

Pilate then had Jesus taken away and scourged; and after this, the soldiers twisted some thorns into a crown and put it on his head, and dressed him in a purple robe. They kept coming up to him and saying,

C. Hail, King of the Jews!

N. and they slapped him in the face.

Pilate came outside again and said to them,

O. Look, I am going to bring him out to you to let you see that I find no case.

N. Jesus then came out wearing the crown of thorns and the purple robe. Pilate said,

O. Here is the man.

N. When they saw him the chief priests and the guards shouted,

C. Crucify him! Crucify him!

N. Pilate said,

O. Take him yourselves and crucify him: I can find no case against him.

N. The Jews replied,

C. We have a Law, and according to that Law he ought to die, because he has claimed to be the Son of God.

N. When Pilate heard them say this his fears increased. Re-entering the Praetorium, he said to Jesus

O. Where do you come from?

N. But Jesus made no answer. Pilate then said to him,

O. Are you refusing to speak to me? Surely you know I have power to release you and I have power to crucify you?

N. Jesus replied,

✘ You would have no power over me if it had not been given you from above; that is why the one who handed me over to you has the greater guilt.

N. From that moment Pilate was anxious to set him free, but the Jews shouted,

C. If you set him free you are no friend of Caesar's; anyone who makes himself King is defying Caesar.

N. Hearing these words, Pilate had Jesus brought out, and seated himself on the chair of judgement at a place called the Pavement, in Hebrew Gabbatha. It was Passover Preparation Day, about the sixth hour. Pilate said to the Jews,

O. Here is your King.

N. They said,

C. Take him away, take him away! Crucify him!

N. Pilate said,

O. Do you want me to crucify your King?

N. The chief priests answered,

C. We have no King except Caesar.

N. So in the end Pilate handed him over to them to be crucified.

They then took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle. Pilate wrote out a notice and had it fixed to the cross; it ran: 'Jesus the Nazarene, King of the Jews.' This notice was read by many of the Jews, because the place where Jesus was crucified was not far from the city, and the writing was in Hebrew, Latin and Greek. So the Jewish chief priests said to Pilate,

C. You should not write 'King of the Jews,' but 'This man said: "I am King of the Jews."'

N. Pilate answered,

O. What I have written, I have written.

N. When the soldiers had finished crucifying Jesus they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another,

C. Instead of tearing it, let's throw dice to decide who is to have it.

N. In this way the words of scripture were fulfilled:

They shared out my clothing among them.

They cast lots for my clothes.

This is exactly what the soldiers did.

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother,

⌘ Woman, this is your son.

N. Then to the disciple he said,

⌘ This is your mother.

N. And from that moment the disciple made a place for her in his home.

After this, Jesus knew that everything had now been completed, and to fulfil the scripture perfectly he said:

⌘ I am thirsty.

N. A jar full of vinegar stood there, so putting a sponge soaked in the vinegar on a hyssop stick they held it up to his mouth. After Jesus had taken the vinegar he said,

⌘ It is accomplished;

N. and bowing his head he gave up his spirit.

Here all kneel and pause for a short time.

It was Preparation Day, and to prevent the bodies remaining on the cross during the sabbath – since that sabbath was a day of special solemnity – the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently the soldiers came and broke the legs of the first man who had been crucified with him and then of the other. When they came to Jesus, they found he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came

out blood and water. This is the evidence of one who saw it – trustworthy evidence, and he knows he speaks the truth – and he gives it so that you may believe as well. Because all this happened to fulfil the words of scripture:

Not one bone of his will be broken;

and again, in another place scripture says:

They will look on the one whom they have pierced.

After this, Joseph of Arimathaea, who was a disciple of Jesus – though a secret one because he was afraid of the Jews – asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away. Nicodemus came as well – the same one who had first come to Jesus at night-time – and he brought a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden, and in this garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.

Reflection

Today the mood is somber as we remember Jesus' sacrifice so that our sins could be forgiven. This was all part of God's plan when He sent his Son to be the instrument of our forgiveness. Let us pause for a moment to say sorry for the things we've done wrong.

Activities



Playdough Story Mat

Print this image from the last page on Good Friday to help younger children to explore the story in a tactile way. Use play dough to fill in the cross shape and put expressions on the faces of the people.



Crown of Thorns Biscuits

Take a digestive biscuit. Put a blob of icing on the top and then stick bits of something like pretzels that have been broken up on top of the icing to represent the thorns.

Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

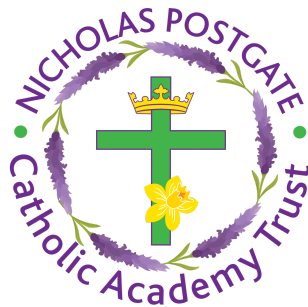
- Play a game with your brothers and/or sisters that they want to play.
- Draw a picture for someone you love.

Prayers

Lord God, Jesus cried out to you on the cross, "Why have you forsaken me?" You seemed so far from his cry and from his distress. Those who stood at the foot of the cross wondered where you were, as they saw Jesus mocked and shamed and killed. Where were you then? Lord God, we, too, ask where you are, when there is trouble and suffering and death, and we cry out to you for help. Be near to us, and save us so that we may praise you for your deliverance. Lord God, we wait, on Friday, for the resurrection of Sunday and sometimes our lives seem a succession of Fridays and we cannot see what is "Good." Teach us to call your name as Jesus did. Make us to trust in you like little children. In Jesus' name, Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Blessed Nicholas Postgate, Pray For Us



HOLY SATURDAY



WE ARE WAITING
FOR THE
LIGHT OF THE
WORLD

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from the Mass of the day

A reading from the Gospel according to Matthew 28:1-10

After the sabbath, and towards dawn on the first day of the week, Mary of Magdala and the other Mary went to visit the sepulchre. And all at once there was a violent earthquake, for the angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken, so frightened of him, that they were like dead men. But the angel spoke; and he said to the women, 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, "He has risen from the dead and now he is going before you to Galilee; it is there you will see him." Now I have told you.' Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

And there, coming to meet them, was Jesus. 'Greetings' he said. And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, 'Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there.'

Reflection

No service is celebrated in Church from the end of the Good Friday service until the evening of Holy Saturday when we celebrate the Easter Vigil. This is the first service where we celebrate the resurrection. The resurrection is what makes Easter the most important festival for Christians. Without it Jesus would just be a good teacher who had some good life lessons. However the resurrection shows that God has the power over sin and death. With the resurrection we can be raised to new life too.

Discussion Points

- How do you think the women felt when they got to the tomb?
- What does Easter mean to you?

Activities



Easter Story Easter Egg Hunt

Print out or draw the pictures of the eggs. Then hang them up with some string and hide them so that others in your family have to find them.

Easter Story Picture Cards

There are 8 cards all showing a different part of the story. Tell the story or only use the cards which tell the part of the story you want to share. Play a game with the cards, such as:

- Pass the parcel with a different card in each layer
- Hidden around the room
- Print out a set cards per person. Use six of the cards (why not leave out the foot-washing and Pilate) and then number them in order 1-6. Then throw a dice until they get a number 1 and collect the first picture, then a 2 and so on. The winner is the first one to collect all the cards in order.
- Matching game. Print out two sets and glue them onto card so you can't see the pictures through the back of the paper. Cut them out individually and mix them up laying them face down. Then in turns, turn over two cards at a time until you get a pair. Then keep the pair. The person with the most pairs is the



Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

- Make someone else's bed.
- Clean up your room without being asked.

Prayers

Lord God, on the Sabbath, Jesus rested. He was in the grave. He had finished his work. To most people's eyes, it looked as if it were all over. He was dead and buried. But only as a seed dies when it is planted in the earth, not to decay, but to spring to new life. Teach us to take refuge in you when we are afraid. Teach us that death is not our end. Teach us to hope always in you and in the resurrection, the making of all things new. Through Jesus Christ our Lord, Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Blessed Nicholas Postgate, Pray For Us



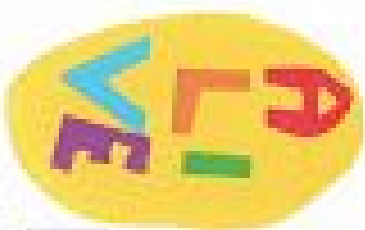
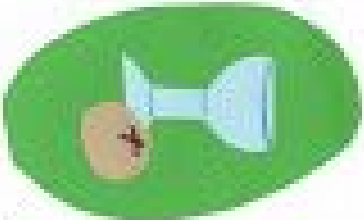
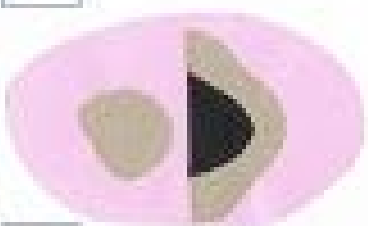
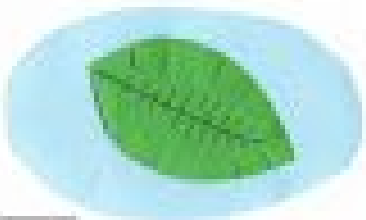
Easter Story Egg Hunt

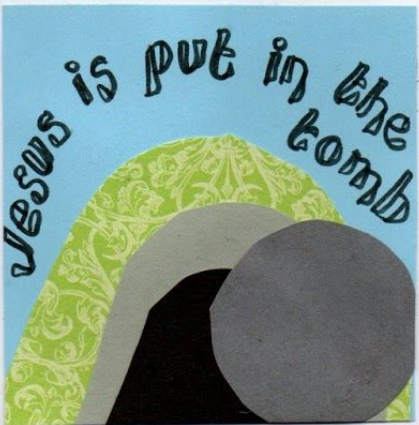
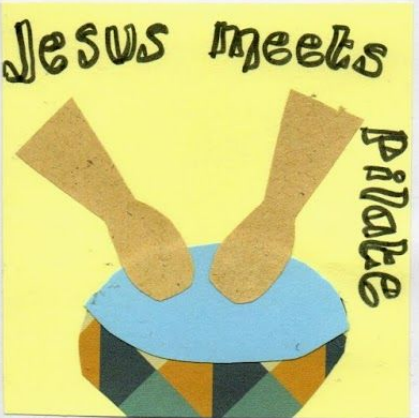
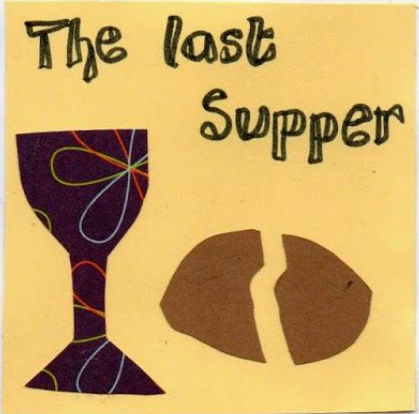
Go and search for the egg shapes.

When you find a shape, turn the picture over and find the number on the back.

Write the number in the box next to the correct picture.

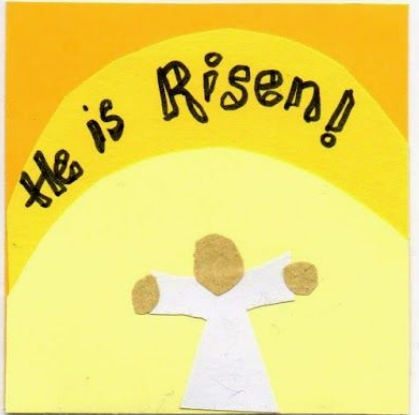
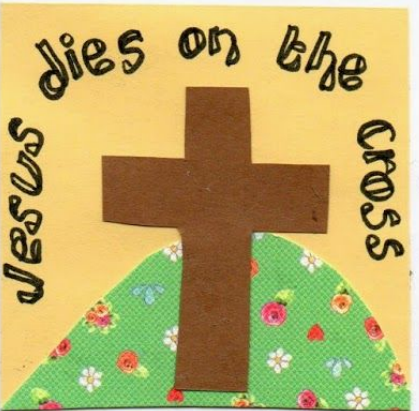
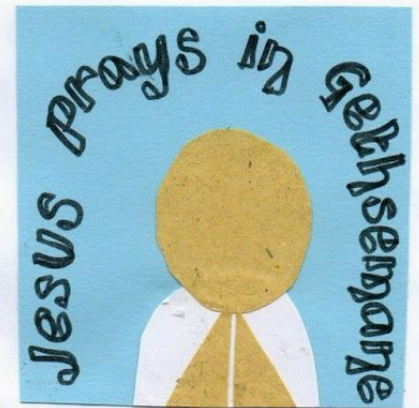
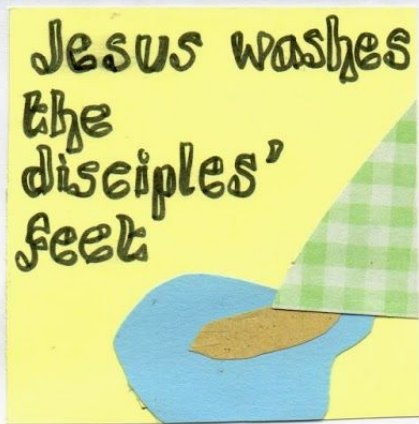
When you have found all of the pictures and numbers, come and claim your prize!





Easter Story Cards

Idea → Print out two copies of this sheet. Cut out the cards and back them with card (so each looks the same on the back). Lay cards face down. Take it in turns to turn over 2 cards until all are matched!



EASTER SUNDAY



*HE IS RISEN!
THE LIGHT OF
CHRIST
HAS COME*

- LIVE OUT THE CALL TO SERVE -



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to John 20:1-9

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

Reflection

This is another version of the story of the empty tomb. The slight variations in these stories is an example of what happens when different people see the same event, they all tell the story slightly differently. The point of the story is to prove that the tomb really is empty and that it follows the resurrection appearances are really with Jesus not a ghost. They also show that the disciples are supposed to go out and share it with the whole world.

Discussion Points

- What did the women go to the tomb to do?
- What did Peter do when he arrived at the tomb? What does this tell us about Peter's personality?
- How did Jesus' resurrection change things for his followers?
- This story is filled with common emotions that we all feel. What are some of these emotions?

Ideas taken from "The Sunday Word" by Henry Wansbrough OSB. Questions taken/ adapted from "Exploring the Sunday Lectionary: A teenager's guide to the readings cycle A" by Sandy Rigsby and Steve Mason

Activities

Easter Egg Prayers

You will need: a chocolate easter egg

Show the easter egg unbroken. Relate the closed egg to the tomb where Jesus' friends put his body after he had died. Talk about what it feels like when we are left on our own, one of our friends goes away or someone we know dies. Ask God to help everyone who is sad, upset or lonely or who has lost someone that they love.



Now break the egg into pieces to show the hollow inside. When Jesus died it was not the end of the story - he rose to new life and was no longer inside the tomb. Something amazing had happened! Talk about where in life the children would like a chance to start again - maybe with someone they had an argument with or moving on from something they did wrong. Silently tell God anything you are sorry about and ask Him to give you a new start. Thank God for chances to start again and ask Him to help people who are scared or worried or ashamed to have hope of a new start too.



Now eat the egg! When Jesus rose to new life, it was amazing and we can be part of this amazing story too! God loves us so much and wants us to love Him. When Jesus rose to new life, it was amazing and we can be part of this amazing story too! God loves us so much and wants us to love Him. He wants good things for us because he loves us. Taste the sweetness of the chocolate and talk about all the people we love and why we love them. Thank God for those people and ask that He will bless them in the coming year.

Smarties Easter Prayer

You will need: Smarties

As you say the prayer, eat a smartie that's the colour you've just prayed about.

- **Pink** for the people who came and praised,
- **Green** for the palm leaves that they raised;
- **Purple** for the robe that Jesus wore,
- **Brown** for the cross that Jesus bore;
- **Red** for the blood that Jesus shed,
- **Blue** for the tears when he was dead;
- **Orange** for the stone that was rolled away,
- **Yellow** for joy - He's alive today!



Make an Easter Card

Make an easter card for someone you love.



Make a Resurrection Cross

Cut out the shape of a cross.
Put masking tape lines across it.
Dip chalk in water or use paint to then fill in the gaps between the masking tape in bright colours. Then peel off the masking tape.

Unless otherwise stated activities have been taken or adapted from <http://flamecreativekids.blogspot.com/>

What can you do for others?

- Help cook dinner today.
- Smile at your family today to help everyone be cheerful and happy today as we celebrate.

Prayers

Lord God, You loved this world so much, that you gave your one and only Son, that we might be called your children too. Lord, help us to live in the gladness and grace of Easter Sunday, everyday. Let us have hearts of thankfulness for your sacrifice. Let us have eyes that look upon your grace and rejoice in our salvation. Help us to walk in that mighty grace and tell your good news to the world. All for your glory do we pray, Lord, Amen.

Taken from: <https://www.ibelieve.com/faith/8-prayers-to-pray-each-day-of-holy-week.html>

Morning sun dance, day of praise, an empty tomb, Jesus raised. New life at this victory, eggs given away. Season of joy, let all the world say "That stone rolled back, look in and see - He is not here, we have been set free!"

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

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

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

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

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us

