

# *As we wait in joyful hope...*

Preparing for Holy Week and Easter in the Christian Community

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## *Why Lent?*

- Identifies with the forty days Jesus spent in the desert before beginning his earthly ministry
- Name comes from the Old English “Lencten” meaning Spring – as the days lengthen
- Is an opportunity for us to become more familiar with our faith, its teachings and scriptural foundations
- Invites us to a closer relationship with the Lord as we accompany him towards Easter
- We suspend the Gloria and “bury” the Alleluia until Easter
- The Fourth Sunday is known as Laetare –Rejoice- Sunday from the opening words of the Introit: Rejoice, O Jerusalem
  - Rose vestments may be worn and flowers (not permitted through the rest of Lent) used to decorate the altar
  - In some countries, this is Mothering Sunday

# Lent begins with Ash Wednesday



Lent begins with Ash Wednesday (March 2<sup>nd</sup> this year) and ends on Holy Saturday (April 16<sup>th</sup>, 2022)

- But that adds up to 46 days... I thought Lent was forty days?
  - That's because the Sundays don't count! Sunday – the Lord's Day – is never a day of fasting and abstinence
- Why forty days?
  - Jesus fasted 40 days in the desert
  - Moses fasted for forty days before getting the Ten Commandments
  - Noah's Ark floated for forty days
  - Forty is usually attached to a time of testing – 40 days, 40 weeks, 40 years

week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Shrove Monday	Shrove Tuesday / Pancake Day	<b>1</b> Ash Wednesday	<b>2</b>	<b>3</b>	<b>4</b>	Lent Invocavit
2	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	Reminiscere
3	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	Oculi
4	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	Laetare / Mothering Sunday
5	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	Passiontide Passion Sunday
6	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	Holy Week Palm Sunday
7	<b>35</b> Holy Monday	<b>36</b> Holy Tuesday	<b>37</b> Holy / Spy Wednesday	<b>38</b> Holy / Maundy Thursday	<b>39</b> Good Friday	<b>40</b> Holy Saturday	Paschal Triduum Easter Sunday

Lent is a time for us to



PRAY



FAST



GIVE

# How do we pray?



- Reading scripture
- Doing Christian Meditation
- Praying the Stations of the Cross
- Praying the Rosary (focus on Sorrowful Mysteries)
- Investigating an unfamiliar prayer form such as the Liturgy of the Hours
- Reading about the lives of saints and learning from them

# How do we fast?

- We eat less (fasting)
- We avoid eating meat (abstinence)
- We avoid unnecessary foods like desserts, candy, snack food
- We may give up pleasures or work hard at not doing something which hurts others
- We put the money we save from depriving ourselves into helping others

## FASTING & ABSTINENCE

**When do I...?** Fast and Abstain: Ash Wednesday & Good Friday  
Abstain: All Fridays during Lent

**What is...?** Fasting: eating one full meal, as well as two smaller meals that together are not equal to a full meal.  
Abstinence: refraining from eating meat.

**Who has to...?** Fast: For members of the Latin Rite, fasting is obligatory from age 18 through 59.  
Abstain: Persons age 14 onwards.



# How do we give?

- We offer money as we can to charitable causes
  - “We give God what is right, not what is left!”
- We give our time in a way that benefits others
  - We can visit a seniors’ home, visit the sick, run errands or do chores for a less able neighbour
  - We can join in a neighbourhood clean-up
- We share our talents in a way which makes life better for others
- This is often called “time, talent and treasure”



We give generously and with no strings...



# Holy Week

- begins with Palm (also known as Passion) Sunday, Jesus' triumphant arrival in Jerusalem
- We sing Hosannah
- We wave and bless palm branches as a royal salute
- We see the storm developing as we read the Passion at Mass
- (these palms will be burned to become the ashes for next Ash Wednesday)



# The Chrism Mass, usually held in Holy Week,

- Is celebrated in the cathedral church of the (arch)diocese by the bishop(s)
- Celebrates the institution of the priesthood: priests and deacons renew promises made at ordination; all others renew baptismal promises
- Involves representatives from every parish who carry the blessed and consecrated oils back to their parish
- The Bishop blesses the Oils of Catechumens and of the Sick and consecrates Holy Chrism; the Oils are taken to each parish for use during the year. Holy Chrism is used at Baptism, Confirmation and Holy Orders, the consecration of bishops, churches and sacred vessels, and is olive oil mixed with balsam.



# Holy Week

- Holy Monday and Tuesday
  - The readings tell of Jesus' last days before the crucifixion and may include the cursing of the fig tree, the cleansing of the Temple, Jesus being questioned about his authority, the anointing of Jesus at Bethany, Jesus' predictions about his death
- Holy (Spy) Wednesday
  - Remembers the betrayal of Jesus by Judas
  - May tell of Jesus at the house of Simon the Leper and the anointing of Jesus' feet
  - May include a service of "Tenebrae" where candles are extinguished after each of a series of readings

- Holy Thursday
  - We remember the Last Supper with the Washing of the Feet; stripping of the altar
    - The evening Mass of the Last Supper is the only Mass allowed that day
  - Good Friday
    - We remember the crucifixion and venerate the Cross
    - We have communion with pre-consecrated hosts;
  - Holy Saturday
    - No Mass that day until the Easter Vigil; the sanctuary is bare; the tabernacle stands open and empty

# How can we observe Holy Week in our home, with our family?

- Consider some of the activities from a site like:  
<https://hamiltondiocese.com/news/2022/March/season-of-lent-br-em-sow-seeds-of-goodness-em->
  - <https://family.lovetoknow.com/family-activities/40-lenten-activities-families-meaningful-easy-ideas>
  - Consult a book such as One Home at a Time for ideas
  - Find ideas in the “Tools for Schools” section of <https://www.livingwithchrist.ca/>
  - Learn about Lenten customs around the Catholic world  
[https://www.teachingcatholickids.com/lenten-traditions-around-the-globe/#:~:text=Fasting%3A%20Clean%20Monday%2C%20which%20is,%2C%20fish%20and%20olive%20oil\).](https://www.teachingcatholickids.com/lenten-traditions-around-the-globe/#:~:text=Fasting%3A%20Clean%20Monday%2C%20which%20is,%2C%20fish%20and%20olive%20oil).)
- Read at least one of the daily readings as a family. Find the readings at:
    - <https://readings.livingwithchrist.ca/> or
    - <https://catholicreadings.org/catholic-readings-for-lent/>
  - Create a prayer space in your home with a cloth, candle and Bible
  - Say Daily Prayer in a format such as that found in “Living With Christ”  
<https://www.livingwithchrist.ca/>
  - Check out the resources in your “Growing in Faith, Growing in Christ” link
  - Learn about the tradition of pretzels in Lent and bake or buy some  
<https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/>

*Rejoice, O Heavenly Powers!  
Sing, choirs of angels....*

## **The Easter Vigil**



# We gather in the dark...to welcome the light

- sanctify + this new fire, we pray...



...and share it



On this, your night of grace, O holy Father, accept this candle, a solemn offering,



Christ, our Light  
Thanks be to God!



# We remember the story of God's love for us

- The sequence of Old Testament readings and psalms recalls the history of the Jewish covenant, starting with Genesis and leading up to Christ. Then we break forth in joy with the Gloria and sing Alleluia for the first time since Lent began.



- We welcome new Christians in the Rites of Initiation



- And renew our baptism promises

*We celebrate the Eucharist  
as if for the first time...*



We go out in joy to keep the celebration  
alive for the next fifty days

*We are Easter people and “Alleluia”  
is our song. Let us sing “Alleluia” here  
and now in this life, even though we are  
oppressed by various worries, so that we  
may sing it one day in the world to  
come, when we are set free from all  
anxiety.* ST. AUGUSTINE OF HIPPO

<https://www.sixmaddens.org/easter-people-aov-2147/>

# How do we keep Easter alive in our hearts for fifty days?

- <https://www.catholicfamilyfaith.org/easter-season-resources.html>
- <https://www.growingupcatholic.com/celebrating-easter-download.html>
- Prepare as a family to celebrate Pentecost  
<https://www.catholicyc.ca/blog/a-family-pentecost>
- Check with grandparents or family members about former family traditions
- Research traditional practices from your culture or another which interests you  
<https://todayscatholic.org/easter-traditions-around-the-world/>
- Bake an Easter bread  
<https://www.31daily.com/easter-bread-around-world/>

# Build a family faith library

- Bible (preferably New Revised Standard Version which matches our lectionary)
- Catholic Children's Bible or book of Bible Stories
- Collections of prayers  
<https://esubmitit.sjpg.com/cccb/index.aspx?component=ProductDetails&id=182-376>

