

A GUIDE TO HOLY WEEK

Catholics have honored the last week of Jesus' life since the Apostles. Holy Week, stretching from Palm Sunday to Holy Saturday, is a time to reflect on all that Jesus suffered for us. It is a time to worship him as our king, and remember the light he brings to a dark world.

PALM SUNDAY

The beginning of Holy Week. Throughout this week, the congregation plays the part of the people who welcomed Jesus as king, realized he wasn't the king they thought he would be, and crucified him.

THE TRIDUUM

One liturgical day in which we relive Christ's Passion and Resurrection. We observe three special liturgies:

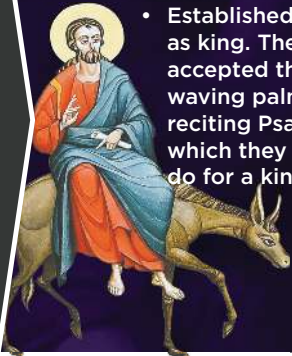
MASS OF THE LORD'S SUPPER (HOLY THURSDAY)

GOOD FRIDAY OF THE LORD'S PASSION

MASS OF THE RESURRECTION OF THE LORD (EASTER)

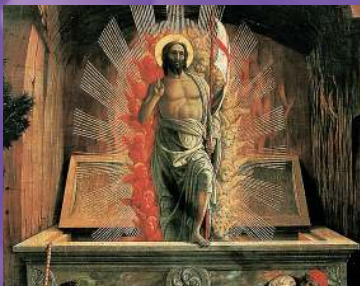
WHAT JESUS DID

- Rode into Jerusalem on a donkey, fulfilling Old Testament prophecies
- Established himself as king. The people accepted this by waving palms and reciting Psalm 118, which they would do for a king



- Participated in the Passover/ Last Supper with his disciples
- Washed the disciples' feet (again, not the king they expected)
- Instituted the Eucharist and new priesthood
- Went to Gethsemane; experienced Agony in the garden
- Is betrayed by Judas and arrested
- Heals a slave

- Was betrayed and abandoned by his friends and followers
- Was scourged, crowned with thorns and mockingly hailed as a king
- Made to carry his cross, with a little help from Simon of Cyrene
- Was crucified under a plaque that read "King of the Jews"
- Darkness fell over Jerusalem
- Died and descended into Hell



- Rose from the dead
- Appeared to Mary Magdalene and others

HOW WE HONOR IT

- Have a special reading about his entry into Jerusalem
- Wave palm fronds
- Sing psalms and hymns about Christ the King



- With a joyful Mass, with gratitude for the Eucharist
- Instead of a final blessing, we have Adoration
- Priest strips and washes the altar
- All decorations are removed or shrouded
- All candles extinguished, symbolizing darkness
- We have now moved from the Last Supper to sitting with Jesus during his Agony



- No sacraments, unless it's an emergency
- Empty tabernacle and undecorated Church
- Candles are only lit when the Eucharist is present
- Silent and solemn procession for liturgy
- Read the Passion according to St. John
- Pray for everyone through Solemn Intercessions
- Receive the Eucharist, consecrated the day before



- Venerate the cross by kissing it, kneeling before it, etc

- Gather in the dark, symbolizing the darkness of the tomb and our sin
- Priest lights a fire and blesses it. We follow the candle, like the Israelites following the pillar of fire
- Deacon sings the Exultet prayer, which is structurally similar to what Jesus would have prayed at the Last Supper
- Have nine readings and eight Psalms, which show the story behind the Salvation Jesus won for us
- During the Gloria, lights come on and we decorate the Church to symbolize Jesus rising
- Those coming into the Church are Baptized and Confirmed. We all renew our Baptismal promises

