Mass

- Participate in Mass through Catholic TV broadcast:
  - Schedule of Masses on Catholic TV
  - Ways to watch Catholic TV
  - WatchtheMass.com
    - The Cardinal will be celebrating all the major liturgies of Holy Week and Easter on CatholicTV
- Participate in Mass through Vatican Media Live:
  - Schedule of the Activities of the Holy Father Pope Francis for April 2020
- Participate in Mass through your local parish broadcast, if available:
  - Facebook Live – check your parish or collaborative Facebook page
  - Parish Website – check your parish or collaborative website
  - Local Cable Access – check with your local community access media
- Participate in Mass by Radio:
  - Relevant Radio 1150AM WWDJ
  - The Station of the Cross 1060 AM WQOM
- Learn how to make a Spiritual Communion
  - Information on making a Spiritual Communion
  - SED digital prayer card

Prayers, Devotions, Scripture Readings, and Family Activities

- Praying the Divine Office (Liturgy of the Hours)
  - Those who have no possibility of uniting themselves to the Paschal Vigil should pray the Office of Readings for Easter Sunday.
  - All the faithful are encouraged to pray the Office of Readings on Easter Sunday and consider praying more of the Liturgy of the Hours during Holy Week and Easter
  - PDFs of many of the prayers for the Liturgy of the Hours are available here
  - The free Laudate app – available for Android and iOS – includes the Liturgy of the Hours
- Virtual Visits to the Roman “Station Churches”
  - What are the Station Churches?
  - See this year’s list and learn about each church here
  - Watch a short video about the Station Church devotion here
- Follow Jesus through Holy Week and the Triduum
• Palm Sunday
  ■ [Matthew 21:1-17]
    • The entry into Jerusalem and the cleansing of the temple
    ■ Coloring Sheet
  ■ [Liturgy of the Hours PDFs for Palm Sunday]
• Monday of Holy Week
  ■ [Matthew 21:18] and [Matthew 22]
    • The cursing of the Fig tree, parables, and debates with Pharisees
    ■ Coloring Sheet
  ■ [Liturgy of the Hours PDFs for Monday of Holy Week]
• Tuesday of Holy Week
  ■ [Matthew 23] and [Matthew 24]
    • Continuation of the parables and end times with Pharisees
    ■ Coloring Sheet
  ■ [Liturgy of the Hours PDFs for Tuesday of Holy Week]
• Spy Wednesday
  ■ [Matthew 26:1-16]
    • Two days before Passover, the plot to kill Jesus, the Anointing in Bethany
    ■ Coloring Sheet
  ■ [30 Pieces of Silver Hunt Activity for Children]
  ■ [Liturgy of the Hours PDFs for Wednesday of Holy Week]
  ■ Conduct a Tenebrae Service at Home
    • Tenebrae consists of hymns and readings, traditionally drawn from the Liturgy of the Hours from the last days of Holy Week.
    • Preparation
      o You will need one or more readers for the readings
      o You will need a light source – a candle or other light – for each of the readings.
      o You will need a single, centrally-located, light source for the readers to use to be able to see their readings.
      o Consider the following set of readings:
        ■ Matthew 26:20-25
        ■ Matthew 26:31-35
        ■ Mark 14:32-41
        ■ Matthew 26:47-52
        ■ Luke 22:54-62
        ■ John 18:33-38a
        ■ Matthew 27:20-26
        ■ Mark 15:16-20
    • Service
      o Light all the candles or turn on all the light sources before the service begins. Turn off all other lights.
o Each reader goes to the place established for reading, reads their assigned reading, and then sits down.
o After each reading extinguish the light source for that reading.
o After all the readings, have someone read Psalm 22:1-21 then extinguish any remaining lights.
o Sit briefly in silence.
o Turn on enough light for people to leave the room. There is no closing prayer.

• Holy Thursday
  • **Matthew 26:17-75**
    • The Last Supper
    • Coloring Sheet
    • Last Supper Craft
  • **The Seder Meal as a Christian Home Celebration**
  • **Alternative Holy Thursday Family Meal Suggestions**
  • **Liturgy of the Hours PDFs for Holy Thursday**
  • Make a Virtual Visitation to Seven Churches
    • An Explanation of the Seven Churches Visitation
    • The Papal Basilica of St. Paul Outside-the-Walls
    • The Papal Basilica of St. Peter
    • The Sistine Chapel
    • The Papal Basilica of St. Mary Major
    • The Papal Basilica of St. John Lateran
    • Other Virtual Church Tours
    • More Virtual Church Tours
  • Participate in Virtual Adoration at an **Altar of Repose**
  • **The Significance of Holy Thursday**
  • **The Institution of the Priesthood**
  • Begin the **Year of the Eucharist** at Home

• Pray:
  o Pray as a family before the Blessed Sacrament via **webcam**
o Pray prayers of thanksgiving around the dinner table

• Study: Learn more about the Real Presence of Jesus Christ in the Holy Eucharist:
  o **Sophia SketchPad: The Eucharist Video**
  o **The Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers**
  o **Teaching Kids About Transubstantiation**
An Interview on the Doctrine of Transubstantiation
Bishop Barron on the Real Presence
Encourage each family member to share what he or she loves about the Eucharist
Conduct a scavenger hunt around the house for kids to collect "manna" and make the connection to the Eucharist
Evangelize/Give: Give witness to the transforming power of the Eucharist in your life
Share your Eucharistic witness on social media with the hashtag #YearoftheEucharist

Good Friday
- John 18:1 – 19:42
  - Coloring Sheet
- Family Activity Suggestions
- Liturgy of the Hours PDFs for Good Friday
- The Seven Penitential Psalms and the Songs of the Suffering Servant
- Family Stations of the Cross
  - Informational Video
  - Printable Stations of the Cross for Children
  - Family Stations of the Cross Activity and Guide

Holy Saturday
- Lamb Crafts
- 12 Things to Know About Holy Saturday
- What to do with Holy Saturday?
- Liturgy of the Hours PDFs for Holy Saturday

Easter
- The Easter Vigil
  - Matthew 28:1-10
  - The Resurrection of Jesus
  - Coloring Sheet
  - Those who have no possibility of uniting themselves to the Paschal Vigil should pray the Office of Readings for Easter Sunday.
  - Suggested Activity:
    - Before the Easter Vigil Mass begins, provide each member of the family with an unlit candle
    - Extinguish all lights
    - Light one candle on a table when the priest lights the Paschal Candle
    - When the celebrant passes on a candle from the Paschal Candle, have each member of the family light their own candle from the candle on the table
    - Family members extinguish their candles at the appointed time in the liturgy
    - Turn lights on in the home once the Gloria is sung, as in church
• Ring bells during the singing of the Gloria!

• **Easter Sunday**
  - [John 20:1-9](#)
  - The empty tomb
  - [Coloring Sheet](#)
  - Easter Prayers from Catholic Relief Services
  - Liturgy of the Hours PDFs for Easter Sunday
  - Lessons and Activities for Children and Families
    - Easter Activities and Lesson Plans from Loyola Press
    - Creative Ways to Teach the Easter Story from Catholic Icing
    - The Resurrection of Christ ABC Order Worksheet
    - Easter Bingo Game

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**Prayer for Spiritual Communion**

My Jesus, 
I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.