

St. Joseph's Family Activities



Holy Week and Easter: 28th March-10th April 2021

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A warm welcome to this bumper two-week edition. As ever, past editions all available on the parish website; <https://www.stjosephsmalvern.org/j/> and then click on the dropdown box for past editions.

St. Joseph is the head of the Holy Family and patron of the universal Church, the “family” of the Church. Although many of these activities are aimed at young families, the term “family” here is very loosely applied.

There are two Gospels for Palm Sunday, the entry into Jerusalem and of course the Passion of Our Lord Jesus Christ. We will focus on the entry into Jerusalem for the family discussion, but see below for ways in which you can reflect on the other events of Holy week.

There is also a family discussion/reflection for Easter Sunday and a competition to send in photos of your Easter gardens and/or decorated eggs. See the last page for details.

***There are Four Dimensions of the Faith
making sure that Jesus Christ is the
centre of everything we do***



The family is the “domestic Church” and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 mins two or three times a week. These are graced moments. Light a candle and have a few moments' silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and even if it is just a few minutes after a meal, it can be a fruitful time. Don't bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.

**Speaking/Learning the faith
(which the Church calls
“professing the faith”)**

**Living it (in Christ) – i.e. the
choices we make in
everyday life**

**Celebrating it in the liturgy
and the sacraments**

Christian prayer.

Gospel for Sunday 28th March

(Palm Sunday) Mark 11:1-10

When they drew near to Jerusalem, Jesus sent two of his disciples, and said to them, ‘Go into the village opposite you, and immediately as you enter it you will find a colt tied, on which no one has ever sat. Untie it and bring it. If anyone says to you, “Why are you doing this?” say, “The Lord has need of it and will send it back here immediately.”’

And they went away, and found a colt tied at the door out in the open street; and they untied it. And those who stood there said to them, ‘What are you doing, untying the colt?’ And they told them what Jesus had said; and they let them go.

They brought the colt to Jesus, and threw their garments on it; and he sat upon it. And many spread their garments on the road, and others spread leafy branches which they had cut from the fields.

And those who went before and those who followed cried out,

‘Hosanna! Blessed is he who comes in the name of the Lord!

Blessed is the kingdom of our father David that is coming! Hosanna in the highest!’

The Gospel of the Lord

Praise to you Lord Jesus Christ

Family discussion on the Gospel

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

Q: What did Jesus ride into Jerusalem on? (A: A colt or a young donkey)

Q: What did Jesus’ disciples do with their garments (cloaks or clothes) and leafy branches? (A: They put them on the donkey before Jesus sat on it and spread some on the ground, along with leafy branches.)

Explain this background to Jesus’ action: This fulfilled the prophesy of Zechariah: “Behold, your king comes to you, triumphant and victorious is He, humble and riding on a donkey, on a colt, the foal of a donkey” (Zec 9:9). Jesus was showing people that He was the long-awaited king which the Jews were waiting for. This is why people were so excited to see Him do this and welcomed Him with such joy.

Q: What did the people shout when Jesus was riding into Jerusalem? (A: Hosannah....).

Q: When do we say these words? (A: At Mass just before the Eucharistic Prayer).

Q: Why do you think that we say these words here? (A: because we are acknowledging that Jesus is our King and He is about to become present in the bread and wine as His Body and Blood. We are reminded that although we see only the Host and the Chalice, in fact Jesus is our King.)

Q: When Jesus dies on the Cross, what did Pilate write on the label? (A: The King of the Jews).

Q: Kings (and queens) have thrones – what is Jesus’ throne? (A: His Cross.)

Finish by prayerfully making the Sign of the Cross and by joyfully praying the *Holy Holy Holy* (words on the next page) and younger children may like to colour in the picture of Jesus on the cross, adding “King of the Jews” in the blank label.

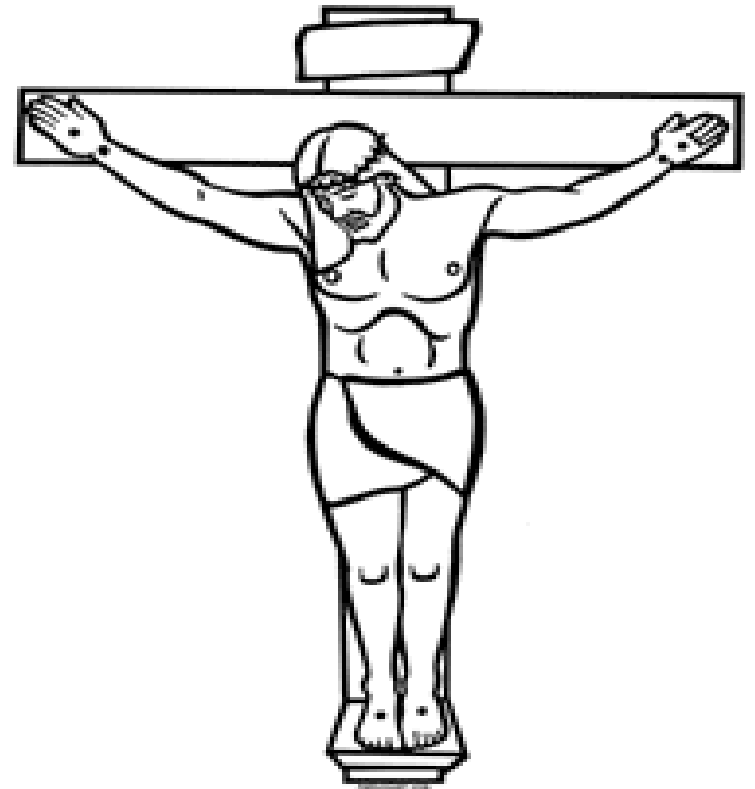
Holy, Holy, Holy Lord
God of hosts.

Heaven and earth are
full of your glory.

Hosanna in the highest.

Blessed is he who comes
in the name of the Lord.

Hosanna in the highest.



Why did Jesus ride into Jerusalem on a donkey?

This is what is called the History of Salvation: Read this out and then cut out the pieces below and put in the right order. (The different colours will help sort the pieces out)

God created (made) us so that we could have a very close and loving relationship with Him – closer than with any person on earth, but our first parents (Adam and Eve) sinned by disobeying Him, by eating the forbidden fruit, and that meant death. When God saw what they had done He was very sad. They had sinned and this meant that they could not be really close to God any more. So they had to leave His presence, that is, leave the garden of Eden. Before this however, God told Eve that one of her descendants would crush the devil. (God was talking about His own Son, but they did not know that then).

God spent thousands of years preparing His people to be ready for the coming of His Son, Jesus Christ. He sent prophets and other wise people who spoke about God. God made promises to care for His people, with Abraham, Moses and King David. He gave a set of rules (the Ten Commandments) and even His Holy Spirit inspired men to write about Him (the Bible). Eventually the Angel Gabriel told Mary that she was going to have God's Son and was to call Him Jesus. The Son of God was born as a tiny baby in a stable in Bethlehem. God had now become one of us! Jesus is a real human being and is also God! He grew up and taught people about His Father and about the Holy Spirit who would help us to love God and one another.

Remember the death promised to Adam and Eve for being disobedient? Jesus, God the Son agreed to suffer the death on our behalf, and so to get ready for this, He rode into Jerusalem on a donkey, and showed everyone that He is the true king. In Jerusalem, He got ready to celebrate the Jewish Passover which is when they celebrate being set free from slavery in Egypt. Normally, they ate a lamb that had been sacrificed, but instead, Jesus offered them the bread and wine which He had changed into His Body and Blood. The next day, which we call "Good Friday" Jesus was condemned to death and carried His cross up the hill to Calvary. He died at 3 pm, just at the time that the lambs were being sacrificed in the Temple. That is why we call Jesus "The Lamb of God". At His trial, Pilate asked Jesus if He was a king and He said that His kingdom is not of this world, which means that it's a much bigger kingdom than the world. Jesus' Kingdom is both heaven and earth! Pilate did not understand that and so put a label up on Jesus' Cross saying, "The King of the Jews."

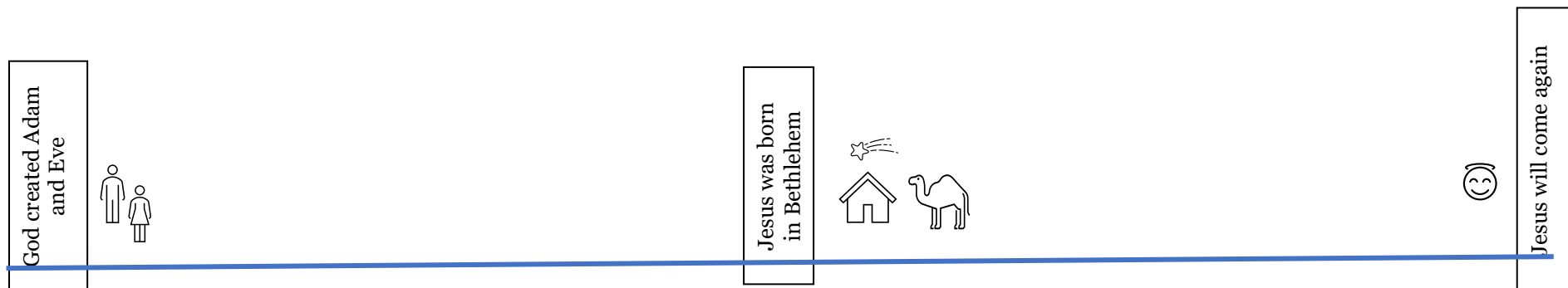
When Jesus died, we were no longer separated from God and it was as if God was saying to Adam and Eve "come back into Eden". In fact, Tradition tells us that on Easter Saturday, Jesus rescued Adam and Eve and all those who had died before Him and took them up to heaven.

Because Jesus is God, He could not stay dead and rose on what we call Easter Sunday. Because this is such an amazing event, we celebrate this every week – so every Sunday is a mini Easter! That is why Sunday is so special!

He later ascended (went up) into heaven and sent the Holy Spirit on the Apostles. They went everywhere teaching that Jesus has saved us from sin and death and that because of Him, we could all love His Father and have a perfect relationship with Him, here on earth and for ever in heaven. Jesus promised that He would come again, and we are still waiting – but we don't know when He will come.

Adam and Eve disobeyed God	God made promises with Abraham, Moses and King David	Jesus will come again
Jesus taught people about His Father and the Holy Spirit	Jesus celebrated the Last Supper by changing the bread and wine into His Body and Blood	God prepared His people for His Son to come
God promised Eve that one of her descendants would crush the devil	Jesus rose from the dead, on Easter Sunday	The Angel Gabriel told Mary that she would have baby
Jesus rode into Jerusalem on a donkey	Jesus was born in Bethlehem	Jesus ascended into Heaven
God said that if Adam and Eve ate the forbidden fruit, they would die	The Apostles went everywhere telling people about Jesus	The Holy Spirit descended upon the Apostles on Pentecost day
Jesus promised that He would come again	Jesus died on the cross	God created Adam and Eve

Maybe you can draw this out as a line and stick the labels in order, and draw little pictures to go with each one? The first, last and middle label are shown below. Do send photos if you do this.



X	F	G	C	A	L	L	H	W	Y
A	M	R	A	*	A	*	F	P	B
K	F	M	L	N	S	Y	M	R	Y
P	O	O	V	A	T	A	M	A	N
Y	R	C	A	I	S	D	D	*	H
D	A	A	R	L	U	I	I	U	O
M	A	R	Y	S	P	R	E	*	J
B	K	D	A	U	P	F	Y	F	J
W	Q	R	T	S	E	D	S	T	U
V	W	X	H	E	R	O	W	K	P
O	N	S	O	J	I	O	T	J	Q
B	P	R	R	E	S	G	F	S	Y
M	N	Y	N	W	E	N	A	M	W
V	N	T	S	I	N	S	Y	T	G
G	S	Y	A	M	E	N	P	W	Q

AMEN
CALL
CALVARY
CROSS
CRY
DIE
GOOD FRIDAY
JESUS
JOHN
JUDAS
LAST SUPPER
LORD
MAN
MARY

NAIL
NEW
ORA (it means
"pray" in Latin)
PRAY
RISEN
SEE
SINS
SON
THORNS

Here is a Holy Week and Easter word-search to keep you busy. Colour in the boxes with the letters you find, and then the 4 boxes with stars in them. What shape do you have?



Easter Triduum

The Easter Triduum is the three great days which come at the end of Holy Week and the main liturgies, (Mass of the Last Supper, Good Friday liturgy and the Easter Vigil) are in effect one big liturgy (service) which happens over three days. If it not suitable to bring the whole family to these (generally quite long) celebrations, the family can still mark the days with other prayerful and reflective activities.

Maundy Thursday

This is the day when we celebrate the Institution of the Eucharist, which means the "First Mass". The Last Supper had two important features:

In the Gospel of John we read that first Jesus washed His disciples' feet and when He finished, He told them that as He, their Lord and Teacher has washed their feet (a job that only the lowest of the servants would do) then they need to follow His example and wash each other's feet. (Jn. 1-20).

At the Last Supper Jesus gave us His very own self as food. We all need food for our bodies. If we don't eat then we die, it's as simple as that. Our souls also need food and so receiving Jesus in Holy Communion is the best way to keep us fit and healthy spiritually. When we receive Jesus it's like we welcome Him into our home, our body represents our home as it's where our heart is. Receiving Jesus also unites us to everyone else who is receiving Jesus as Jesus gives Himself completely and entirely to each one of us.

Think about how as a family you can "wash other people's feet" that is, serve them. Suggestions for the family bubble are;

- Help Mummy or Daddy or another family member (without them asking you)
- Make some cakes or biscuits to take to a neighbour who will be on their own over Easter
- Older children may be can walk a neighbour's dog....

Holy Communion prayer

If you have made your First Holy Communion, why not write a special prayer to use this year for the Easter liturgies, thanking Jesus for the gift of Himself in Holy Communion, and also may be adding a prayer for those who are still suffering because of the covid pandemic.

If you have not made your First Holy Communion, you can still write a prayer to say at communion time.

Good Friday

Many children ask why Good Friday is called "good" if it was the day Jesus died on the cross. If that is a question which comes up, remind them about the History of Salvation and that we are created to be united to God and because of sin, we were separated from Him. Jesus' death on the Cross has restored that communion, that close friendship with God.

Prayer for Good Friday

If you can't get to the Good Friday liturgy or a celebration of the stations of the Cross today, do have a time of prayer in the family. May be read a short version of Jesus' death on the cross and then spend a few moments in silence looking at a crucifix. If you don't have one, then you can use this photo of the crucifix in the church of Santa Croce in Florence. (Santa Croce means Holy Cross). It would be good to give everyone a chance to venerate the wood of the cross - that is, to be able to reverently kiss the cross. Remember, we do not worship the actual material the crucifix is made of, but in kissing the crucifix, we are showing our love for Jesus. Just as you might kiss a photo of an absent or deceased family member.



Try making hot cross buns! As they need to rise, you can start them on Thursday evening and bake them on Friday morning. May be each member of the family can make a bun for another family member. Home-made hot cross buns are incredibly special.

Holy Saturday

This is a very special time in the Church. Mass is not celebrated in the morning. The only Mass today is the Easter Vigil. This year because of the Covid restrictions, the Easter vigil liturgy will be shorter than usual. Quite often people, especially adults, are baptised or a received into the Church at the Easter Vigil.

In the evening, before children go to bed, it would be lovely to have a special time of prayer and think about Jesus' friends who had spent this day quietly, very sad because they thought that they had lost their friend for ever. Maybe you can pray for people you know who have died.

Easter Sunday

This is a joyous day indeed! The best day of the year! I hope that you are able to enjoy Easter eggs. They are a sign of new life and because Jesus rose from the dead we all have the promise of new life for ever in heaven! We can begin to enjoy that new life here first... the more we spend time with Jesus, the more He is able to live in us and we can share in His wonderful life, by His grace.

Today (and last night) the congregation renew their baptismal vows. Maybe in preparation you can look at them with the family during the week and think about what each part means.

Prayer for the evening of Holy Saturday

As those who are at the Easter Vigil liturgy are celebrating Jesus' Resurrection, why don't you say the glorious mysteries of the Rosary before bedtime? The meditations are:

- Jesus rises from the dead
- Jesus ascends into heaven
- The Holy Spirit descends upon the Apostles at Pentecost
- Mary is assumed into heaven at the end of her early life
- Mary is crowned queen of heaven

The Renewal of Baptismal Promises

Do you renounce Satan?

I do.

And all his works?

I do.

And all his empty show?

I do.

Do you believe in God,
the Father almighty,
Creator of heaven and earth?

I do.

Do you believe in Jesus Christ,
his only Son, our Lord,

who was born of the Virgin Mary,
suffered death and was buried,
rose again from the dead
and is seated at the right hand of
the Father?

I do.

Do you 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?

I do.

Gospel for Easter Sunday

Mark 16:1-8

When the sabbath was over, Mary of Magdala, Mary the mother of James, and Salome, bought spices with which to go and anoint him. And very early in the morning on the first day of the week they went to the tomb, just as the sun was rising.

They had been saying to one another, ‘Who will roll away the stone for us from the entrance to the tomb?’ But when they looked they could see that the stone – which was very big – had already been rolled back. On entering the tomb they saw a young man in a white robe seated on the right-hand side, and they were struck with amazement. But he said to them, ‘There is no need for alarm. You are looking for Jesus of Nazareth, who was crucified: he has risen, he is not here. See, here is the place where they laid him. But you must go and tell his disciples and Peter, “He is going before you to Galilee; it is there you will see him, just as he told you.”’

The Gospel of the Lord

Praise to you Lord Jesus Christ

Family discussion on the Gospel

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

Q: What did the women do? (A: Went to the tomb on the first day of the week)

Q: What did they see when they arrived at the tomb? (A: That the stone was rolled away.)

Q: Who was inside the tomb? (A: a Young man in white (an angel)).

Q: Why were the women amazed? (A: Because they were expecting to find Jesus’ body).

Q: What did the angel tell the women to do? (A: To go and tell St. Peter and the other disciples.)

Q: Easter Sunday is the most important day of the year (more important than Christmas) why is this? (A: Because Jesus’ rising from the dead means that we can go to heaven. If Jesus had not risen from the dead, we would not have heard of Him and let alone, be interested in His birth!)

Q: How can we tell people that Jesus is risen from the dead? (A: various answers possible.)

Why don’t you find a recording of Handel’s Hallelujah Chorus and play that! Hallelujah means “Praise God” and today indeed we say “Alleluia again after not saying it for 6 weeks! Here is one link:

<https://www.youtube.com/watch?v=IUZEtVbJT5c>

Hallelujah!
Jesus is Risen

Activity suggestions for Easter Week

Make an Easter garden:

In a shallow tray put some sand or garden soil. Gather some stones to make a kind of "cave" and put one offset to be the stone that is rolled away. Put moss and any tiny flowers you can gather around. Nearly place a cross made out of two sticks tied or stuck together (or a palm cross). Some people like to put three empty crosses together to indicate the two thieves who also were crucified with Jesus.

If you are very creative, may be add figures of the women who came to the tomb and the angel. Use small dolls or may be figures made out of some twigs or even clay or plasticine, which you have wrapped in cloth. But these are not necessary - it's more important to create something really beautiful to reflect the joy of new life in Jesus Christ.

Decorate eggs:

Blown eggs can keep for years and can be used again and again for Easter decorations. Otherwise, hard boil some eggs and use vegetable dyes or food colouring to decorate them. You can either create patterns, or if you have a very still hand, you can paint pictures of the Easter story on the eggs.

Send in photos of your Easter gardens or decorated eggs. All submissions will receive a certificate and the best in each age category (3-7 yrs, 8-12 yrs) 12-17 yrs, adult) will win a first prize certificate!

Email photos to stjoe.fam.activities@gmail.com

Note: By sending in photos, you agree that they can be used in future editions of these pages, credited or not as you wish.