

Faith @ Home **Holy Week resources**

Holy week, beginning with Palm Sunday, is a significant time for the Church. Not only, do we remember the path that Jesus took to the cross, but we encounter the ways in which Jesus enters into our own times of celebration and of suffering. We find the love of God revealed in its most powerful expression.

It will be difficult for us to not gather for these Holy Week services. We will virtually gather in worship in different and adapted worship experiences. In addition, we offer these resources for you to use at home alone or with others. Pastor Jen will offer time on Maundy Thursday when we can gather via Zoom (in addition to worship) to do some of these together. Watch email, our website and Facebook for the Zoom invitations.

Holy Week overview

A Cartoonist guide to Holy Week (graphic novella):

https://www.stevethomason.net/2020/03/30/a-cartoonists-guide-to-holy-week-graphic-novella/?fbclid=IwAR0BVKNjxFowgVnJiAy2L7BggWfcwiSi6YH_hSf6LuajvSjt_0lcyCYbMBs

Chuck knows Church: Holy week: <https://www.youtube.com/watch?v=CCWjq7bjrY4&t=128s>

Activity: *Empty Tomb Easter cookies*

This recipe invites us to pair readings for Good Friday with the preparation of cookies. Can also be done on Saturday so that they are “empty” for Easter morning: <https://www.theidearoom.net/easter-story-cookies>

Palm Sunday

Jesus entered Jerusalem to the shouts of praises of “Hosanna”. He entered as their King and Messiah.

Read Mark 11:1-11 (<https://www.biblegateway.com/passage/?search=Mark+11%3A1-11&version=NRSV>)

Questions to reflect upon:

- 1) What is the last parade that you have gone to or been in?
 - a. What was the reason for the parade?
- 2) How is this “parade” different from others?
- 3) The word “hosanna” means “save us”. How are our shouts of “hosanna” this day being echoed throughout the world? (see prayer activity below)

Watch Trinity’s virtual Palm Parade. You’ll be able to find it on our YouTube channel soon:

https://www.youtube.com/channel/UCEBfzqqPTuf8fe3PjPr21gA?view_as=subscriber

Activity

Coloring page: Color the palm frond illustration and cut out. Have your own parade in your home. Lay down coats and branches as you yell “hosanna!”

Prayer

For our prayers, name people and situations that you would like to share with God. After each one, say "Hosanna, Lord, have mercy"

Maundy Thursday

As tensions in Jerusalem grew, Jesus gathered his disciples around the Passover table. In this last meal, Jesus offered a meal of grace and washed their feet as an expression of his love for them and for us.

Read Mark 14:22-42 <https://www.biblegateway.com/passage/?search=Mark+14%3A22-42&version=NRSV>

Questions to reflect upon:

- 1) What is the most special meal that participated in?
 - a. Who was at the meal?
 - b. What did you eat?
 - c. What was special about it?
- 2) What has been different about the meals that you have been sharing recently?

Activity: *Meal time activity*

As part of this day's worship experience, we will be remembering the kind of meal that Jesus shared with his disciples – the Passover. Our Jewish brothers and sisters will also be sharing this meal virtually as it begins this year at sundown on April 8th. Just as we remember Jesus' last Supper, they remember the events of the Exodus as they retell the story both in word and through symbols

You can read the full Passover story in Exodus (5-11) 12 or watch the movies like the "Prince of Egypt" or "The Ten Commandments"

Link to the Passover Haggadah (guide to the Seder) for information and education:

http://jewishfederation.org/images/uploads/holiday_images/39497.pdf

You can also visit the websites of local synagogues to learn more about what they are doing as well as to share prayers with them during this holy time for them:

Temple Beth Elohim (Brewster/Danbury) <https://www.facebook.com/templebethelohim/>

Temple Beth Shalom (Mahopac) <https://www.facebook.com/Temple-Beth-Shalom-Mahopac-NY-1466690023598527/>

The six traditional items on the Seder Plate are as follows (if you are able, gather these items to use while you are reading the Exodus story):

Maror – Bitter herbs symbolizing the bitterness and harshness of the slavery that the Hebrews endured in Egypt... (often horseradish)

Charoset – A sweet, brown mixture representing the mortar and brick used by the Hebrew slaves to build the storehouses or pyramids of Egypt (often made with apples, cinnamon & wine)

Karpas – A green vegetable representing hope and renewal, which is dipped into salt water at the beginning of the Seder. (often parsley); the salt water representing their tears

Zeroah – Also transliterated Z'roa, it is special as it is the only element of meat on the Seder Plate. It is often a lamb shank bone to remember the lamb's blood that was placed on their doorposts

Beitzah – A roasted hard-boiled egg, symbolizing the korban chagigah (festival sacrifice) that was offered in the Temple in Jerusalem and roasted and eaten as part of the meal on Seder night.

Matzah – unleavened bread that recalls the hurried nature of their preparation for the Exodus, not allowing the bread to rise.

Prayer (prayer at end of meal at a Jewish Seder)

Blessed are You, Lord our God, King of the Universe, who sustains the entire world with goodness, grace, loving kindness, and compassion. He gives bread to all, for His grace is everlasting. And in His great goodness we have never lacked anything and we will never be deprived of food for the sake of His great name.

For He is God who provides for all and does good for all and prepares food for all His creatures that He created. Blessed are You, Lord, who provides for all. God and God of our ancestors, may You remember us on this day of Passover to bless us with kindness and mercy for a life of peace and happiness.

We pray that He who establishes peace in the heavens grant peace for us, for all Israel, and all of mankind, and let us say, Amen.

And

Read John 13:1-20 <https://www.biblegateway.com/passage/?search=John+13%3A1-20&version=NRSV>

In John's story of the Last Supper, Jesus washes the disciples' feet, an act of loving service that they might receive the promise of God's grace, knowing that they would soon betray and desert Jesus.

Activity: Washing others

Washing our hands has become a much more deliberate action. Maybe we sing a song or count down the 20 seconds to make sure that we have washed them long enough. As a faith activity, we can also say the Lord's Prayer.

Taking it one step further, take the opportunity to wash the hands of others in your household while saying the Lord's Prayer (or if you want to be more bold – wash each other's feet!). If you live alone, do the deliberate washing of your own feet while you pray the Lord's Prayer, and imagine that it is Jesus offering his blessing to you.

Song: Each Other's Blessing (Christopher Williams)

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

Prayer (by early Church leader, Origen c. 185-c. 254)

O Jesus, my feet are dirty.

Come even as a slave to me,

pour water into your bowl,

come and wash my feet.

In asking such a thing I know I am overbold

but I dread what was threatened when you said to me,

"If I do not wash your feet I have no fellowship with you."

Wash my feet then, because I long for your companionship.

*And yet, what am I asking?
It was well for Peter to ask you to wash his feet,
for him that was all that was needed for him to be clean in every part.
With me it is different:
though you wash me now I shall still stand in need of that other washing,
the cleansing you promised when you said,
“there is a baptism I must needs be baptized with.”*

Good Friday

What is so “good” about this day? In a time when anxieties are running high, uncertainty grips our hearts and our world seems out of control, we need good news more than ever. The “good” of this day is not the suffering itself, but rather the One who suffers for and with us. Christ endured this day because of God’s abundant love for us – a love that would not be overwhelmed by suffering, death or sin. And this is most certainly, GOOD NEWS!

Read Mark 14:32-15:47 <https://www.biblegateway.com/passage/?search=Mark+14%3A32-15%3A47+&version=NRSV> (see below for an interactive experience)

Questions to reflect upon:

This is a difficult story to hear re-told, but we can’t have the empty tomb without the betrayal & denial, the arrest and the trial or the cross.

- 1) What part of the Passion story is most powerful for you? Why?
- 2) If you were to put yourself into this scene, who do you most identify with and/or might’ve it been like to be there?
- 3) Spend some time in silence over the next few days, thinking about the events that Jesus endured this day.
 - a. Use a phrase like “Lord, have mercy”, “Jesus, remember me”, or “Jesus loves me” to repeat with each breath that you take during this time of silence

Activity

For an Interactive experience for the long reading, read each part separately with the designated items/activities

Mark 14:32-42 *Fold your hands in prayer as tightly as you can*

14:43-52 *Place a band-aid on your ear for the injured man, praying for all those who are hurt*

14:53-65 *Put a blindfold on, thinking about what it was like to be Jesus in this moment*

14:66-72 *See who can make the best rooster sound*

15:1-15 *In contrast to the shouts, spend a full minute in silence*

15:16-20 *Take off one article of clothing*

15:21-24 *Take turns rolling a pair of dice to see who gets the most points*

15:25-32 *Take a taste of vinegar or sour wine. Rip a piece of fabric in two*

15:33-41 *Hold a stone in your hand, imagining the closing of the tomb*

Make a cross from two sticks and carry it with you until Easter morning.

Prayer (*Many hymns – like the Psalms – are also very prayer-filled. Use this Holy Week hymn as your prayer for this day*): Great God, Your Love Has Called Us (ELW 358, vs, 1-3))

*Great God, your love has called us here, as we, by love, for love were made.
Your living likeness still we bear, though marred, dishonored, disobeyed.
We come, with all our heart and mind your call to hear, your love to find.*

*We come with self-inflicted pains of broken trust and chosen wrong,
Half free, half bound by inner chains, by social forces swept along,
By pow'rs and systems close confined, yet seeking hope for humankind.*

*Great God, in Christ you call our name and then receive us as your own,
Not through some merit, right or claim, but my your factious love alone
We strain to glimpse your mercy seat and find you kneeling at our feet.*

Easter

This will be a much different celebration as we are unable to gather together in person. It won't seem quite the same without the triumphant sounds from Trinity Brass or the aroma of the Easter lilies. But as we have also been reminded, the tomb was empty that morning and after the women witnessed Jesus' resurrection, they went out to tell the world! We are Easter people – not just one day a year, but everyday as we live out the promises of the resurrection each day.

Read Mark 16: 1-8 <https://www.biblegateway.com/passage/?search=Mark+16%3A+1-8&version=NRSV>

Questions to reflect upon:

- 1) Mark's version of the empty tomb leaves us hanging, a kind of "to be continued" (*they fled from the tomb and said nothing to anyone*). What is your gut reaction to this version?
 - a. What might have been your reaction to the empty tomb if you were there?
 - b. How does Mark's "incomplete ending" invite us into the story?

- 2)

Activity:

The Resurrection is new life out of death.

- What are signs of new life that you see around you?
 - Look closely for new life arising out of something that seems dead
- Take pictures and share them with others (post to our Facebook page and/or send to Pastor Jen)

Prayer