

Holy Week at Home

Here are some ideas for ways you can celebrate Holy Week at home. In addition to the online resources that our parish and St. Francis Cathedral are providing this week, here are other ideas as well.

Idea #1

Since palms won't be distributed this week, find some greenery – any kind will do – and make a hanging for your front door. It needn't be in the shape of a wreath. Use your imagination! (from thedeaconsbench.com)



Idea #2

Make a home altar. This is a great project for children. You should choose some space – a shelf, the top of a table – for religious objects. You can include anything Lenten that is meaningful to you: a picture of the Last Supper, crosses, a candle, as well as other statues and symbols of the crucifixion. Just as we all have a box of Christmas decorations tucked away, we should have a Lent and Holy Week box too! (You'll have to copy and paste this link into your browser to learn more: <https://www.youtube.com/watch?v=GR2KYgpgfck>)



Idea #3

One of the major Catholic devotions for Holy Week is Stations of the Cross. You can pray these from home. This can be as simple or as elaborate as you like. Here is another project that is great for children. Create small home Stations of the Cross. If you don't have craft sticks, you can use twigs. If you don't have clay to use as bases, you can use small disposable bathroom cups filled with dirt.



(C) Familia Católica



Stations of the Cross from the Parish Center Chapel





See below for Stations of the Cross for children, followed by Stations of the Cross for adults focused on our current health emergency.

Adapted for Children
Stations of the Cross
During Pandemic of COVID-19 (Coronavirus)

Based on the Stations of the Cross by Maribeth Hopps, Diocese of Saginaw

Lord Jesus we offer our prayers to you today for our world, our country, our state, and our local community. Amen.

THE FIRST STATION
JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you were held captive and given a death sentence. This was truly undeserved but nonetheless it was still carried out - even though you were innocent. There are thousands upon thousands in our world today who have been held captive not knowing what their fate will be: people on cruise ships, hotels, cities, neighborhoods, those moved to military containment, people confined to their own homes and those in isolation. Allow everyone to feel your presence.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Pause

THE SECOND STATION
JESUS CARRIES HIS CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you were given a cross, a heavy load filled with the pain, death, and suffering of all humanity. Was the separation, death and sickness the world feels now from this virus, a part of the cross you carried? May we depend on your love and your carrying of the cross to carry us through these times of the unknown.

Glory Be

Pause

THE THIRD STATION
JESUS FALL THE FIRST TIME

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you fell underneath the burden of the cross and the pain of your wounds. This coronavirus was unexpected and has brought our world, our nation, our community to its knees in trying to fight the invisible, the disease that is not always the same from person to person. With your help, may the world be given the wisdom to stand strong against this disease.

Glory Be....

Pause

THE FOURTH STATION
JESUS MEETS HIS MOTHER

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, your mother loved you and you loved her. May all families in our world, in our nation, in our community come together and bond and help each other in this time of trial. May the time we are together in our homes be considered a blessing so that we can get to know each other and care for each other in a more complete and loving way.

Glory Be

Pause

THE FIFTH STATION
SIMON HELPS CARRY THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, the cross was heavy and you were slowing down. Simon was told to help you. And you humbly accepted his help. May the government leaders and medical teams of all the world's nations be willing and able to share information with each other so that together, with the guidance of your Holy Spirit, we come to know what works and how to safely handle this cross of illness.

Glory Be....

Pause

**THE SIXTH STATION
VERONICA WIPES THE FACE OF JESUS**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, when your face was wiped with gentleness and out of love and care, you had a small moment of relief. We look for ways to relieve anxiety and fear in all people, and for ways to protect and send information without panic and anger. Help us to trust and not be filled with fear.

Glory Be....

Pause

**THE SEVENTH STATION
JESUS FALLS A SECOND TIME**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, weakness again overcomes you and you fall again under the weight of the cross. Help us to identify our weaknesses and repair them and work together for the good of all humanity. Watch over us and unite us.

Glory Be....

Pause

**THE EIGHTH STATION
JESUS MEETS THE WOMEN OF JERUSALEM**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, some of your friends were reaching out to you in your greatest time of need. We hold in prayer all those in our town who are concerned for their loved ones and do everything they can to protect them. Watch over them and encourage them.

Glory Be....

Pause

**THE NINTH STATION
JESUS FALLS THE THIRD TIME**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, no one can imagine what you were going through. We have a hard time understanding that we are living in this day and age where a virus is making the world stand still. Change the hearts of those who do not want to help others.

Glory Be....

Pause

**THE TENTH STATION
JESUS IS STRIPPED OF HIS GARMENTS**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, when you were stripped of your clothing, you were mocked. We ask forgiveness for times we have been afraid of someone who is different from us. We are all your children and we must treat one another with dignity and care. Open our eyes to any treatment that is unfair, and give us courage to stand up for those in need.

Glory Be....

Pause

**THE ELEVENTH STATION
JESUS IS NAILED TO THE CROSS**

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, you were nailed to the cross and raised high for all to see and condemn. Your mother never left you, and a few of your friends stood by with you. Life as we knew it weeks ago has changed all over the world. Help us to find strength from you. You have promised that we are not alone. May we see you in one another.

Glory Be....

Pause

THE TWELFTH STATION
JESUS DIES ON THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
(Kneel if you are able.)

Lord, your death was a sacrifice. You died for each one of us. We pray for those in our world, nation, state and community who have died from the coronavirus. We pray that all the souls of the faithful departed, through your mercy and goodness, be united with you. May they rest in peace.

Glory Be....

(Stand)

Pause

THE THIRTEENTH STATION
JESUS IS TAKEN DOWN FROM THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.

Lord, your body was removed from the cross and your mother was yet she had hope because she believed in you. We live in a time of sadness and confusion, a time of fear and anger. We look to your mother, Our Blessed Mother, as a model of hope in the face of the unknown. Mary, our Mother, please pray for us.

Glory Be....

Pause

THE FOURTEENTH STATION
JESUS IS LAID IN THE TOMB

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.

Lord, your body was put to rest in a new tomb. Your mother and your friends were separated from you for the time being. We pray for those in our world, nation, state and local community who feel or will feel complete separation because of this virus. We must separate ourselves in social distancing. Please make your presence known to us in a special way when we feel alone.

Glory Be....

Pause

THE FIFTEENTH STATION
THE RESURRECTION

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.

Lord, humanity could not imagine the joy and the wonder you were going to give us in your resurrection from the dead. You are a God of the unexpected! Your resurrection is the ultimate hope, the ultimate healing, the ultimate salvation for all. May we turn to you not only in this time of the needs of the present, but also in the joy of the coming future when the cloud before us has been cleared. We pray for Pope Francis, Bishop Checchio, our clergy, all in ministry, for our parishes and all who walk this journey of the unknown with us. May we unite in the near future to share in the wonder of your glory, shining through it all and bringing us to the other side. Enliven our faith and help us not give up.

Pause

Glory Be....

In the name of the Father, the Son, and the Holy Spirit. Amen.

Stations of the Cross
During Pandemic of COVID-19 (Coronavirus)
By Maribeth Hopps, Diocese of Saginaw

Lord Jesus we offer our prayers to you today for our world, our country, our state, and our local community. As we meditate on your sacred Passion, may we take the pain and needs of all humanity and pray through your suffering for your creation: your people whom you love. In your precious name, we pray. Amen.

THE FIRST STATION
JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you were held captive and given a death sentence. This was truly undeserved but nonetheless it was still carried out - even though you were innocent. There are thousands upon thousands in our world today who have been held captive not knowing what their fate will be: people on cruise ships, hotels, cities, neighborhoods, those moved to military containment, people confined to their own homes and those in isolation. They also are innocent victims: victims of a disease that cannot be seen, tasted or felt. We also pray for those in jails and prisons, immigration holding areas, and those who work there so that everyone's health is protected. We pray for them. Allow them to feel your presence. Watch over them. Holy Spirit give them peace.

Silence

Glory Be....

Silence

THE SECOND STATION
JESUS CARRIES HIS CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you were given a cross, a heavy load filled with the pain, death, and suffering of all humanity. The separation of our lives from yours through sin must have been a pain almost too heavy to bear. Was the separation, death and sickness the world feels now from this virus, a part of the cross you carried? May we depend on your love and your carrying of the cross to carry us through these times of the unknown. Watch over us. Holy Spirit show us how to accept the cross of this pandemic and move forward.

Silence

Glory Be

Silence

THE THIRD STATION
JESUS FALL THE FIRST TIME

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, you fell underneath the burden of the cross and the pain of your wounds. The road was not an easy path, and all of that brought you unexpectedly to your knees. This coronavirus was unexpected and has brought our world, our nation, our community to its knees in trying to fight the invisible, the disease that is not always the same from person to person. Country after country is falling but just as you did not give up, neither does humanity that you created. Watch over us. Holy Spirit, with your help, may the world be given the wisdom to stand strong against this disease.

Silence

Glory Be....

Silence

THE FOURTH STATION
JESUS MEETS HIS MOTHER

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, your mother loved you and you loved her. Meeting her when you were so fragile and so worn had to be difficult. May all families in our world, in our nation, in our community come together and bond and help each other in this time of trial. May the time we are together in our homes be considered a blessing so that we can get to know each other and care for each other in a more complete and loving way. Watch over us. Holy Spirit, bind us tighter and help us to feel comfortable with each other again.

Silence
Glory Be
Silence

THE FIFTH STATION SIMON HELPS CARRY THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord the cross was heavy and you were slowing down. Simon was told to help you. And you humbly accepted his help. We know in this time of pandemic each country is testing and working hard to fight the virus, to heal its citizens and to find a vaccine or medication that will help. We pray for those in the World Health Organization, Centers for Disease Control, our President and all elected officials to make wise decisions to benefit all. May the government leaders and medical teams of all the world's nations be willing and able to share information with each other so that together, with the guidance of your Holy Spirit, we come to know what works and how to safely handle this cross of illness. Watch over them. Through their service may they bring healing. Holy Spirit, guide them.

Silence
Glory Be....
Silence

THE SIXTH STATION VERONICA WIPES THE FACE OF JESUS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, blood, sweat and dirt covered your face and eyes and it was becoming difficult to see where you were going. When your face was wiped with gentleness and out of love and care, you had a small moment of relief. We look for ways to relieve anxiety and fear in all people, and for ways to protect and send information without panic and anger. We hold in prayer all of our clergy who meet the sick daily and pray and anoint them. Keep them safe. We pray for the medical community that cares for the sick and puts in endless and often thankless hours of vigilance. Keep them safe, and give them wisdom. May each country's attempt to curb the growth of the virus be lessons for the world community. Watch over us. Holy Spirit, help us to trust and not be filled with fear.

Silence
Glory Be....
Silence

THE SEVENTH STATION JESUS FALLS A SECOND TIME

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, weakness again overcomes you and you fall under the weight of a cross that you bore on our behalf. We pray in respect to the weakness of our health care and governmental systems in the ability to fight this unknown entity of coronavirus. We have never experienced something like this and we need your help in combating it. We are stronger when we are unified rather than fighting from within over policies and procedures. Help us to identify our weaknesses and repair them and work together for the good of all humanity. Watch over us. Unite us. Holy Spirit, inspire us to set aside differences, and help us rise to the occasion, to do your work here on earth.

Silence
Glory Be....
Silence

THE EIGHTH STATION JESUS MEETS THE WOMEN OF JERUSALEM

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, some of your friends were reaching out to you in your greatest time of need. In these challenging times we see instances of family and friends helping one another. We see friends and strangers alike taking it upon themselves to feed children who will not eat due to school closures, by providing lunches for them. We see medical professionals putting themselves on the line every day taking care of the sick, often not knowing if the illness that is being presented is serious or the common cold. We hold in prayer all those in our town who are concerned for their loved ones and do everything they can to protect them. Watch over them. Encourage them. Holy Spirit, give them an understanding of hope.

Silence
Glory Be....
Silence

THE NINTH STATION JESUS FALLS THE THIRD TIME

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, your pain from your head to your feet was burning and overwhelming. It took immense concentration to put one foot in front of the other, and your pain was so intense that you fell again. No one can imagine what you were going through. We have a hard time understanding that we are living in this day and age where a virus is making the world stand still. We pray for those in our world who are trying to take advantage of others by hoarding items or trying to sell needed medical items at outrageous prices. This instills panic and frustration and anger. Watch over us. Change hearts. Holy Spirit, convict their hearts so they stop unfair practices.

Silence
Glory Be....
Silence

THE TENTH STATION JESUS IS STRIPPED OF HIS GARMENTS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, when you were stripped of your clothing, you were mocked and debased. We have seen instances of those who are being mocked in profiling for this virus. We ask forgiveness for times we have been afraid of someone because of their culture, their ethnicity, their age or their income level. We are all your children and we must treat one another with dignity and care. We pray for those in our world, country and town who are some of the most vulnerable to this virus: those who have underlying health concerns, the aged, and those with disabilities. Watch over them. Build them up. Holy Spirit, open our eyes to any treatment that is unfair and prejudicial, and give us courage to stand up for those in need.

Silence
Glory Be....
Silence

THE ELEVENTH STATION JESUS IS NAILED TO THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
Lord, you were nailed to the cross and raised high for all to see and condemn. Your suffering and dying tore through your body with every breath you took. Your mother never left you, and a few of your friends stood by and held vigil for you. Even in your pain you reached out to the thief next to you and assured him of salvation. We also seek assurance in this time. Some may feel afraid of a death of their comfort. Jobs are being affected. Life as we knew it weeks ago has changed all over the world. Help us to find assurance in you. You have promised that we are not alone. May all understand this and recognize your presence. Watch over all of them. Unite them. Holy Spirit, may they see Christ in each other.

Silence
Glory Be....
Silence

THE TWELFTH STATION JESUS DIES ON THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world.
(Kneel if you are able.)

Lord, your death was a pain-filled sacrifice. You died for each one of us. Unselfish, humble, perfect and complete was your surrender. Your death freed us from the pain of eternal separation from you. We pray for those in our world, nation, state and community who have died from or will succumb to the coronavirus. We pray that all the souls of the faithful departed, through your mercy and goodness, be united with you. Holy Spirit, may they be at rest in the knowledge of their worth.

Silence
Glory Be....
(Stand)

Silence

THE THIRTEENTH STATION JESUS IS TAKEN DOWN FROM THE CROSS

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, your body was removed from the cross and your mother was there to accept your broken and lifeless body. Her grief, sorrow and confusion may have been coupled with fear and anger. Yet she had hope. She knew you and she loved you and was filled with hope. She did not understand what that hope consisted of, but knew that you would not leave those you loved abandoned and alone. As people become sick with this unknown virus, we grieve for those who die. We, too, live in a time of sadness and confusion, a time of fear and anger. We look to your mother, Our Blessed Mother, as a model of hope in the face of the unknown. Watch over us. Mary, our Mother, please pray for us. Holy Spirit, help us to find hope in the darkest of times, because we know we are never abandoned, especially during these times of great need.

Silence

Glory Be....

Silence

THE FOURTEENTH STATION JESUS IS LAID IN THE TOMB

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, your body was put to rest in a new tomb given to your mother for your burial. This was the moment of complete separation for you and her. We pray for those in our world, nation, state and local community who feel or will feel complete separation because of this virus. We must separate ourselves in social distancing. We separate ourselves from those who are sick. We stay in our homes afraid to move out of our safe zones and are being told to "hunker down." Separation may be frightening and lonely, but it is also a blessed time for healing. We pray for those who have no place where they may be kept safe and cared for and those who are homeless. We pray for those who reside and work in shelters. And we pray for all those who feel complete separation in this world because of death. Holy Spirit, please make your presence known to us in a special way when we feel alone.

Silence

Glory Be....

Silence

THE FIFTEENTH STATION THE RESURRECTION

We adore you, O Christ, and we praise you, because, by your holy cross you have redeemed the world. Lord, humanity could not imagine the joy and the wonder you were going to give us in your resurrection from the dead. You are a God of the unexpected! We could never even begin to foresee or imagine what you had in store for all people across the world and across all time. Your resurrection is the ultimate hope, the ultimate healing, the ultimate salvation for all. May we turn to you not only in this time of the needs of the present, but also in the joy of the coming future when the cloud before us has been cleared. Help us then to have a better understanding of not only each other but how you guided, loved, healed and journeyed with us in constant companionship, never leaving us and always hearing our prayers and cries. Your resurrection speaks of hope and of what is yet to come. We pray for Pope Francis, Bishop Checchio, our clergy, all in ministry, for our parishes and all who walk this journey of the unknown with us. May we unite in the near future to share in the wonder of your glory, shining through it all and bringing us to the other side. Watch over us. Holy Spirit, enliven our faith and help us not give up.

Silence

Glory Be....

In the name of the Father, the Son, and the Holy Spirit. Amen.

