

FAMILIES FORMING DISCIPLES

LESSON 7 - WEEK 2

TOPIC: LEARNING ABOUT HOLY WEEK, MAKING A *FAMILY HOLY WEEK PLAN*, PRAYING THE SORROWFUL MYSTERY OF THE AGONY IN THE GARDEN WITH MARY

FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to watch the Holy Week videos, make your *Family Holy Week Plan*, and meditate on and pray the First Sorrowful Mystery of the Agony in the Garden.

MATERIALS

Mysteries of the Rosary Pamphlet
Rosaries



Step 1: Watch one or more of the videos below on Lent.

- *Holy Triduum: The Shortest and Holiest Time of the Year* by the LIHM Sisters (for younger children—note, “Black Saturday” in the Philippines refers to Holy Saturday)
- Or *The Last Supper – Son of God Catechetical Guide*, Archdiocese of Washington (for tweens & teens)

Step 2: As you watch the video, be ready to answer the Holy Week questions at the Week 3 gathering:

What is so special about Holy Week?

- Answer: Holy Week is the holiest time of the year! It is when we remember the last week of Jesus’ earthly life and His saving work for us..

On what day does Holy Week begin?

- Answer: Palm Sunday

What does Sacred Triduum mean?

- Answer: The Holy (or Great) 3 Days

What two important events happened at the Lord’s Supper?

- Answer: the institution of the Holy Eucharist and the institution of the priesthood (Holy Orders)



Step 3: Watch the following videos and review the links below to discover ways for your family to pray together each day during Holy Week, from Palm Sunday all the way to Holy Saturday into Easter Sunday. Include in your plan a way to keep Holy Saturday holy, to finish strong before celebrating the joy of the Risen Lord at Easter. Use these resources to create, together as a family, your *Family Holy Week Plan*.

It is our hope that this preparation will be helpful in guiding your family's celebration, to complement the liturgical celebrations at your parish during Holy Week.

Holy Thursday – Family Foot Washing



Family ideas for each day of Holy Week



Holy Week Traditions – Franciscan Friars



Dempsey Family's Plan for Holy Week (an example) – Your plan doesn't have to be perfect!



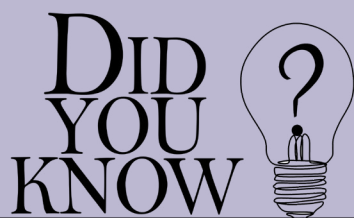
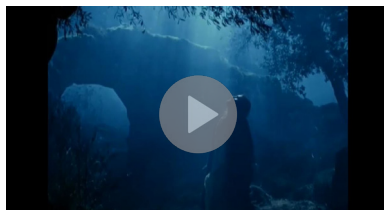
Holy Week at Home – Compilation of resources to help make Holy Week at home a blessed time.

Resource from the Archdiocese of Atlanta



Step 4: Discuss as a family your practice of the Lenten pillars of praying, fasting and almsgiving. Reflect on the commitments that you had written on your stones and placed on your prayer altar at the beginning of Lent. How are you living them out as we get closer to Easter? Or, if the practices are not going as well as planned, consider taking them up again, confident that God is with us and He is always on our side! Remember that perfection to God is not the same as our idea of perfection. Our little Lenten acts may be imperfect, but when we offer them to Jesus with love, He rejoices and transforms them into sacrifices of perfect love.

Step 5: Gather around your prayer altar as a family. Take a moment to be silent and bring yourselves into God's presence. Ask Mary to be with you as you read Luke 22:39-53 about the Agony of Jesus in the Garden and pray one decade of the Rosary together, OR watch and pray with the Agony in the Garden video.



Solemnity of Saint Joseph

March 19, 2021, is the Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary, foster father of Jesus, and patron saint of the universal Church. Pope Francis has proclaimed this year to be the Year of St. Joseph (from December 8, 2020 to December 8, 2021).

Solemnity of the Annunciation

March 25th is the Solemn Feast or Solemnity of the Annunciation. On this day, we celebrate when the angel Gabriel asked Mary if she would be the mother of our Savior. Of course (we know the story), Mary said “Yes”!

With Mary's yes (fiat—let it be done), God the Son became incarnate by the power of the Holy Spirit, becoming one of us. The baby Jesus began to grow in his mother's womb. This tiny infant was both truly divine and truly human—“true God and true man,” as we pray during the Creed at Mass. In exactly nine months from this Solemnity, all Christianity will celebrate Jesus' birth on December 25th. The event of the Annunciation has forever changed the world, human history, and all our lives.

[Prayer to St. Joseph](#)

[Plenary Indulgence](#)

How will you celebrate these two great solemnities as a family?

Breaking your Lenten Fast

You may want to celebrate the Solemnities of St. Joseph and of the Annunciation by together, as a family, having a special treat and talking about what the day is and what it means to you! During Sundays in Lent and on special feast days (solemnities), Catholics may break their fast. See the links below to learn more about fasting during lent:

[Q & A about Lent](#)

[Oasis Lent Celebrations](#)

Easter

The Easter season, which is fifty days long, officially begins at the Easter Vigil (the night before Easter Sunday). The first eight days of Easter, the Easter Octave, are celebrated as Solemnities (the most solemn or greatest of feast days). Don't forget to consider how you will celebrate the Easter Octave and what you might do to keep the Risen Jesus at the center of your homes that week—possibly by reading and discussing the daily Gospel reading together during dinner, and by praying the Divine Mercy Chaplet on the Second Sunday of Easter, Divine Mercy Sunday.

How will you celebrate the Easter Octave as a family?

