

## **Activities for Holy Week**

### **Palm Sunday**

Put a cross or statue of Jesus in the middle of your dinner table.

Talk about how you, as a family, can make Jesus the center of your family life.

As we celebrate Jesus' entry into Jerusalem and hear of the people who welcomed him, think about the ways your own family welcomes Jesus through the people who visit your home.

Color eggs this week as a symbol of new life that comes from resurrection.

### **Holy Thursday**

Celebrates Jesus' command to serve others, modeled in the washing of feet and celebration of Eucharist.

How do you serve others in your family, church, and community?

How does receiving Eucharist change us?

Do something for someone in need or an elderly person in your neighborhood.

Have a pray time where you wash each other's hands while saying "I love you."

Share a time when someone showed an act of kindness for you.

Have a special family meal on Holy Thursday.

Go to Holy Thursday Mass in person or online.

### **Good Friday**

The cross is a sign of God's great love for us.

Set aside some prayerful time between noon and 3:00 pm. No electronics or cell phones (quiet time).

Pass the cross from person to person. When each person holds the cross he or she can pray silently or aloud.

Do I need to forgive someone or ask for forgiveness?

Good time to have a family sharing on forgiveness.

### **Easter Sunday**

Come to Mass to celebrate new life of Jesus.

Use the colored eggs as part of your Easter dinner remembering new life of Jesus.

Light candles (battery operated) on dinner table remembering Jesus as light of this world.

How can we as a family spread the new life, hope, peace, and light of Jesus to others?