

**National Catholic  
Partnership on Disability**  
**Alianza Nacional Católica  
sobre la Discapacidad**

## Adapted Faith Formation Activities



## Holy Week

Council on Developmental and Intellectual Disabilities

## Family Faith Formation



“The witness of Christian life given by parents in the family comes to children with tenderness and parental respect. Children thus perceive and joyously live the closeness of God and of Jesus made manifest by their parents in such a way that the first Christian experience frequently leaves decisive traces which last throughout life.”

—General Directory for Catechesis #226



# **Four Keys for Practicing Faith**

- **Caring Conversations**
- **Family Devotions and Prayer**
- **Family Rituals and Traditions**
- **Family Service**

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# Caring Conversations

## *Holy Week*

On Palm Sunday, we celebrate Jesus' arrival to the city of Jerusalem. To commemorate this special day, blessed palms are distributed during all Palm Sunday Masses. According to the Modern Catholic Dictionary (<http://www.therealpresence.org/dictionary/adict.htm>). Palm Sunday is:

The Sunday before Easter and the sixth and last of Lent, and the beginning of Holy Week. On this day the Church commemorates Christ's triumphal entry into Jerusalem, when olive and palm branches were strewn in his path. In the liturgy the memorial of this event is included in every Mass, with the procession or solemn entrance before the principal Mass, and with the simple procession before the other Masses on Palm Sunday.



In preparation for Holy Week, your family may choose to discuss the events which Catholics hold so dear during this very holy time of our liturgical year. The following Bible verses may help guide your conversations.

- Palm Sunday: Matthew 21:1-11; Mark 11:1-11; Luke 19:28-40; John 12:12-19
- Holy Thursday: Matthew 26:17-75; Mark 14:12-72; Luke 22:7-71; John 13-17 & 18:1-27
- Good Friday: Matthew 27:1-61; Mark 15:1-47; Luke 23:1-56; John 18:28-40 & 19:1-42

Perhaps your family will participate in the following “Holy Week Timeline Activity”. Be sure to take the time to talk about the different events and what they mean to your family. Loved ones may also choose to sort and/or decorate pictures associated with the different days of Holy Week. Sample pictures may include:





Palm Sunday



Holy Thursday



Good Friday

(Image from: [clipart-library.com](http://clipart-library.com))



## Holy Week Timeline Activity

Directions: Cut out the days of Holy Week noted below (Palm Sunday, Holy Thursday, Good Friday) and attach them to a separate piece of paper. Cut apart the descriptions; sort and place them under the day the event happened.

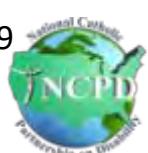
### Days of Holy Week

Palm Sunday	Holy Thursday	Good Friday
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Jesus was crucified and died.	People waved palm branches & laid them at Jesus' feet to honor him.	Jesus celebrated the Last Supper with his disciples.	Jesus suffered his agony in the garden.
1	2	3	4
One week before Easter.	The Friday before Easter.	The Thursday before Easter.	The last Sunday of Lent.
5	6	7	8
Jesus said, "Father, forgive them, they know not what they do."	The soldiers found Jesus praying and arrested him.	Jesus said, "Father, into your hands I commend my spirit."	Our sins were forgiven when Jesus died on the cross.
9	10	11	12
Jesus rode into Jerusalem on a donkey.	People shouted, "Hosanna", to Jesus.	Peter denied Jesus three times.	Jesus was sentenced to death.
13	14	15	16
Jesus served the disciples by washing their feet. He told them to serve others.	Jesus was taken down from the cross, wrapped in clean linen and laid in the tomb.	The soldiers put a crown of thorns on Jesus' head. They made him carry a heavy cross.	Jesus said, "Take and eat; this is my body." and "This is my blood of the covenant, which will be shed for many."
17	18	19	20

Answer Key: Palm Sunday: 2, 5, 8, 13, 14; Holy Thursday: 3, 4, 7, 10, 15, 17, 20; Good Friday: 1, 6, 9, 11, 12, 16, 18, 19



# Family Devotions and Prayer

## *Good Friday – Stations of the Cross*

The Stations of the Cross depict the Passion of Christ - the events surrounding His suffering and death on Good Friday (the Friday before Easter Sunday). The fourteen stations include:

1st Station: Jesus is condemned to death

2nd Station: Jesus carries His cross

3rd Station: Jesus falls the first time

4th Station: Jesus meets his mother

5th Station: Simon of Cyrene helps Jesus to carry his cross

6th Station: Veronica wipes the face of Jesus

7th Station: Jesus falls the second time

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time

10th Station: Jesus' garments are stripped away

11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross

13th Station: The body of Jesus is taken down from the cross

14th Station: Jesus is laid in the tomb



When an individual moves from station to station, he/she can silently meditate, reflect on the portrayed image, or say a prayer. On Good Friday, your family may choose to attend a Stations of the Cross prayer service at your parish. Another option is to create your own service at home. The following resources may be helpful in creating your prayer service:

- Good Friday Reflection (in English and Spanish) –

<https://catholiccurrent.org/catechetical-corner/good-friday-reflection/>

- A free set of coloring pages for the Stations of the Cross –

<http://www.drawn2bcreative.com/stations-of-the-cross-coloring-pages/>

- Ecumenical Stations of the Cross –

<https://catholiccurrent.org/prayers/we-make-the-journey-of-the-cross-with-jesus-an-ecumenical-stations-of-the-cross/>

- Audio of Stations of the Cross - <https://www.usccb.org/resources/stations-cross>

- Prayers to accompany the Stations of the Cross (in English and Spanish) -

<https://onlineministries.creighton.edu/CollaborativeMinistry/stations.html>

- Pray the Stations of the Cross - the Archdiocese of Cincinnati –

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

- Vía Crucis (Stations of the Cross - Spanish) - Resurrection Catholic Church –

<https://www.youtube.com/watch?v=rA0-4ivN6Go>



# Family Service

## Holy Thursday

On Holy Thursday, we remember many events of Jesus' last day before his crucifixion - the Last Supper, the Agony in the Garden, the Betrayal and Arrest of Jesus. All four Gospels include readings for this day - Matthew 26:17-75; Mark 14:12-72; Luke 22:7-71; John 13-17 & 18:1-27. The Washing of the Disciples' Feet is told in John 13:1-20. This event is reenacted annually during the Holy Thursday Mass of the Lord's Supper. It is a reminder of the Lord's command to love and serve one another.



Your family may choose to honor Jesus' command and the Washing of the Feet by collecting personal sized hygiene products (i.e., soap, shampoo, toothpaste, etc.). These items can be placed in individual bags and donated to your parish's Social Needs Ministry or an area shelter that services individuals in need. Family members may opt to decorate the bags and include the "Good News" of our Lord's resurrection:

**Go into the whole world and proclaim the gospel to every creature.**

Mark 16:15

**Do not be afraid.**

Matthew 28:10

**The Lord has truly been raised.**

Luke 24:34

**I have seen the Lord.**

John 20:18

**I am with you always.**

Matthew 28:20

**Peace be with you.**

Luke 24:36

**He has been raised.**

Mark 16:6

**Blessed are those who have not seen and have believed.**

John 20: 29



More information about the Washing of the Feet can be found at the USCCB website –  
“Holy Thursday Mandatum - Who may participate in the rite of the washing of the feet  
during the Holy Thursday Mass of the Lord’s Supper?”

<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/triduum/holy-thursday-mandatum>



# Holy Week – Tips and Tools

## Vocabulary of Holy Week

### Blessed Palm Leaves

*A sacramental of the Church. They are blessed and distributed to the faithful on Palm Sunday, commemorating the multitude bearing palms who triumphantly led Christ in procession on that day in Jerusalem. In the prayer of blessing, the priest says, "Almighty God, we pray you to bless these branches and make them holy." During the procession with the palms the people walk in joyous public demonstration of their loyalty to Christ.*

### Chrism Mass

*A Mass held on Holy Thursday morning. During this Mass, the Bishop blesses the Holy Oil to be used throughout the year.*

### Crown of Thorns

*A wreath of thorns mockingly placed on the head of Christ by Pilate's soldiers.*

### Crucifix

*A cross bearing the image of Christ. It must be placed on or over an altar where Mass is offered. Due reverence is always given to it. It is sometimes carried as a procession cross leading a line of clergy. A crucifix is attached to the Rosary beads, and many liturgical blessings are to be given with it. A blessed crucifix is a sacramental and is commonly displayed in Catholic hospitals, homes, and institutions.*

### Crucifixion

*Execution of a criminal by nailing or binding to a cross. The crucifixion of Christ between two thieves is recorded by all four Evangelists.*



## **Easter Vigil**

*The ceremonies of Holy Saturday and the most solemn memorial of the liturgical year. They consist of four parts: Service of the Light, Liturgy of the Word, Liturgy of Baptism, and Liturgy of the Eucharist. The entire celebration takes place at night, and therefore it should not begin before nightfall and should end before dawn on Easter Sunday.*

## **Garden of Gethsemane**

*The garden lying outside Jerusalem on the Mount of Olives where Jesus spent the agonizing hours praying prior to his arrest (Mark 14:32-52, John 18:1-12).*

## **Good Friday**

*Friday in Holy Week, anniversary of Christ's death on the Cross, and a day of fast and abstinence. Good Friday remains the only day in the year on which Mass is not celebrated in the Roman Rite.*

## **Holy Saturday**

Holy Saturday falls between Good Friday and Easter Sunday. During the day following His crucifixion, Christ freed the just souls in Hell. The welcoming of the Catechumens into the Church and the Easter Vigil take place on Holy Saturday.

## **Holy Thursday**

*Also called Maundy Thursday, the anniversary of the Last Supper, when Christ instituted the Eucharist, the Sacrifice of the Mass, and the sacrament of the priesthood. On Holy Thursday, since the early Church, the blessing of the holy oils has taken place (during the Chrism Mass).*

## **Holy Week**

*The week preceding Easter, from Passion (Palm) Sunday through Holy Saturday inclusive. During this week the Church commemorates the Passion of Christ, and all the ceremonies reflect this attitude of sorrow, yet joined with gratitude for God's mercy in becoming man in order to suffer and die for a sinful mankind.*



## **Last Supper**

*The last meal taken by Christ with his apostles, the night before his Passion. On this occasion he instituted the Holy Eucharist and the priesthood, and gave the apostles the long discourse on the Trinity and Christian charity, as recorded by St. John. He then proceeded to Gethsemane and the Agony in the Garden.*

## **Mass of the Lord's Supper**

Mass on the evening of Holy Thursday in remembrance of the Last Supper and the institution of the Eucharist.

## **Palm Sunday**

*The Sunday before Easter and the sixth and last of Lent, and the beginning of Holy Week. On this day the Church commemorates Christ's triumphal entry into Jerusalem, when olive and palm branches were strewn in his path. In the liturgy the memorial of this event is included in every Mass, with the procession or solemn entrance before the principal Mass, and with the simple procession before the other Masses on Palm Sunday. Blessed palms are distributed during Palm Sunday Masses. Palm Sunday is also known as Passion Sunday.*

## **Paschal Candle**

Also known as the Easter candle, it is a large candle in which five grains of incense have been incased as a symbol of Christ's wounds. It is blessed on Holy Saturday in a special service and is symbolic of the Risen Savior, Light of the World. It is then used in the blessing of baptismal water and remains during the Paschal season in the sanctuary, where it is lighted during liturgical services. The Paschal candle also contains a symbol of the cross, the Greek letter alpha and omega (to symbolize that God is the beginning and the end), and the year the candle is being used.

## **Passion**

*The events surrounding the Suffering and Death of Jesus Christ; part of the religious rite of Holy Week in the Catholic Church.*

## **Resurrection**

*The rising from the dead of Christ on the third day after his death and burial. Christ's Resurrection is a basic truth of Christianity, which is expressed in all the Creeds and in all rules of faith of the ancient Church.*



## **Shroud of Turin**

*Relic of the winding sheet in which Christ was likely buried, and venerated in Turin, Italy. It is a strip of linen cloth, fourteen feet three inches long and three feet seven inches wide, bearing the front and back imprints of a human body. Tradition for its authenticity dates from the seventh century. Originally enshrined in France, it was transferred to Turin in 1578. It is kept in a richly decorated elaborate case behind the main altar. Recent analysis tends to verify the authenticity of this relic. The marks of the sweat and blood constitute a photographic phenomenon whose nature and preservation have not been explained naturally. An entire science, called sindonology (Latin *sindo*, shroud), has developed to study and draw theological implications from the Holy Shroud.*

## **Stations of the Cross**

*A devotion performed by meditating on the Passion of Christ, successively before fourteen stations of the Cross. These stations reflect Christ's last moments on earth; we remember His suffering, death, and being laid in the tomb.*

## **Tomb**

A cave-like space cut into stone. Jesus was laid in a tomb after he died on the cross.

## **Triduum**

The Sacred Triduum *commemorates the biblical three days that Christ lay in the tomb*. It begins with the Evening Mass of the Lord's Supper on Holy Thursday, continues through Good Friday & the Easter Vigil on Holy Saturday, and closes with Evening Prayer on Easter Sunday.

## **Veronica's Cloth**

The cloth with which tradition holds that the saintly Veronica wiped the face of Jesus on his way to Calvary. Christ is said to have left the imprint of his face on the veil.

## **Washing of the Feet**

An action of Christ at the Last Supper (John 13:1-15), when he washed the feet of his disciples to teach them humility as a condition for the practice of charity. This was believed by some early Christians to have been a sacrament of the New Law. As part of the liturgy on Holy Thursday, following the Homily of the Mass, modern popes have performed this ceremony in St. Peter's, washing the feet of a certain number of poor men chosen to participate in the Maundy Thursday liturgy.

The ritual is an optional part of the regular Holy Thursday liturgy.



The above text noted in *italics* comes from the “Modern Catholic Dictionary” - Real Presence Association - <http://www.therealpresence.org/dictionary/adict.htm>



Palm Sunday



Garden of Getsemene



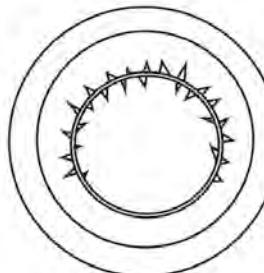
Last Supper



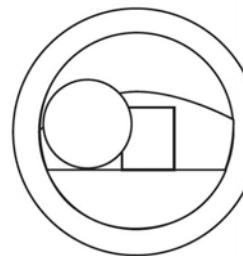
Washing of the Feet



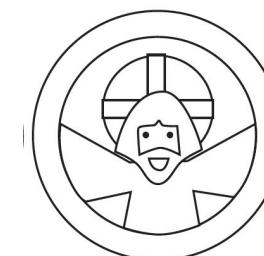
Stations of the Cross



Good Friday



Tomb



Resurrection

## USCCB Scripture Resources

Daily Readings:

[English](#)

[Daily Readings Audio](#)

[Video Reflection](#)

Click on the links above to reflect on Scripture by reading, listening or viewing the reading.



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# National Catholic Partnership on Disability

## Council on Intellectual and Developmental Disabilities

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[NCPD Council on Intellectual and Developmental Disabilities](#)

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