

PALM SUNDAY

April 5, 2020

ARCHDIOCESE OF SEATTLE

At Home with Faith

As Catholics, we are preparing for something unprecedented: celebrating Holy Week apart from one another, starting with Palm Sunday, April 5.

As parents, we are faith leaders in our home. During these challenging times, it may feel like we are leading our families through a spiritual desert. But time in the desert can be fruitful and our families need to know that Jesus is with us.

Read

Palm Sunday begins with Matthew's account of Jesus' entry into Jerusalem and concludes with his account of the Passion of Jesus. Whether alone or as a family, prepare for watching Mass by reviewing these readings. They set the stage for what is about to happen.

Matthew 21:1-11

This scripture passage describes Jesus' triumphant entry into Jerusalem. Note how joyful the people are at this fulfilling of the prophecies of the Messiah.

Isaiah 50:4-7

The first reading illustrates the kind of Messiah that God promised, a suffering servant.

Psalms 22

Notice the words Jesus cries out from the cross: "My God, my God why have you forsaken me?" These words are a quote from this psalm that starts in sadness, but ends in hope.

Philippians 2:6-11

The second reading reveals the meaning behind Jesus' sacrifice on the cross.

This would be a great opportunity to use your family Bible!

Don't have access to a Bible in the home? Log on to www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

At Home with Faith

Be ready for a fruitful experience of the Mass

Here are some suggestions for a beautiful and solemn experience of Palm Sunday Mass.



Live Stream Mass with Archbishop Etienne

Every morning at 8:30 am (including Palm Sunday, April 5)

Vimeo
vimeo.com/archdioceseofseattle

Facebook
[@ArchdioceseofSeattle](https://www.facebook.com/ArchdioceseofSeattle)

If possible, find a live stream of your parish's Palm Sunday Mass. This is best because you will celebrate the Mass together with your home parish community. If that's not available, watch Archbishop Etienne's celebration of Palm Sunday Mass at 8:30 am on Palm Sunday, April 5, at vimeo.com/archdioceseofseattle or Facebook at [@ArchdioceseofSeattle](https://www.facebook.com/ArchdioceseofSeattle).

The Palm Sunday Mass is very sacred. It's a good idea to dress as you would to go to Mass and eliminate distractions. Put phones, tablets and laptops in another room. Sit in a chair that lets you stand, sit and kneel with the congregation and participate in the responses. Download the *Laudate* or *iBreviary* app to follow along with the Mass readings and prayers. If you have young children at home and they don't behave perfectly, don't worry. You made Mass part of your life at home, and that is what matters most.

Pray the Act of Spiritual Communion. Since our current circumstances prevent us from attending Mass, we can make the Act of Spiritual Communion, which is a source of grace.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

If you have the means, enjoy a nice meal afterwards. All of us are under a lot of stress at this time. Take a moment after Mass to take comfort in the blessings of food and family.



Talk about what you just saw and heard.

Ask your children about what they observed from the reading of the Passion. Let them know that Jesus really did that for us. He really gave his life for us. Ask them how they think the disciples felt after the Passion. Ask them if they sometimes feel like that too.

Have a movie night! Watch a movie on Palm Sunday or one or two nights of Holy Week about the life of Christ. Some suggestions:

The Miracle Maker (2000), starring Ralph Fiennes as Jesus, is a great movie about the life of Christ. Suitable for all ages.

The Passion of the Christ (2004), starring Jim Caviezel, is a very dramatic presentation of the Passion. Rated R for intense scenes.

The Greatest Story Ever Told (1965) is a classic film about the life of Christ. Suitable for all ages.

You can also find many wonderful videos on FORMED! Try it now for free at [leaders.formed.org/seattle](https://www.leaders.formed.org/seattle).

Participate in a Palm Sunday virtual retreat. Go on a free, virtual retreat this Palm Sunday, April 5, 7-8:30 pm Pacific. Register online at <https://tinyurl.com/w63c8mb>. Hosted by Liturgy Training Publications.

Enrich your Palm Sunday experience

Take part in activities that comfort and feed the soul.

At Home with Faith

Find reconciliation with God as we shelter in home. Call your parish to find out if they are making appointments for confession. If not, Pope Francis has these encouraging words for us:

“This is the right time, the opportune moment. An act of contrition done well, and our souls will become white like the snow.” He went on to say, “Return to your father who is waiting for you. Make an act of contrition and promise God ‘I will go to confession afterward but forgive me now and you will return to a state of grace with God.’”

The Catechism of the Catholic Church reads, “When it arises from a love by which God is loved above all else, contrition is called perfect (contrition of charity). Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible.” (CCC 1452)

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

“I was lonely and you visited me” – perform a corporal work of mercy by reaching out to the lonely. This time of social distancing can be painful for those who live alone. Take a moment to give them a call. Ask them how they are doing and if they would like to pray with you. It will bring God’s love into their life. If you need a script to help you, visit marriagefamilylife.seattlearchdiocese.org/athomewithfaith.

Plan to participate in live-streamed Masses and services for Holy Week and Easter Sunday. If this is not available through your own parish, you can plan to watch Mass with Archbishop Etienne at vimeo.com/archdioceseofseattle or on Facebook [@ArchdioceseofSeattle](https://www.facebook.com/ArchdioceseofSeattle). See the Holy Week schedule on this page.

Be prepared to dress up for Easter Mass. Talk with your children ahead of time about what special outfit they want to wear.

Invite your family to participate in the live stream Masses of Holy Thursday, Good Friday and Easter Sunday. Consider streaming the Easter Vigil for a special experience of this most sacred of all our liturgies. See the Mass schedule to the right.

Plan to celebrate Easter with your loved ones via Skype or FaceTime. Reach out to your parents, relatives and friends before or after your Easter brunch or meal. Social distancing does not have to get in the way of spreading Easter joy!

Look for the Triduum issues of At Home with Faith, due out at the start of Holy Week. You can find all At Home with Faith issues online at marriagefamilylife.seattlearchdiocese.org/athomewithfaith.

Prepare for Holy Week

Although we can’t gather in our churches to celebrate Holy Week, we can bring the holiness of these coming days into our hearts and homes.



Holy Week Celebrations

Live streaming available through Vimeo or Facebook

Vimeo

vimeo.com/archdioceseofseattle

Facebook

[@ArchdioceseofSeattle](https://www.facebook.com/ArchdioceseofSeattle)

Schedule:

Holy Thursday
Mass of the Lord's Supper
 Thursday, April 9
 6:00 pm

Good Friday of the
Lord's Passion
Veneration of the Cross
 Friday, April 10
 3:00 pm

Holy Saturday
Easter Vigil
 Saturday, April 11
 8:30 pm

Easter Sunday
Mass of Easter Day
 Sunday, April 12
 8:30 am

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More resources

Prayers, videos and more,
for the whole family.

*Above: Our Lady of Seattle,
St. James Cathedral.
Photo: Archbishop Paul D. Etienne*

Prayer to Our Lady of Seattle

Holy Mary, we come before you as spiritual children in great need, seeking your intercession, and asking that your mantle of love surround us to console, protect, and lead us to your son Jesus.

We entrust all of God's family, especially the church in Western Washington, into your immaculate hands. With your son Jesus' gentle power you can undo any knot in our church, and in the lives of believers who entrust themselves to your care.

Today I especially entrust to you safety in this time of the Coronavirus, and I ask that - through your intercession, and that of St. James, our guardian angels, and the faithful in our Archdiocese - we may be free from every spiritual and temporal ill, and be safely led to encounter your son's merciful, sacred heart.

Our Lady of Seattle, Undoer of Knots, pray for us.

Holy Week, Palm Sunday, Easter videos and resources from Archdiocese of Seattle Faith Formation

<https://seattlearchmedia.weebly.com/easter.html>

Ten Ways to Meditate on Christ's Passion Written by Fr. Ed Broom, OMV

<https://catholicexchange.com/ten-ways-to-meditate-on-christs-passion>

Beautiful 3-minute introductory video about Palm Sunday Produced by Catholic Online

<https://www.youtube.com/watch?v=SoujG6h7UGI>

For more resources, visit us online at:

marriagefamilylife.seattlearchdiocese.org/athomewithfaith

**Christ became obedient to the point of death,
even death on a cross.
Because of this, God greatly exalted him
and bestowed on him the name which is above every
name.**

Philippians 2:8-9