



**HOLY THURSDAY**

April 9, 2020

ARCHDIOCESE OF SEATTLE

# At Home with Faith

With Holy Thursday, April 9, we begin the Holy Triduum, the most sacred time of the liturgical year and a journey toward Easter.



## Read

Prepare for Holy Thursday Mass by reading the scriptures for the day with your family.

### Don't have access to a Bible?

Log on to [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

On Holy Thursday, April 9, we celebrate the Last Supper when Jesus gave us the Eucharist and instituted the priesthood. Because the Coronavirus pandemic has confined us to our homes, we cannot celebrate these liturgies in our parishes. It's not just active practicing Catholics who have lost something because of this. Many who have been away from the sacraments may now want to renew their relationship with God and offer their families a hope that goes beyond human power.

**You are not alone!** Jesus is with you and so is His Church. Even though we cannot gather in our parish churches, we can be united through faith. God wants to use this moment to grow closer to us. Take this opportunity to welcome Him into your home during these three most holy days.

### **Exodus 12: 1-8, 11-14**

The story of the Passover shows how God freed his people from slavery to make them a nation.

### **1st Corinthians 11: 23-26**

St. Paul reminds us that we celebrate the Eucharist expecting Jesus return.

### **John 13:1-15**

Jesus gives us the Eucharist and shows us how we are called to serve.

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## Watch

Join in a livestream of a Mass celebration. Contact your parish to find out if they will livestream their Holy Week liturgies. If not, watch Archbishop Etienne's Holy Week celebrations through Vimeo or Facebook.



### Live Stream Mass with Archbishop Etienne

Vimeo

[vimeo.com/archdioceseofseattle](https://vimeo.com/archdioceseofseattle)

Facebook

@ArchdioceseofSeattle

See the next page for the Holy Week Schedule

**Experience the Triduum with your young kids.** Many families with young children can find it challenging to attend all of Triduum liturgies because they tend to run past many children's bedtimes. Live streamed liturgies provide more flexibilities to watch live or later, and it's a shorter trip to bed.

**Make a sacred space.** If you haven't already done so, go to the At Home with Faith webpage to find tips on setting up a prayer table in your home: [marriagefamilylife.seattlearchdiocese.org/athomewithfaith](https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith). A prayer table can serve as a wonderful place of honor for family sacramentals such as rosaries, holy cards, baptismal candles or a family Bible. Share with your family the stories behind each of these sacramentals.

**Make this a sacred time.** Dedicate the night to faith, setting aside electronic distractions for the night.

**Pray the Act of Spiritual Communion.** Though we are prevented from celebrating the Eucharist together, our Lord still wants to be welcomed into our hearts. As you watch a live streamed Mass together as a family, recite together this prayer by St. Aphonus Liguori:

#### 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.

Go to [marriagefamilylife.seattlearchdiocese.org/athomewithfaith](https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith) to learn more about Spiritual Communion.

On Holy Thursday, Jesus welcomed the disciples to dinner by washing their feet. This was an incredible thing because here was the Son of God doing a job normally performed by only the most humble of slaves. Jesus then told the disciples, **"I have given you a model to follow, so that as I have done for you, you should also do."**

- Ask your family, **"What do these words mean to you?"**

During the Lord's Supper, Jesus gathered the disciples at dinner to remember what God had done for them. He did this so they could understand the sacrifice that He was about to make.

- Tonight at dinner, **share with your family about why you are Catholic and who taught you about the faith.** If you can, give that person a call tonight as a family to say thank you.

## Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

# At Home with Faith

**Learn about Salvation History.** Jesus uses the Last Supper to teach how Salvation History points to what he would do on the cross. Visit [leaders.formed.org/seattle](http://leaders.formed.org/seattle) to find great videos that teach the meaning of Salvation History to old and young alike.

**Connect with your parish.** Your pastor and parish community want to be there for you. Help them do that by checking your parish website, looking up your parish on Facebook or calling the Parish Office. They will be happy to be there for your family, and pray with you.

**Remember to reach out to those who may be lonely as they shelter in home.** A phone call or video chat can be a powerful expression of God's love, especially for those who are far away, lonely or anxious. Take a moment to reach out and remind someone of God's love and presence during this difficult time. If you need a script to help you, visit [marriagefamilylife.seattlearchdiocese.org/athomewithfaith](http://marriagefamilylife.seattlearchdiocese.org/athomewithfaith).

**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 watch a live stream the Holy Week liturgies.** This could be the perfect opportunity to invite loved ones who have been away from the Church for some time. Consider streaming the Easter Vigil for a special experience of this most sacred of all our liturgies. See the liturgy 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!

## Experience Holy Week

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



### Holy Week Celebrations

Live streaming available through Vimeo or Facebook

Vimeo

[vimeo.com/archdioceseofseattle](http://vimeo.com/archdioceseofseattle)

Facebook

@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

**EASTER TRIDUUM**

# HOLY THURSDAY

"HAVING LOVED THOSE WHO WERE HIS IN THE WORLD, HE LOVED THEM TO THE END" (JN 13:1)

**WHAT DO WE CELEBRATE?**

- THE LAST SUPPER
- THE WASHING OF THE FEET
- THE INSTITUTION OF THE EUCHARIST AND THE PRIESTHOOD
- THE AGONY OF JESUS IN THE GARDEN OF GETHSEMANE

**WHICH ARE THE LITURGIES?**

- † Mass of the Lord's Supper
- † The Eucharistic Procession to the Altar of Repose for Adoration

**HOW CAN WE LIVE IT?**

- † Dedicate some time to Eucharistic Adoration
- † Join a Pilgrimage to visit Seven Churches in your area

INFORMATION FROM: CATHOLIC.NET

# At Home with Faith



## 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, Easter videos and resources from Archdiocese of Seattle Faith Formation

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

#### **\*NEW\*** At Home with Faith - Resources for Young Adults

<https://seattlearchmya.weebly.com/resources1.html>

#### **\*NEW\*** Bringing Camp Home - Resources for In-Home Family Camp Experiences by CYO Summer Camps

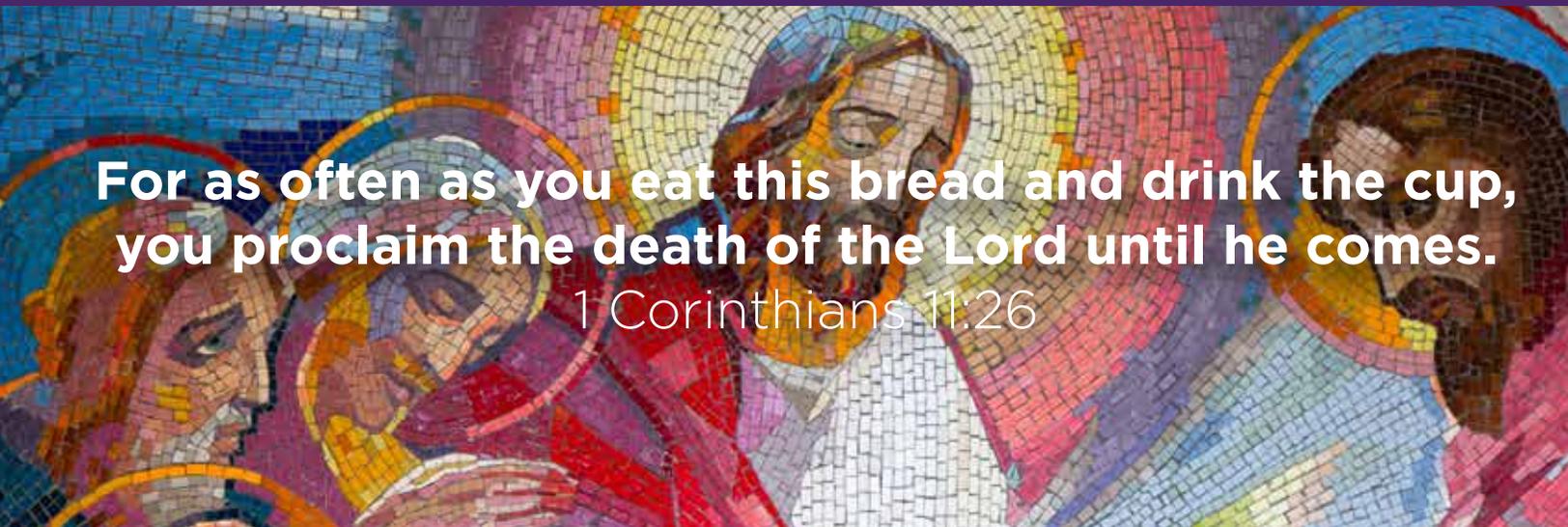
<https://seattlearchmya.weebly.com/resources1.html>

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

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

**For more resources, including words of encouragement  
from Archbishop Etienne for every day of the  
Easter Triduum, visit us online:**

[marriagefamilylife.seattlearchdiocese.org/athomewithfaith](http://marriagefamilylife.seattlearchdiocese.org/athomewithfaith)



**For as often as you eat this bread and drink the cup,  
you proclaim the death of the Lord until he comes.**

1 Corinthians 11:26