

CHRIST CHURCH CATHEDRAL



**Making Our**  
**Home**  
*for Faith*

***Lent, Holy Week,  
& Easter***





## A Letter from Dean Barkley Thompson

Dear Cathedral Family,

In the fall of this year the Cathedral produced the Making Our Home for Faith booklet as a resource to enrich our spiritual practice in daily life. In the midst of continued physical separation, we recognized the importance of finding ways to deepen our faith and connection to God and one another.

Last year, the Cathedral responded to the pandemic with grace and forbearance. In this time of continuing separation from one another, many individuals, friends, and families opened their homes and hearts to God's presence, and found nourishment for their souls: comfort, courage, hope, and God's inexhaustible love.

Nearly a year has passed since virus mitigation became a fixture of our common life. The arrival of the COVID-19 vaccine gives us hope for a not-too-distant future in which we may gather once again with hugs and handshakes. Even so, we recognize it will be some time before that day arrives. And the need to care for our souls through daily practice remains an important one. It has been a difficult year, one that requires intentional self-reflection and compassion if we are to emerge from this trial more oriented toward God, both individually and as a community. And so, in the seasons of Lent and Easter, I invite you to reflect upon the following questions:

What have you lost?

What have you realized is central?

What do you need?

What do you hope for?

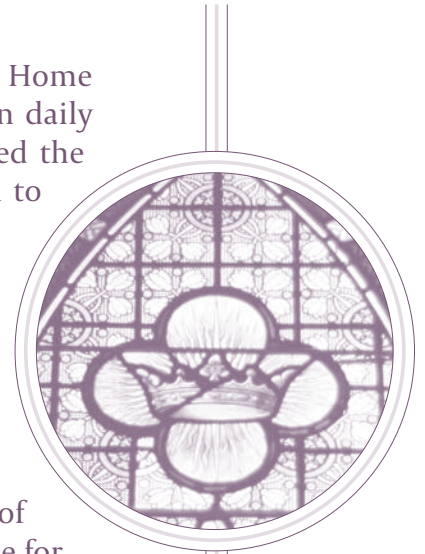
It is my hope that in prayer and reflection, through these questions, we might come to see the arc of God's salvation written in the story of our very own lives.

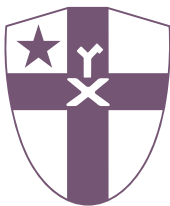
As we approach the seasons of Lent and Easter, we invite you to further deepen the transformative and life-affirming practices of our shared faith. This resource is meant to serve as a companion to the first Making Our Home for Faith booklet, with additional liturgies and activities for marking this most holy time.

Grace and Peace,



The Very Reverend Barkley Thompson, Dean





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# How to Use this Booklet

This booklet is a supplement to the *Making Our Home for Faith* booklet.\* It builds on the content of the first booklet by providing resources for spiritual practices specific to the seasons of Lent, Holy Week, and Easter that you can do at home.

It also offers some additional resources that can be used during any season. Like the first booklet, this one has icons that indicate which parts can be used individually, in pairs, with a small group, for families, and/or virtually.

Each of the three sections starts with some general information that we recommend reading ahead of time so you can prepare for the devotional activities in that section.

## HELPFUL ONLINE RESOURCES

**For links** to our Making Our Home for Faith Podcast, scripture resources, prayers and liturgies, youtube videos, music and movie suggestions, and spotify playlists visit [christchurchcathedral.org/homeforfaith/](http://christchurchcathedral.org/homeforfaith/).

**We encourage you to share** your experience with others by posting how this resource is helping you keep a holy Lent, enter Christ's passion, and celebrate Easter. Post to your preferred social media outlets with the hashtags #makingourhomeforfaith, #homeforfaith, #mohff in addition to #Lent, #holyweek, #easter.

\* **IF YOU DON'T HAVE A COPY** of the *Making Our Home for Faith* booklet you can download the pdf from the Christ Church Cathedral website at <http://www.christchurchcathedral.org/homeforfaith/>

## GETTING STARTED

### ITEMS YOU MAY NEED

- ❖ A candle
- ❖ A pair of candles for dinner table liturgy
- ❖ A Book of Common Prayer
- ❖ A Bible
- ❖ A cross or crucifix
- ❖ A bowl with water
- ❖ An item from nature
- ❖ Photos, icons, or images meaningful to you.

## ICON KEY



**GOOD FOR**  
*individual use*



**GOOD FOR**  
*couple use*



**GOOD FOR**  
*family use*



**GOOD FOR**  
*a small group*



**GOOD FOR**  
*use via phone or Zoom*

# Creating Sacred Space at Home During Lent and Easter

In Making Our Home for Faith we discussed creating a sacred space that contained a candle, a cross or crucifix, an icon, or other symbolic objects to help connect us to God.

We also suggested that the family dinner table can be a place to remember and connect to the sacred in our lives.

## LENT

During the Lenten season, consider these possibilities for signifying the themes of Lent at home:

**PURPLE IS THE LITURGICAL COLOR FOR LENT.** A purple ribbon or cloth can be draped around your cross or used on the table.

**TO SIGNIFY SELF-DENIAL AND SIMPLICITY,** ornate crosses are typically covered with cloth in the church, and silver chalices and patens are often stored away while pottery is used instead. If you have an ornate cross in your sacred space consider covering it or replacing it with a cross of a simpler design. Keep home décor and tableware simple.

**SPIRITUAL CLEANSING AND CONVERSION** can be signified by a bowl of water or a picture of a lake or river. Other symbols of your own baptism might also be used.

**A BOX OR BOWL OF SAND,** stones, or a picture of the wilderness can serve as symbols of Jesus' 40 days in the wilderness.

## EASTER

Keep the season of Easter alive in your heart with reminders of the fact that the season of Easter extends 50 days. Here are some ways:

**USE YOUR BEST DISHES** and silverware throughout the season.

**USE WHITE, YELLOW, OR GOLD** tablecloths or napkins on your table or in your sacred space to echo the colors used in church vestments.

**IF YOU CREATED A LILY GARLAND,** keep it up and turn it on for the 50 days of Easter.

**KEEP A VASE OF FLOWERS** in your sacred space or on your dining table throughout the season.

**KEEP A BOWL OF WATER** in your sacred space to remind you of your baptism or a picture of your baptism.

**PUT AN ICON OF THE RESURRECTION** or a picture depicting the resurrection in your sacred space.



# Practicing a Holy Lent





# Drawing Near to God Through Lenten Disciplines

The tradition of fasting in Lent dates back to the earliest days of the church. Iranaeus wrote about pre-Easter fasts in the second century of Christianity.

The first mention of fasting during the 40 days prior to Easter came from the Council of Nicea in AD 350.

If you are wondering how the days during the more than six weeks from Ash Wednesday to Easter add up only to 40, note that you can subtract Sundays during Lent, which are not fast days, because Sunday is always a feast of the Resurrection. Some people allow themselves to have whatever they have given up for Lent on the Sundays in Lent, while others may decide to maintain their discipline on Sundays.

Whether you keep your Lenten discipline on Sundays in Lent or not, the more important question is, what is the purpose of Lenten fasting, or “giving up something for Lent?”

The Lenten season is a time for intentional self-regulation, spiritual growth, conversion, and simplicity. It is a time for a spiritual cleansing of those things that hinder our relationship with Christ. Fasting and other forms of discipline are designed to transform the whole person: body, mind, and spirit, to make us more Christ-like.



To make our Lenten practice more meaningful, we might give up things we have a strong desire for, such as coffee, sweets, or alcohol.

We can also give up those aspects of our life that interfere with our relationships with others, such as excessive drinking, gossiping, being or overly critical.

Such discipline during the Lenten season can also be obtained by adding things to our life, such as setting aside time for prayer, Bible study, creativity, or acts of charity. One can set resolutions to keep, such as volunteering, giving to the poor, or simply being more generous to those around you.

In our attempt to exercise self-discipline during the season of Lent, we strengthen our spiritual muscles for the broader challenges of life. Having practiced self-denial in one area of life, we are more able to repeat that habit when called upon to do so in another context. These spiritual muscles enable us to put aside reflexive self-interest, and to respond to others with compassion, patience, and forbearance.

Lent also shows us the limits of our own abilities and agency. Discipline is difficult, and sometimes we fail. In Lent we discover our need for God's forgiveness, provision, and grace.



# Activities for the Season of Lent

## MAKE A DESERT BOX

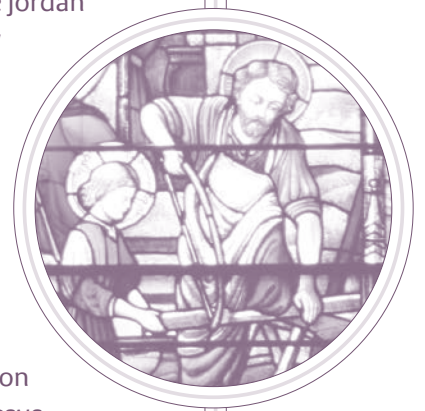
The Godly Play curriculum used for our children includes a large box of sand known as a “desert box.” When stories are shared using the desert box and simple props, the storyteller begins by saying, “So many important things for the people of God happened in the desert; we just have to have a piece of it with us.”

A simple desert box can be made by filling any box or bowl with clean sand. If using a shoe box or other box that has writing or color on it, cover the box with brown paper from a shopping bag. You may want to draw pictures of things that are in the desert on your box. We recommend doing an internet image search with the key words ‘desert plants’ and ‘desert creatures’ for ideas. Choose which animals and plants to draw.

Fill the box with sand and place a candle in the center of the box. (A birthday candle, votive, tea light ... whatever fits!)

### Prayers for Dedicating Your Desert Box

- ❖ **READ THIS PASSAGE:** Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my Son, the Beloved, with you I am well pleased.” Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’” *Luke 3:21, 22 and 4:1–4*
- ❖ **LIGHT THE CANDLE.**
- ❖ **WONDER ABOUT** what it was like to be in the desert. How did Jesus resist temptation? What would you be most afraid of if you were in the desert?
- ❖ **THEN, PRAY THIS PRAYER** or make up one of your own asking God to help you based on the things that came to mind during your reflection: Dear God, thank you for giving Jesus strength in the wilderness. Help us remember that we also have been given the Holy Spirit and help us to find our strength when we feel lonely, afraid, or weak. Amen.



### PLANTING SEEDS

Watering seedlings regularly takes discipline. Tending seedlings can help us remember the importance of regular prayer and scripture reading for spiritual growth. Here are some simple ways to make containers for starting seedlings indoors that use items you would normally recycle or throw away:

**PAPER EGG CARTONS** can be filled with potting soil and placed in a plastic or other water proof tray. When the time comes to plant them, cut the sections apart and plant them in the ground, carton and all.

**FILL AN EMPTY PLASTIC SALAD BOX** with empty toilet paper rolls standing up on end. (A layer of sand in the bottom will help if you have some left over from the desert box project.) A paper towel roll can also be used, cut into 3rds. Fill the rolls with potting soil and plant seeds in each roll according to seed package directions. The paper roll can be planted along with the seedling at the appropriate time in your garden.

If you have never planted seeds before, read the information on the back of the seed packet to determine the optimal time for planting and number of weeks to germination. Be sure to keep your seed packets for information about how far apart the plants should be when moved to the garden bed. Water your seeds frequently enough to keep the soil moist but not soaking wet. Seedlings need air as well as light and water.

#### A Liturgy for Planting Seeds

- ❖ **PREPARE YOUR PLANTING TRAY.** God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.” — *Genesis 1:29*
- ❖ **PLANT THE SEEDS.** When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, “The Lord has done great things for them.” The Lord has done great things for us, and we rejoiced. Restore our fortunes, O Lord, like the watercourses in the Negeb. May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves. — *Psalms 126*
- ❖ **WATER THE SEEDS.** In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. — *John 1:1-5*
- ❖ **CLOSING PRAYER.** O God, Creator of all good things, help these seeds to grow. May they be a sign for us of the Easter mystery: new life from death and burial. Help us walk by faith, dreaming of what will come though we can’t see it. As we tend these seeds, giving them water and light, may we be refreshed by Your Spirit as by living water, and by Your Word, our true light. In Jesus’ name, Amen.



## PRACTICES FOR TIDYING UP

### POLISHING SILVER

Lent is a time to prepare for Easter, and polishing silver is both practical and symbolic at this time of year. If you don't have silverware or silver serving pieces, silver jewelry is another item that can be carefully cleaned at this time. If cleaning jewelry you will probably want to use a commercial jewelry cleaner, available in most grocery stores.

Silver serving pieces and silverware can be cleaned and polished using a commercial polishing paste or using the process below. If using a commercial paste, follow the directions and wear gloves! If you want to get children involved, you can do the wet part of the process, and have the children buff off the dried silver cleaner later using an old sock or soft cloth.

An alternative method for cleaning silver can be used using baking soda and aluminum foil. Instructions can be found here:  
<https://www.apartmenttherapy.com/how-to-clean-silver-131048>

### OTHER DEEP CLEANINGS

In what part of your house do things carelessly get stashed? A junk drawer, a coat closet, a toy box or a game cabinet? Maybe a corner of the garage? Has your clothes closet been stuffed too full? Is your desk dusty? Choose one area — just one — for a deep clean.

- ❖ **START WITH A PRAYER THANKING GOD** for your life and the abundant material things you have. Take a “before” picture.
- ❖ **TAKE EVERYTHING OUT.** Wipe down shelves or drawers; vacuum the dust out of the corners.
- ❖ **SORT THINGS** and decide if anything should be donated rather than put back into your space. Ask yourself, would this item bless someone else more than it is blessing me?
- ❖ **PUT EVERYTHING BACK, THANKING GOD FOR EACH ITEM.** Consider arranging items in “rainbow” order so that you can remember God's rainbow after the flood every time you open that closet or drawer. (This works well with clothes or books for most people.)
- ❖ **TAKE AN “AFTER” PICTURE.** Post both pictures to social media with the hashtags #Lent and #makingourhomeforfaith.



## Prayers for the Season of Lent

### *Prayers for the Weeks of Lent*

#### FIRST WEEK OF LENT

Hear us, Jesus Christ, when we ask for help to recognize temptation, for honesty to face it, for strength to resist it, and for the humility to give God the glory.

#### SECOND WEEK OF LENT

Gentle Father, show us our sins as they really are so that we may truly renounce them and know the depth and richness of your mercy.

#### THIRD WEEK OF LENT

God of light, make our family like a rainbow shining and proclaiming to all the world that the storm is at an end; there is peace for those who seek it and love for the forgiving.

#### FOURTH WEEK OF LENT

Heavenly Father, you see how your children hunger for food and fellowship and faith. Help us to meet one another's needs of body, mind, and spirit, in the love of Christ our Savior.

#### FIFTH WEEK OF LENT

Most merciful God, by the passion of your Son Jesus Christ you delivered us from the power of darkness; grant that through faith in him who suffered on the cross we may be found acceptable in your sight, through our Savior Jesus Christ.

#### PRAYER FOR PALM SUNDAY

Lord Jesus, acclaimed as king, crucified as a criminal, teach us to accept our sufferings and triumphs for your glory alone.



## *Other Prayers Especially Suitable for Lent*

**PRETZEL PRAYER** Especially suitable for children

God, today I rest my hands upon my shoulders to remind me that you hold me like a hug. You love me and want to be close to me. Be near me today as I work, and talk, and listen, and play. Remind me that your hands rest on my shoulders too, guiding me always. Amen.

### **PRAYER FOR RECONCILIATION WITH A FAMILY MEMBER**

Dear God, there is discord in my relationship with \_\_\_\_\_. Please reveal to both of us the things we have done or left undone that have brought us to this place. We repent of our sin, known and unknown, intentional and without thought. Help us to seek and serve Christ in each other and, in so doing, embody the unity and joy of your heavenly banquet. Through Jesus Christ our Lord, Amen.

### **PRAYER FOR FORGIVENESS**

God of Mercy, we are sorry that we have not always done what you wanted us to do. We have not loved you with all our heart and we have not cared enough for other people. Forgive us, for Jesus' sake. Amen.

### **PRAYERS FOR GUIDANCE**

Oh my God, you know my weakness and failings, and that without your help I can accomplish nothing for the good of souls, my own and others'. Grant me, therefore, the help of your grace, according to my particular needs this day. Enable me to see the tasks you will set before me in the daily routine of my life, and let me set my hand to these tasks with the vigor and joy of one with whom you abide. And if I should face trials, suffering, or failure, I pray that your hand will lift me up, and I may be refreshed. In the name of Christ, I pray, Amen. *Prayers from Daily Prayer Ministries, Inc.*  
[http://dailyprayer.us/prayers/prayers\\_for\\_every\\_occasion.php](http://dailyprayer.us/prayers/prayers_for_every_occasion.php)

O, God, who guides the meek in judgment and makes the light rise out of darkness for the godly; Grant me, in all my doubts and uncertainties, the grace to ask what you would have me do, that the Spirit of Wisdom may save me from all false choices, and that in your light I may see light, and in your straight path may not stumble; through Jesus Christ our Lord. Amen. *BCP p. 832*



## *Days of the Week Scriptures for Lent*

### SUNDAY

Hebrews 12:1-3

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

### MONDAY

Romans 12:9-13

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

### TUESDAY

Philippians 4:4-7

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

### WEDNESDAY

Philippians 4:8-9

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.





## Practicing a Holy Lent + Prayers for Lent

### THURSDAY

Habakkuk 3:16–19

Though the fig tree does not blossom,  
and no fruit is on the vines;  
though the produce of the olive fails  
and the fields yield no food;  
though the flock is cut off from the fold  
and there is no herd in the stalls,  
yet I will rejoice in the Lord;  
I will exult in the God of my salvation.  
God, the Lord, is my strength;  
he makes my feet like the feet of a deer,  
and makes me tread upon the heights.

### FRIDAY

James 4:8, 10; Micah 6:8

Draw near to God, and he will draw near to you. Humble yourselves before the Lord, and he will exalt you.

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

### SATURDAY

Matthew 11:28–30

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’



# The Rhythm of Holy Week

The week between Palm Sunday and Easter are days of special devotion for Christians.

Having focused on our own need for repentance for several weeks, we now turn to focus on Christ's passion.

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The rhythm of the week will hopefully build to a crescendo that culminates with the Easter Vigil on Saturday night.



# Holy Week and The Easter Vigil



**PALM SUNDAY** We read of Christ's triumphal entry into Jerusalem and wave our palms, but the story quickly turns and we find ourselves shouting "Crucify Him!" with the masses. The Palm Sunday service with the reading of "The Passion" gives us an overview of the story we will enter into more deeply over the next several days.

**MONDAY – WEDNESDAY** We have provided a shortened version of the "Tenebrae" service titled "Entering the Shadows with Jesus" that you can do either over three nights or all on one night.

**MAUNDY THURSDAY** On this night we remember the "Last Supper," when Jesus connected his life to the events of the Jewish Passover and demonstrated Christian service by washing their feet. A service of foot-washing at home is provided, or watch a service online and participate at home by washing the feet of those in your household.

**GOOD FRIDAY** Stations of the Cross services are traditionally observed on Good Friday as we focus our attention on Jesus' death. You have many options for participating online or in person. We have suggested some ways of engaging with the stations at home.

**HOLY SATURDAY** We contemplate Jesus in the grave and our own feelings about death and grief. Yet we also turn toward hope, remembering the mighty acts of God as well as God's presence and love recounted in the readings at the Easter Vigil. In the midst of the darkness on Saturday night, the light returns and grows.



## Prayers for Holy Week

### PALM SUNDAY

Lord Jesus, acclaimed as king, crucified as a criminal, teach us to accept our sufferings and triumphs for your glory alone.

### MONDAY

Teach us, Jesus, how to live and worship without being worldly or greedy. Drive from our lives what spoils them and make us temples of the Spirit.

### TUESDAY

God, you have made known your love through Jesus' life and words. Help us to receive his teaching, to find the fullness of that love and bring its fragrance to others.

### WEDNESDAY

Jesus, receive our love and worship. Show us how to give you what we have, for nothing is too big or small for us to offer, or for you to use.

### MAUNDY THURSDAY

Infinite, intimate God; this night you kneel before your friends and wash our feet. Bound together in your love, trembling, we drink your cup and watch.

### GOOD FRIDAY

Lord Jesus Christ, crucified for us, we kneel at the foot of your cross to watch with you. Help us to see the cost of our forgiveness so that we may be made new through your love.

### HOLY SATURDAY

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



# An At-home Liturgy for Tenebrae

## TENEBRAE: ENTERING THE SHADOWS WITH JESUS

The dramatic service of Tenebrae consists of having several lighted candles which are extinguished one by one as Psalms and other readings are sung or read.

The last candle, representing Christ, is removed and hidden temporarily, and then, in the dark, a loud clap representing thunder is made. This represents the moment the veil in the temple was ripped. At the end of the service, the candle representing Christ is returned to its stand and worshipers depart in silence.

The Tenebrae service as outlined in the Book of Occasional Services (BOS)\* draws on prayers that were historically said over multiple days at prayer times during the night and early morning hours by monastic communities. Designed to be done as a single service, the liturgy in the BOS provides an extended meditation on Christ's passion, weaving together Psalms, Old Testament prophetic scripture passages, Gospel selections, and a treatise by St. Augustine. We are providing an abbreviated version here for home devotions that may be used with children at your discretion. This is a service that takes the participants into the darkness, and may not be suitable for very young children.

If done over three nights, Monday through Wednesday, along with Maundy Thursday and Good Friday services, your Holy Week will include special devotions for each day of Holy Week. Alternately, you can do all three parts as indicated below on any one of the first three nights of the week.

## You will need:

- ❖ 9 Candles
- ❖ Candle Holders Or A Desert Box
- ❖ A Candle Snuffer (Optional But Recommended)
- ❖ A Flashlight To Read By

## Instructions for at-home Tenebrae

**ARRANGE 9 CANDLES ON A TABLE OR STAND.** Be mindful of the risk of fire; do not overcrowd or put candles too close to flammable elements. You can also use tea lights placed on a platter, small saucers, or individual holders. If an eclectic arrangement of various candles and holders is used, the tallest one should be used as the Christ candle. The Christ candle will need to be removed, hidden, and returned, so be sure your Christ candle is in a sturdy holder that can be moved safely. Be safe as well as creative with your arrangement.

## DECIDE WHO WILL READ WHICH PARTS.

Each of the three sections begins with excerpts from the Psalms, followed by three lessons, each having a response and a repeated verse. Alternating between two or three people or passing the booklet around the table to all readers are simple ways to divide the readings. Decide who will snuff the candles at the appropriate time, and who will remove the lighted Christ candle and hide it, then bring it back to its place.

**IF DOING THE SERVICE OVER MULTIPLE NIGHTS,** pause at the end before extinguishing any remaining candles, and re-light three fewer candles each successive evening when you begin (i.e.: 9 are lit on the first night, 6 the second night, and 3 the final night.)

\*The entire Tenebrae service can be found beginning on page 65 of the BOS online here: [https://episcopalchurch.org/files/lm\\_book\\_of\\_occasional\\_services\\_2018.pdf](https://episcopalchurch.org/files/lm_book_of_occasional_services_2018.pdf). You will need 15 candles if you want to do the full version in the BOS; extinguish one candle after each reading of the Psalm indicated in each section titled "Antiphon."





## Tenebrae: Entering the Shadows with Jesus

### *Part 1, Monday Evening*

*In silence, light all nine candles slowly, one by one. Then begin the readings.*

Save me, O God, for the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God. Be pleased, O God, to deliver me. O Lord, make haste to help me! In you, O Lord, I take refuge; let me never be put to shame. In your righteousness deliver me and rescue me; incline your ear to me and save me. Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress. *Excerpts from Psalms 69-71*

#### FIRST LESSON

How lonely sits the city that once was full of people! How like a widow she has become, she that was great among the nations! She that was a princess among the provinces has become a vassal. She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has no one to comfort her; all her friends have dealt treacherously with her, they have become her enemies. Jerusalem, Jerusalem, return to the Lord your God!

#### FIRST RESPONSE

On the mount of Olives Jesus prayed to the Father: Father, if it be possible, let this cup pass from me. The spirit indeed is willing, but the flesh is weak. Watch and pray, that you may not enter into temptation.

#### FIRST VERSE

The spirit indeed is willing, but the flesh is weak.

*Extinguish the first candle.*





## SECOND LESSON

And from Daughter Zion all her majesty has departed; her princes have become like stags that can find no pasture, and that run without strength before the hunter. Jerusalem remembers in the days of her affliction and bitterness all the precious things that were hers from the days of old; when her people fell into the hand of the foe, and there was none to help her; the adversary saw her, and mocked at her downfall. Jerusalem, Jerusalem, return to the Lord your God!

## SECOND RESPONSE

My soul is very sorrowful, even to the point of death; Remain here, and watch with me. Now you shall see the crowd who will surround me; you will flee, and I will go to be offered up for you. Behold, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.

## SECOND VERSE

You will flee, and I will go to be offered up for you.

*Extinguish the second candle.*

## THIRD LESSON

Is it nothing to you, all you who pass by? Behold and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted, on the day of his burning anger. From on high he sent fire, into my bones it descended; he spread a net for my feet, and turned me back; he has left me desolate and faint all the day long. Jerusalem, Jerusalem, return to the Lord your God!

## THIRD RESPONSE

Lo, we have seen him without beauty or majesty, with no looks to attract our eyes. He bore our sins and grieved for us, he was wounded for our transgressions, and by his scourging we are healed.

## THIRD VERSE

Surely, he has borne our griefs and carried our sorrows: And by his scourging we are healed.

*Extinguish the third candle. (Either continue the service or snuff the remaining candles after a period of silence.)*

## Part 2, Tuesday Evening

*Light six candles if continuing from the previous day.*

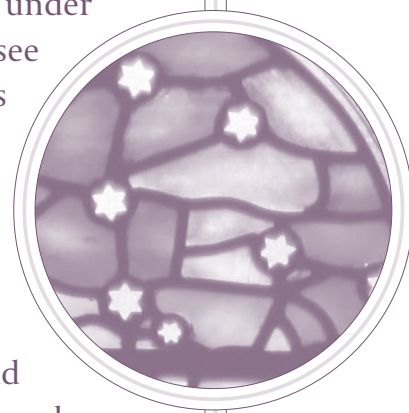
Why do the nations conspire, and the peoples plot in vain? The kings of the earth rise up in revolt, and the princes plot together, against the Lord and against his Anointed. My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? O my God, I cry by day, but you do not answer; and by night, but find no rest. I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. For dogs are all around me; a company of evildoers encircles me. My hands and feet have shriveled; I can count all my bones. They stare and gloat over me; they divide my clothes among themselves, and for my clothing they cast lots. Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence. I believe that I shall see the goodness of the Lord in the land of the living. Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! *Excerpts from Psalms 2, 22, 27*

### FOURTH LESSON

“Hear my prayer, O God; do not hide yourself from my petition. Listen to me and answer me. I mourn in my trial and am troubled.” These are the words of one disquieted, in trouble and anxiety. He prays under much suffering, desiring to be delivered from evil. Let us now see under what evil he lies; and when he begins to speak, let us place ourselves beside him, that, by sharing his tribulation, we may also join in his prayer. *from St. Augustine*

### FOURTH RESPONSE

When they had laid hands on Jesus and were holding him, he said: Have you come out as against a robber, with swords and clubs to capture me? Day after day I sat in the temple teaching, and you did not seize me; but now, behold, you scourge me, and lead me away to be crucified.



## FOURTH VERSE

Day after day I sat in the temple teaching, and you did not seize me; but now, behold, you scourge me, and lead me away to be crucified.

*Extinguish the fourth candle.*

## FIFTH LESSON

Would that those who now test us were converted and tried with us; yet though they continue to try us, let us not hate them, for we do not know whether any of them will persist to the end in their evil ways. And most of the time, when you think you are hating your enemy, you are hating your brother without knowing it. Only the devil and his angels are shown to us in the Holy Scriptures as doomed to eternal fire. It is only their amendment that is hopeless, and against them we wage a hidden battle. For this battle the Apostle arms us, saying, “We are not contending against flesh and blood,” that is, not against human beings whom we see, “but against the principalities, against the powers, against the rulers of the darkness of this world.” *from St. Augustine*

## FIFTH RESPONSE

Darkness covered the whole land when Jesus had been crucified; and about the ninth hour he cried with a loud voice: My God, my God, why have you forsaken me? And he bowed his head and handed over his spirit.

## FIFTH VERSE

Jesus, crying with a loud voice, said: Father, into your hands I commend my spirit. And he bowed his head and handed over his spirit.

*Extinguish the fifth candle.*

## SIXTH LESSON

“For I have seen unrighteousness and strife in the city.” See the glory of the cross itself. On the brow of kings that cross is now placed, the cross which enemies once mocked. Its power is shown in the result. He has conquered the world, not by steel, but by wood. The wood of the cross seemed a fitting object of scorn to his enemies, and standing before that



## Holy Week & The Easter Vigil + Tenebrae

wood they wagged their heads, saying, “If you are the Son of God, come down from the cross.” He stretched out his hands to an unbelieving and rebellious people. If one is just who lives by faith, one who does not have faith is unrighteous. Therefore, when he says “unrighteousness,” understand that it is unbelief. The Lord then saw unrighteousness and strife in the city, and stretched out his hands to an unbelieving and rebellious people. And yet, looking upon them, he said, “Father, forgive them, for they know not what they do.” *from St. Augustine*

### SIXTH RESPONSE

See how the righteous one perishes, and no one takes it to heart. The righteous are taken away, and no one understands. From the face of evil the righteous one is taken away, and his memory shall be in peace. Like a sheep before its shearers is mute, so he opened not his mouth.

### SIXTH VERSE

By oppression and judgment, he was taken away: And his memory shall be in peace.

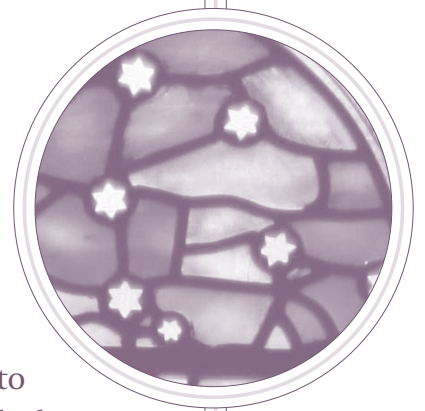
*Extinguish the sixth candle. (Either continue the service or snuff the remaining candles after a period of silence.)*

## Part 3, Wednesday Evening

*Light three candles if continuing from the previous day*

### SEVENTH LESSON

We do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. *Hebrews 4:15-5:10; 9:11-15a*





## SEVENTH RESPONSE

I was like a trusting lamb led to the slaughter. I did not know it was against me that they devised schemes, saying, Let us destroy the tree with its fruit; let us cut him off from the land of the living.

## SEVENTH VERSE

All my enemies whispered together against me, and devised evil against me, saying: Let us destroy the tree with its fruit; let us cut him off from the land of the living.

*Extinguish the seventh candle.*

## EIGHTH LESSON

And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also, Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “You are my Son, this day have I begotten you;” as he says also in another place, “You are a priest for ever after the order of Melchizedek.” In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard for his godly fear. Although he was a Son, he learned obedience through what he suffered; and, being made perfect, he became the source of eternal salvation to all who obey him, being designated by God a high priest after the order of Melchizedek.

## EIGHTH RESPONSE

The veil of the temple was torn in two, and the earth shook, and the thief from the cross cried out, Lord, remember me when you come into your kingdom. The rocks were split, the tombs were opened, and many bodies of the saints who slept were raised.

## EIGHTH VERSE

And the earth shook, and the thief from the cross cried out, Lord, remember me when you come into your kingdom.

*Extinguish the eighth candle.*



### NINTH LESSON

But when Christ appeared as a high priest of the good things that are to come, then, through the greater and more perfect tent (not made with hands, that is, not of this creation), he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God. Therefore, he is the mediator of a new covenant, so that those who are called may receive the promised eternal inheritance.

### NINTH RESPONSE

When the Lord was buried, they sealed the tomb, rolling a great stone to the door of the tomb; and they stationed soldiers to guard him. Christ for us became obedient unto death, even death on a cross; therefore God has highly exalted him and bestowed on him the Name which is above every name.

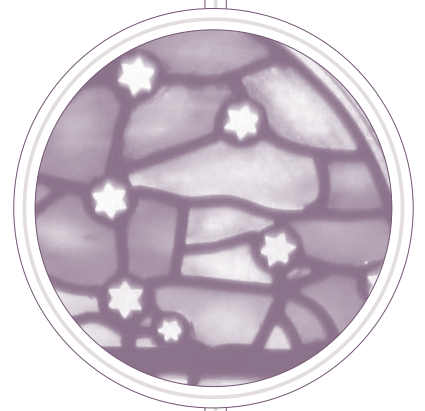
### NINTH VERSE

O Death, I will be your death; O Grave, I will be your destruction.

*Remove the last candle and take it out of the room.*

*Observe a period of silence and darkness.*

*In the dark, someone makes a loud noise as of thunder and/or a lightning clap. Then bring the Christ candle back in. Everyone leaves in silence by the candle's light.*



# Maundy Thursday

## AN AT-HOME LITURGY FOR FOOT WASHING FOR FAMILIES, FRIENDS, OR COUPLES

The foot washing ceremony is simple: take turns washing each other's feet, following the example of Jesus. Because it is an active symbol, multiple meanings and insights can emerge from this simple act.

The Bible passages appointed for this service and the introduction offered in the Book of Occasional Services give us a context and some themes: Service, humility, love, discipleship, and peace.

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In doing the ceremony we learn that humility is found not only in the act of serving, but also in allowing a friend, acquaintance, or even a stranger to engage intimately with our feet. For each of us, the significance will reveal itself. Many people have commented on the vulnerability of having their feet washed and the humility of washing the feet of others. Others recognize that they, too, are servants of Christ. We invite you to engage in this service at home and discover what it means for you this year.

### Instructions:

- ❖ Have ready some warm water in a pitcher for rinsing
- ❖ Set aside a bath sponge or washcloth, towels, and a wash tub or other place to put your feet. It's Ok to use a kiddie pool or a bathtub; objects and spaces become sacred by the act of using them in a sacred way!
- ❖ Take turns reading the prayers and readings.



## A Foot Washing Service for Families

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord. *Exodus 12:14a*

### THE FIRST READING

Psalms 78:14–20, 23–25

In the daytime he led them with a cloud, and all night long with a fiery light. He split rocks open in the wilderness, and gave them drink abundantly as from the deep. He made streams come out of the rock, and caused waters to flow down like rivers. Yet they sinned still more against him, rebelling against the Most High in the desert. They tested God in their heart by demanding the food they craved. They spoke against God, saying, “Can God spread a table in the wilderness? Even though he struck the rock so that water gushed out and torrents overflowed, can he also give bread, or provide meat for his people?” Yet he commanded the skies above, and opened the doors of heaven; he rained down on them manna to eat, and gave them the grain of heaven. Mortals ate of the bread of angels; he sent them food in abundance.

### THE SECOND READING

John 13:1–15

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples’ feet and to wipe them with the towel that was tied around him.

He came to Simon Peter, who said to him, “Lord, are you going to wash my feet?” Jesus answered, “You do not know now what I am doing, but later you will understand.” Peter said to him, “You will never wash my feet.” Jesus answered, “Unless I wash you, you have no share with me.” Simon Peter said to him, “Lord, not my feet only but also my hands and my head!” Jesus said to him, “One who has bathed





does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.” For he knew who was to betray him; for this reason he said, “Not all of you are clean.”

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, “Do you know what I have done to you? You call me Teacher and Lord — and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them.

*Respond to the gospel; wonder together what this story is really about. What is the Spirit of God saying to you through these readings?*

### THE INVITATION TO FOOT WASHING:

Fellow servants of our Lord Jesus Christ: On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the Kingdom of God come not by power, authority, or even miracle, but by such lowly service. Therefore, I invite you who share in the royal priesthood of Christ to recall whose servant we are by following the example of our Master. Remember his admonition that what will be done for us is also to be done by us to others, for “a servant is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, blessed are you if you do them.”

*Wash each other’s feet with care and love. When all have had their feet washed, continue with these words of Jesus:*

Peace is my last gift to you, my own peace I now leave with you; peace which the world cannot give, I give to you.

### CLOSING PRAYER:

Dear God, thank you for sending your Son to show us how to love to each other. Send your Spirit with us now so we can take the peace of Christ into the world. In Jesus’ name, Amen.

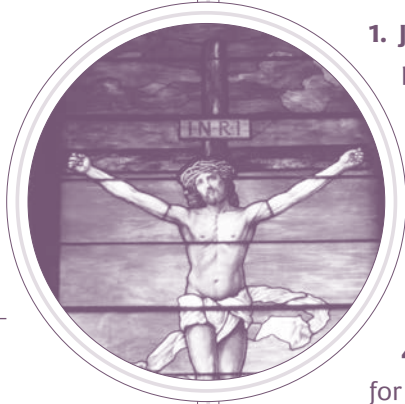
# Good Friday: Stations of the Cross

THE BOOK OF OCCASIONAL SERVICES INCLUDES 14 STATIONS.

We suggest that you spend some time contemplating each station or you may also choose one station to focus on.

You can find the liturgy for the Stations of the Cross in The Book of Occasional Services (BOS) available online here: [https://episcopalchurch.org/files/lm\\_book\\_of\\_occasional\\_services\\_2018.pdf](https://episcopalchurch.org/files/lm_book_of_occasional_services_2018.pdf) title "The Way of the Cross" beginning on page 47 of the pdf.

Draw a picture of it, or look up pictures based on this station. Trace and color the picture or simply spend some time contemplating the image you found.



As an alternative, spend some time in prayer for the following social concerns evoked by the stations in The Way of the Cross:

1. **JESUS IS CONDEMNED TO DEATH;** Pray for prisoners, especially those condemned to death.
2. **JESUS TAKES UP HIS CROSS;** Pray for those who are politically marginalized.
3. **JESUS FALLS THE FIRST TIME;** Pray for those who have recently become ill.
4. **JESUS MEETS HIS AFFLICTED MOTHER;** Pray for parents who are worried about their children.
5. **THE CROSS IS LAID ON SIMON OF CYRENE;** Pray for all who labor to meet the basic needs of others.
6. **A WOMAN WIPES THE FACE OF JESUS;** Pray for those who care for the sick.
7. **JESUS FALLS A SECOND TIME;** Pray for those who are living with chronic illness, or poverty.
8. **JESUS MEETS THE WOMEN OF JERUSALEM;** Pray for women everywhere.
9. **JESUS FALLS A THIRD TIME;** Pray for those who have failed financially, physically, or emotionally.
10. **JESUS IS STRIPPED OF HIS GARMENTS;** Pray for those who have been humiliated in any way.
11. **JESUS IS NAILED TO THE CROSS;** Pray for victims of violence.
12. **JESUS DIES ON THE CROSS;** Pray for those at the end of their lives.
13. **THE BODY OF JESUS IS PLACED IN THE ARMS OF HIS MOTHER;** Pray for all who grieve the loss of a loved one.
14. **JESUS IS LAID IN THE TOMB.** Pray for the souls of the departed.

# Holy Saturday and The Easter Vigil

Contemplation of Jesus' death continues on Saturday and, with the vigil service, moves the faithful from darkness into light with great intention, so it is important not to jump to celebrating Easter early. If you have children in your household this may prove to be a bit counter-cultural as egg hunts and candy abound.

The BCP's liturgy of the Word for Holy Saturday and the rhythm of the Easter Vigil Service can help us understand the focus for this day.

## SATURDAY MORNING

The anthem shown to the right from the Burial Rite is indicated in place of the Prayers of the People in the liturgy appointed for Holy Saturday. Consider beginning the day by reading a passage from the service and saying the Burial Rite anthem responsively or in turns with a friend or family member, or simply contemplate it on your own.

### Readings appointed for Holy Saturday:

- ❖ Old Testament: Job 14:1–14
- ❖ Psalm 130 or 31:1–5
- ❖ Epistle: 1 Peter 4:1–8
- ❖ Gospel: Matthew 27:57–66, or John 19:38–42



## SATURDAY EVENING

The Great Easter Vigil is an ancient tradition celebrated in four parts according to the Book of Common Prayer:

1. The service of light begins the Great Easter Vigil and indicates a theme of light overcoming darkness, and victory over sin and death.
2. The liturgy of the Word leads us through the highlights of the biblical narrative and tells of God's salvation.
3. Baptisms or a renewal of the Baptismal Covenant follows.
4. The resurrection is proclaimed and the first Eucharist of Easter is celebrated.

If you will not attend a vigil service consider keeping a vigil at home. We have offered a service here for home use that you can adapt depending on the number and ages of the people in your home.

### Burial Rite Anthem

- ❖ In the midst of life we are in death;  
from whom can we seek help?  
From you alone, O Lord,  
who by our sins are justly angered.  
*Holy God, Holy and Mighty,  
Holy and merciful Savior,  
deliver us not into the bitterness of eternal death.*  
Lord, you know the secrets of our hearts;  
shut not your ears to our prayers,  
but spare us, O Lord.  
*Holy God, Holy and Mighty,  
Holy and merciful Savior,  
deliver us not into the bitterness of eternal death.*  
O worthy and eternal Judge,  
do not let the pains of death  
turn us away from you at our last hour.  
*Holy God, Holy and Mighty,  
Holy and merciful Savior,  
deliver us not into the bitterness of eternal death.*



# An At-home Liturgy for Celebrating the Great Easter Vigil

For the service that follows, we recommend having as many candles as you can muster and a bowl of water to signify baptism. You will also need a Bible, matches, and may need a flashlight to read by.

If you have an appropriate space, this service may be done outside around a fire pit. If not held outside, dim the lights of your home. If you have created a lily garland using Christmas lights, be sure to have it in the space you will use and turn it on when indicated in the service. (*Instructions for Lily Garland on page 35.*)

Decide whether to light a candle after each reading and/or a candle for each person after the renewal of baptismal vows. If celebrating alone, you might light a candle for each person dear to you. As the light grows through the lighting of more and more candles the action of the Tenebrae service, in which candles were put out one by one, is reversed.

Decide if you will include any songs in the service. Suggestions can be found online at [christchurchcathedral.org/homeforfaith/](http://christchurchcathedral.org/homeforfaith/). Decide which readings you will include and who will do the bible readings. The other parts can be done in turns passing the book around.



## An Easter Vigil Service for the Home

*The service begins at sunset or otherwise in a dimly lit setting.*

### GATHERING

Dear friends in Christ: On this most holy night, in which our Lord Jesus passed over from death to life, the Church invites her members, dispersed throughout the world, to gather in vigil and prayer. For this is the Passover of the Lord, in which, by hearing his Word and celebrating his resurrection, we share in his victory over death.

*Light a large pillar candle or another substantial candle.*

### OPENING

Rejoice now, heavenly hosts and choirs of angels, and let your trumpets shout Salvation for the victory of our mighty King.

Rejoice and sing now, all the round earth, bright with a glorious splendor, for darkness has been vanquished by our eternal King.

Rejoice and be glad now, Mother Church, and let your holy courts, in radiant light, resound with the praises of your people.

*A song or hymn may be sung.*

### GREETING

This is the night, when you brought our fathers, the children of Israel, out of bondage in Egypt, and led them through the Red Sea on dry land.

This is the night, when all who believe in Christ are delivered from the gloom of sin, and are restored to grace and holiness of life.

This is the night, when Christ broke the bonds of death and hell, and rose victorious from the grave.



## Holy Week & The Easter Vigil + An Easter Vigil Service

### READINGS

*Read three or more of the following passages. You may wish to light another candle after each reading and/or sing in between the readings.*

- ❖ *Creation — Genesis 1:1–2:2*
- ❖ *The Flood — Genesis 7:1–5, 11–18, 8:8–18, 9:8–13*
- ❖ *Israel's deliverance at the Red Sea — Exodus 14:10–15:1*
- ❖ *God's Presence — Isaiah 4:2–6*
- ❖ *Salvation offered freely to all — Isaiah 55:1–11*
- ❖ *A new heart and a new spirit — Ezekiel 36:24–28*
- ❖ *The valley of dry bones — Ezekiel 37:1–14*
- ❖ *The gathering of God's people — Zephaniah 3:12–20*

### PRAYER

Through the Paschal mystery, dear friends, we are buried with Christ by Baptism into his death, and raised with him to newness of life. Let us renew the solemn promises and vows of Holy Baptism, by which we once renounced Satan and all his works, and promised to serve God faithfully in his holy Catholic Church.

*Each person lights their candle from the large candle and then all say the Apostles' Creed and renew the Baptismal Covenant:*

### THE APOSTLES' CREED

**I believe in God, the Father almighty,  
creator of heaven and earth;**

**I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.**



**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins  
the resurrection of the body,  
and the life everlasting. Amen.**

### PRAYERS

With God's help, I will continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers.

With God's help, I will persevere in resisting evil, and, whenever I fall into sin, repent and return to the Lord.

With God's help, I will proclaim by word and example the Good News of God in Christ.

With God's help, I will seek and serve Christ in all persons, loving my neighbor as myself.

With God's help, I will strive for justice and peace among all people, and respect the dignity of every human being.

### CLOSING

May Almighty God, the Father of our Lord Jesus Christ, who has given us a new birth by water and the Holy Spirit, and bestowed upon us the forgiveness of sins, keep us in eternal life by his grace, in Christ Jesus our Lord. Amen.

Alleluia. Christ is Risen.

**The Lord is risen indeed. Alleluia!**

*At this point the lights of the home are turned back on. If you have created a lily garland using Christmas lights, turn it on now as well.*

*Celebrate with music, dancing, and delicious treats.*



# Activities for Holy Week / Getting Ready for Easter

## MAKING A PALM CROSS

Video instructions may be found here: <https://youtu.be/Hfo0-rUqUx0>

Take a long palm frond section that is approximately 16 inches long and ½ inch wide. It does not have to be exact.

If you don't have a palm frond you can cut a strip that size from a brown paper grocery bag or cut a piece of paper that is 11 inches by 3/8 inch. Or use ribbon. The top half of the frond will form the arms. The bottom half will form the vertical part.

1. Fold the top half down and to the left. This half that is now horizontal will be the arms.
2. Fold the "arms" part back behind the vertical piece so it is now extending out to the right.
3. Fold the "arms" section over to the left again so it is in front.
4. Wrap the vertical piece around the horizontal "arms" piece by folding it up in front ... then down behind the arms piece and through the pocket in the back. It should have a "pocket" in front and back.
5. Create the arms by inserting the end of the arms piece through the pocket in the front then back. NOTE: Do not pull them all the way through; each arm of the cross will actually be a loop.
6. Finish the vertical piece by folding the bottom end backward and up through the pocket in the back.

## LILY GARLAND

This garland is easy to make using things you have probably on hand. Use it to create a sense of a garden in your sacred space, or put it up in an outdoor space where you will celebrate the Easter Vigil. Turn the lights on Saturday night during the vigil when the resurrection is proclaimed.

A how-to video can be found at <https://youtu.be/Ni65MghP5NI>

**FOR EACH LILY, YOU WILL USE ONE PIECE OF PAPER.**

1. Fold in half raising the bottom edge to the top.
2. Fold in half again. It should be like a greeting card with folded edges at the left and bottom.





3. With the center of the page at the bottom left-hand side, and the four corners at top right, fold diagonally.
4. Fold the bottom edge of only the top flap up to the center fold.
5. Cut on the curved dotted line. This fold is similar to folding as for six sided snowflakes, but instead of folding the quartered sheet into equal thirds the result will be that there are twelve layers only on the upper part and four layers on the lower part. Unfold. If the two sides are still connected you can cut them apart. Each three-pointed /three-petaled part is half of a flower. Color the petals and/or draw stamens as shown if desired. Curl the ends of the petals around a pencil to create the look of a lily petal, curling them away from the interior side. Tape the two halves around a Christmas light to create a flower. Usually one flower on every third or fourth light of a strand of mini Christmas lights creates a nice garland.

### BAKING WITH THE BIBLE: RESURRECTION COOKIES

This recipe allows the story of Jesus to come alive through your senses.

You will need: A Bible, parchment paper, eggs, vinegar, sugar, chocolate chips (mini work best), pecans or walnuts (optional), and masking tape.

1. Preheat oven to 300 degrees F (150 degrees C).
2. Place ½ cup of pecans and ½ cup of mini chocolate chips in a resealable plastic baggie. Crush the pecans and chocolate into small bits with a wooden spoon. (Use just nuts or just chocolate if you have an allergy; the recipe will still work.) Read John 19:1–3.
3. Put 1 teaspoon vinegar into a medium bowl. Smell it, then read John 19:28–30.
4. Sprinkle a pinch of salt into your hand and then toss it into the egg whites. Taste any remaining salt on your hand. Read Luke 23:27.
5. Add 3 egg whites to the vinegar. The eggs represent life. Read John 10:10–11.
6. Add 1 cup sugar. What is sweet about this story? Read Psalm 34:8 and John 3:16.
7. Beat with mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Read Isaiah 1:18 and John 3:1–3.
8. Fold in the broken nuts and chocolate. Drop by teaspoons onto parchment paper-lined baking sheet. (Approximately the size of a golf ball; these will be rough, not smooth). Read Matthew 27:57–60.
9. Place cookies in the oven, close the door, and turn the oven off. Put a piece of tape on the door to seal the door shut. Read Matthew 27:65–66.
10. Go to bed. Read John 16:20 and 22.
11. In the morning open the oven and take out the cookies. Open the cookies to see what is inside. (Hint: there is nothing; the meringues will puff up and should be relatively hollow, looking like a small cave with nothing but “rocks” and/or “dirt”).



# Easter & The Great Fifty Days



## Days of the Week Scriptures for Easter

### SUNDAY

Psalms 34:1-8

I will bless the LORD at all times; his praise shall ever be in my mouth. I will glory in the LORD; let the humble hear and rejoice. Proclaim with me the greatness of the LORD; let us exalt his Name together. I sought the LORD, and he answered me and delivered me out of all my terror. Look upon him and be radiant, and let not your faces be ashamed. I called in my affliction and the LORD heard me and saved me from all my troubles. The angel of the LORD encompasses those who fear him, and he will deliver them. Taste and see that the LORD is good; happy are they who trust in him!

### MONDAY

I Corinthians 15:54-57

When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

“Death has been swallowed up in victory.”

“Where, O death, is your victory?

Where, O death, is your sting?”

The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

### TUESDAY

I Corinthians 15:58

Therefore, my beloved be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain.



## Easter & The Great Fifty Days + Scriptures for Easter

### WEDNESDAY

Psalm 37:3-7

Put your trust in the LORD and do good; dwell in the land and feed on its riches. Take delight in the LORD, and he shall give you your heart's desire. Commit your way to the LORD and put your trust in him, and he will bring it to pass. He will make your righteousness as clear as the light and your just dealing as the noonday. Be still before the LORD, and wait patiently for him.

### THURSDAY

Colossians 3:1-4

So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

### FRIDAY

Colossians 3:12-15

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

### SATURDAY

Ephesians 4:1-6

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.



## *Prayers for the Season of Easter*

MARTIN LUTHER KING, April 4

Almighty God, by the hand of Moses your servant you led your people out of slavery, and made them free at last: Grant that your church, following the example of your prophet Martin Luther King, may resist oppression in the name of your love, and may strive to secure for all your children the blessed liberty of the Gospel of Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen. *(From Lesser Feasts and Fasts)*

ST. MARK, April 25

Almighty God, by the hand of Mark the evangelist you have given to your Church the Gospel of Jesus Christ the Son of God: We thank you for this witness, and pray that we may be firmly grounded in its truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

PHILIP & JAMES, May 1

Almighty God, who gave to your apostles Philip and James grace and strength to bear witness to the truth: Grant that we, being mindful of their victory of faith, may glorify in life and death the Name of our Lord Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

JULIAN OF NORWICH, May 8

Triune God, Father and Mother to us all, who showed your servant Julian revelations of your nurturing and sustaining love: Move our hearts, like hers, to seek you above all things, for in giving us yourself you give us all. Amen. *(From Lesser Feasts and Fasts)*



## MOTHER'S DAY, May 9

Loving God you have told us that you will comfort us as a mother comforts her child. We thank you for our mothers and others who have shown us divine love. May all parents be strengthened to show your love to their children. Help us to bring your healing presence to those whose parents have failed to love and care for them. With Mary the Mother of Jesus and all the saints we pray to you in the name of Jesus who has made us children of God. Amen.

## *Prayers for Easter Feasting* *Book of Occasional Services p.86-87*

### OVER WINE

Blessed are you, O Lord our God, creator of the fruit of the vine: Grant that we who share this wine, which gladdens our hearts, may share for ever the new life of the true Vine, your Son Jesus Christ our Lord. Amen.

### OVER BREAD

Blessed are you, O Lord our God; you bring forth bread from the earth and make the risen Lord to be for us the Bread of life: Grant that we who daily seek the bread which sustains our bodies may also hunger for the food of everlasting life, Jesus Christ our Lord. Amen.

### OVER LAMB

Stir up our memory, O Lord, as we eat this Easter lamb that, remembering Israel of old, who in obedience to your command ate the Paschal lamb and was delivered from the bondage of slavery, we, your new Israel, may rejoice in the resurrection of Jesus Christ, the true Lamb who has delivered us from the bondage of sin and death, and who lives and reigns for ever and ever. Amen.





### OVER EGGS

O Lord our God, in celebration of the Paschal feast we have prepared these eggs from your creation: Grant that they may be to us a sign of the new life and immortality promised to those who follow your Son, Jesus Christ our Lord. Amen.

### OVER OTHER FOODS

Blessed are you, O Lord our God; you have given us the risen Savior to be the Shepherd of your people: Lead us, by him, to springs of living waters, and feed us with the food that endures to eternal life; where with you, O Father, and with the Holy Spirit, he lives and reigns, one God, for ever and ever. Amen.

### *Additional Prayers*

#### FOR GOING TO WORK

Lord, be with me as I go to my work today. Help me to be faithful in the discharge of my duties and honorable in all my dealings. Give me self-control in speech and temper, and let me be a good example to others of Christian humility and thoughtfulness, that I may glorify you.

*Amen. Prayers from Prayers for All Occasions by Forward Movement in Cincinnati, OH*

#### FOR A TIME OF DECISION

Heavenly Father, you have promised the gift of your Holy Spirit to those who ask it. I come to you for light and direction now as I face the necessity of decision between the ways that lie before me. May your Holy Spirit guide me in my uncertainty, saving from self-will and the placing of desire before responsibility. Let it be your will, not mine, that I seek, and show me how I can both serve you and fulfill my duty toward those dependent upon me. Give me wisdom in this hour, O Lord, and when I see your way, give me grace to follow in it. Amen.

*Prayers from Prayers for All Occasions by Forward Movement in Cincinnati, OH*



## FOR TODAY

O God, give me strength to live another day. Let me not turn coward before its difficulties or prove recreant to its duties. Let me not lose faith in other people. Keep me sweet and sound of heart, in spite of ingratitude, treachery, and meanness. Preserve me from minding little stings or giving them. Help me to keep my heart clean, and to live so honestly and fearlessly that no outward failure can dishearten me or take away the joy of conscious integrity. Open wide the eyes of my soul that I may see good in all things. Grant me this day some new vision of thy truth. Inspire me with the spirit of joy and gladness, and make me the cup of strength to suffering of souls. In the name of the strong Deliverer, our only Lord and Savior, Jesus Christ. Amen. *Prayers from Prayers for All Occasions by Forward Movement in Cincinnati, OH*

## FOR EVENING

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. Amen. *BCP p. 124*

## FOR CHILDREN (AS THEY LEAVE FOR THE DAY)

Into your hands, O God, we place your child (or children) Support them in their successes and in their failures, in their joys and in their sorrows. As they grow in age, may they grow in grace, and in the knowledge of their Savior Jesus Christ. Amen.

## FOR YOUNG PERSONS

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen. *BCP p. 829*





### FOR A BIRTHDAY

Watch over your child, O Lord, as his days increase; bless and guide him wherever he may be. Strengthen him when he stands; comfort him when discouraged or sorrowful; raise him up if he fall; and in his heart may your peace which passes understanding abide all the days of his life; through Jesus Christ our Lord. Amen. *BCP p. 830*

### FOR THE FAMILY

Lord Jesus, at Nazareth you shared in the life of your family. Help us to live together in our family with love and respect for each other. Make our home a place of blessing, peace, and joy for everyone, to the glory of God the Father. Amen.

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Other resources are noted along the way, in the liturgy.



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