



ST. JOHN'S EPISCOPAL CHURCH

HOLY WEEK AT HOME

JOURNEYING THROUGH HOLY WEEK AND EASTER

Holy Week and, in particular, the Paschal Triduum of Maundy Thursday, Good Friday, and Holy Saturday, are the heart of the Christian year. They are our annual pilgrimage by which we participate in the passion, death, and resurrection of Jesus. This year, because of the coronavirus, we must make that pilgrimage in our homes, confident in the spiritual bonds that connect us wherever we are.

At St. John's, we will livestream several services and events throughout Holy Week. You may participate in those worship services by visiting saint-john.org.

This resource is designed to help you make your paschal pilgrimage at home. For much of Christian history, the home was the primary place of prayer and worship. This year we have an opportunity to restore that tradition and make our journey through Holy Week authentic even if we are physically distant from each other. We hope this resource will help you draw closer to God during these holy days.



Faith As a Family:

Each of us has sacred objects that reflect our faith and contribute to our spiritual practice. Creating a sacred space at home provides us a place for daily prayer, which can help us to center, focus, and stay connected. This practice is meaningful at any time but especially so in this time where we are spending so much time in our homes.

Start by finding a place which you can set aside as sacred. A low-traffic but highly visible location will work well – perhaps a side table, a windowsill, or an open shelf. Next, take a prayerful walk around your home and yard. What belongings help you feel connected with God and your neighbors? Gather up these things and bring them to your designated prayer space. Some items you might gather:

- **Cloth:** You might try to match the colors of our liturgical calendar. Holy Week uses red linens and Easter uses white linens.
- **Bible:** If you don't have one, draw or print out an image of the Bible.
- **Candle:** Either wax or battery-operated.
- **Cross:** Any shape, type, or media. Or, you could make one from found objects.
- **Icon:** A holy image of a saint, biblical figure, or a beautiful piece of art.
- **Other Holy Texts:** A Book of Common Prayer, other prayer resources, poetry, or religious texts. You might copy a favorite prayer onto a card to display.
- **Objects from Nature:** A stone, a shell, or anything that brings you joy.
- **Water:** A bowl, cup, or small jar of water to remind you of your Baptism.
- **Greenery and Flowers:** During Holy Week it is traditional to have sparse greenery. On Palm Sunday, if you have palms in your yard, cut a few fronds for use during the service. On Easter Day, spring flowers will be a lovely addition.
- **Paper and Pen:** A prayer journal or way to write down and offer prayers.

ONLINE SERVICES AND EVENTS

This booklet is a resource designed for the spiritual nourishment of individuals and families who desire to observe this holy season at home.

St. John's will offer other Holy Week resources online throughout the week. If you would like to participate, please check St. John's website (saint-john.org) for instructions and links for the following offerings:

Palm Sunday - April 5

10:00 am

Palm Sunday Service via livestream

7:00 pm

Diocesan Palm Sunday Evening Prayer hosted by St. John's via livestream

Monday in Holy Week - April 6

12:00 pm

Noon Day Prayer led by lay leaders via Zoom

Tuesday in Holy Week - April 7

12:00 pm

Noon Day Prayer led by lay leaders via Zoom

Wednesday in Holy Week - April 8

12:00 pm

Noon Day Prayer led by lay leaders via Zoom

5:30 pm

Walk Through Holy Week with Children led by Mother Abi via Zoom

Maundy Thursday - April 9

9:00pm Thursday - 12:00pm Friday

Virtual Gethsemane Watch

Good Friday - April 10

12:00 pm

Good Friday Service via livestream

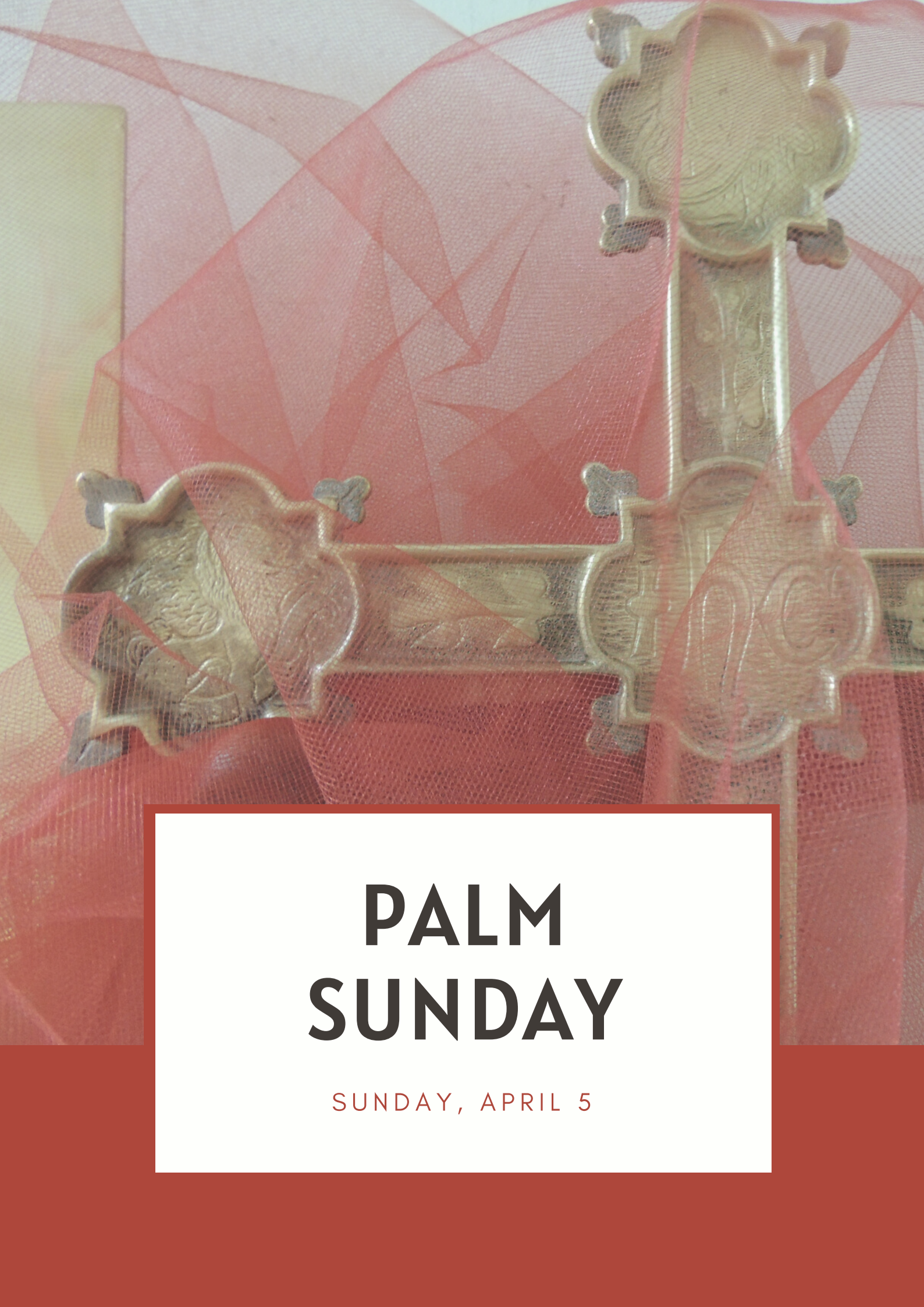
7:00 pm

Way of the Cross led by lay leaders via Zoom

Easter Day - April 12

10:00 am

Easter Day Service via livestream



PALM SUNDAY

SUNDAY, APRIL 5

PALM SUNDAY

The branches of palm, trees, or shrubs may be held at the beginning of this service.

Blessed is the King who comes in the name of the Lord.
Peace in heaven and glory in the highest.

Let us pray.

Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality; through Jesus Christ our Lord. *Amen.*

A Reading from the Gospel of Matthew 21:1-11

Prayer

Hold up palm fronds or other greenery

It is right to praise you, Almighty God, for the acts of love by which you have redeemed us through your Son Jesus Christ our Lord. On this day he entered the holy city of Jerusalem in triumph, and was proclaimed as King of kings by those who spread their garments and branches of palm along his way. Let these branches be for us signs of his victory, and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life; who lives and reigns in glory with you and the Holy Spirit, now and for ever. *Amen.*

Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Psalms 118:25-29

A Reading from the Gospel of Matthew 27:1-54

A period of silence may follow.

Hymn 172

Were you there when they crucified my Lord?
Oh! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?

Were you there when they laid him in the tomb?
Oh! Sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?

Prayers may be offered for ourselves and others.

The Lord's Prayer

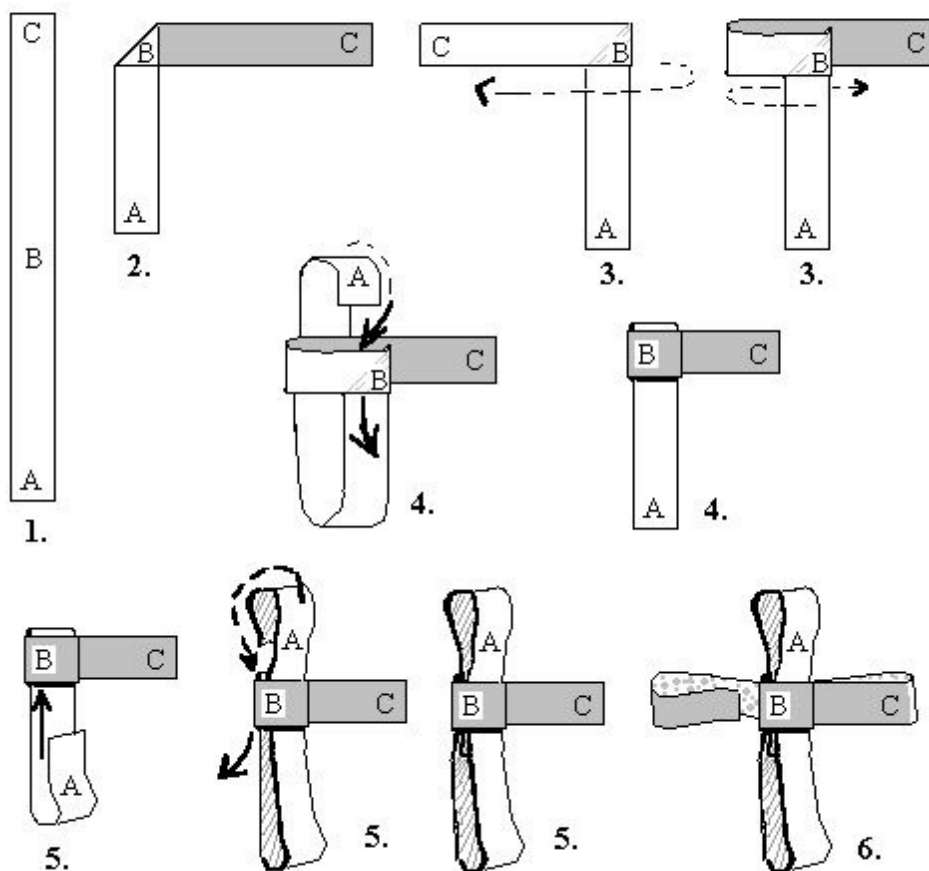
Closing Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. *Amen.*



Faith As a Family:

Walk around your yard or neighborhood and look for palm fronds. Try making one of the palm crosses we use each year for Palm Sunday. Be sure to ask your neighbors if you borrow any palms!





HOLY WEEK MEDITATIONS

MONDAY, TUESDAY & WEDNESDAY
IN HOLY WEEK

MONDAY, TUESDAY, WEDNESDAY IN HOLY WEEK

From Psalm 113

Give praise, you servants of the Lord; *
praise the Name of the Lord.
Let the Name of the Lord be blessed, *
from this time forth for evermore.
From the rising of the sun to its going down *
let the Name of the Lord be praised.
The Lord is high above all nations, *
and his glory above the heavens.

A Reading for Monday in Holy Week

Matthew 21:12-17

A Reading for Tuesday in Holy Week

Matthew 25:31-46

A Reading for Wednesday in Holy Week

Matthew 26:1-5

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Monday in Holy Week

Almighty God, whose dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Tuesday in Holy Week

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Wednesday in Holy Week

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

A close-up photograph of a priest in white vestments and a patterned stole, holding a golden chalice and blessing a couple's hands. The priest's hands are positioned over the couple's hands, which are clasped together. The background is softly blurred, showing hints of a church interior.

MAUNDY THURSDAY

THURSDAY, APRIL 9

MAUNDY THURSDAY

Jesus washed the feet of his friends as an act of love, service, and preparation. On Maundy Thursday, we traditionally wash each other's feet as a reminder of Jesus' servant leadership and our share in his ministry. If you plan to observe the optional footwashing ritual, you will need a pitcher of warm water, a basin, and a towel.

This devotion may be done before or after the evening meal. Candles may be lit during the saying of the following prayer:

O gracious Light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of life,
and to be glorified through all the worlds.

A Reading from the Gospel of John 13:1-17, 31b-35

Optional Footwashing Ritual

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 in the life of the Kingdom of God, strength and growth come not by power, authority, or even miracle, but by such lowly service. We all need to remember his example. You who share in the royal priesthood of Christ are invited to wash each other's feet. Remembering his admonition that what will be done for you is also to be done by you 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."

The people may wash each other's feet.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

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.

The Collect for Maundy Thursday

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Following the Maundy Thursday service, removing all ornaments and symbols from the altar is an ancient custom of the Church. We mark the way Christ's life was taken from him by stripping the altar of all signs of life and beauty. This beautiful and powerful ceremony can also be practiced in the home. At this time, you may remove the signs and symbols of our faith from your designated sacred space. We invite you also to pray with Jesus as a part of our Gethsemane Watch. Consider spending an hour in quiet prayer between now and Good Friday morning.



Faith As a Family:

On Maundy Thursday, we remember the Last Supper – a meal that Jesus shared with his dear friends and followers before He died. During this season of physical isolation, reach out to your family and friends.

Tonight, try having supper with another family via a phone call or video call. It might feel like you are all sitting down to supper together.

Have a conversation and get to know one another in a new way. Here are some questions to get you started:

- 1. When we remove our shoes for footwashing, it reminds us of other times when people were shoeless in Scripture. When Moses removed his shoes, it was because he was on holy ground. Where is a place that feels holy to you? What is your sacred ground?*
- 2. If you, like Jesus, got to have one last meal, what would be on the menu? Which three people would you invite, living or dead?*



The Garden of Gethsemane is where Jesus asked his disciples to pray with him the night before his crucifixion. At St. John's, we hold a vigil after Maundy Thursday services, organized by Daughters of the King. This year, we will keep this vigil in our homes. Families and individuals may choose to spend time with Jesus for part of the night and join us in peaceful meditative prayer. More information and the link to sign up can be found at saint-john.org.



GOOD FRIDAY

FRIDAY, APRIL 10

GOOD FRIDAY

For this service, you will need some form or image of a cross. Part of our worship on Good Friday includes the veneration of the cross. During this practice, we focus our gaze on the cross and think of the suffering, love, and hope that it represents. We spend time in prayer before the cross. Some people express their veneration by approaching the cross one by one to offer a gesture of reverence for all that it represents.

Blessed be our God. For ever and ever. *Amen.*

Let us pray.

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

A Reading from the Book of Isaiah 52:13-53:12

Psalms 22:1-21

The Passion of our Lord Jesus Christ according to John 19:1-37

The Solemn Collects

Dear People of God: Our heavenly Father sent his Son into the world, not to condemn the world, but that the world through him might be saved; that all who believe in him might be delivered from the power of sin and death, and become heirs with him of everlasting life.

We pray, therefore, for people everywhere according to their needs.

Let us pray for the holy Catholic Church of Christ throughout the world;

For its unity in witness and service
For all bishops and other ministers and the people whom they serve
For John, Charles, and Dorsey, our Bishops, and all the people of this diocese
For all Christians in this community

That God will confirm his Church in faith, increase it in love, and preserve it in peace.

Silence

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

Let us pray for all nations and peoples of the earth, and for those in authority among them;

For Donald, the President of the United States
For the Congress and the Supreme Court
For the Members and Representatives of the United Nations
For all who serve the common good

That by God's help they may seek justice and truth, and live in peace and concord.

Silence

Almighty God, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who take counsel for the nations of the earth; that in tranquility your dominion may increase, until the earth is filled with the knowledge of your love; through Jesus Christ our Lord. *Amen.*

Let us pray for all who suffer and are afflicted in body or in mind;

For the hungry and the homeless, the destitute and the oppressed
For the sick, the wounded, and the crippled
For those in loneliness, fear, and anguish
For those who face temptation, doubt, and despair
For the sorrowful and bereaved
For prisoners and captives, and those in mortal danger

That God in his mercy will comfort and relieve them, and grant them the knowledge of his love, and stir up in us the will and patience to minister to their needs.

Silence

Gracious God, the comfort of all who sorrow, the strength of all who suffer: Let the cry of those in misery and need come to you, that they may find your mercy present with them in all their afflictions; and give us, we pray, the strength to serve them for the sake of him who suffered for us, your Son Jesus Christ our Lord. *Amen.*

Let us pray for all who have not received the Gospel of Christ;

For those who have never heard the word of salvation
For those who have lost their faith
For those hardened by sin or indifference
For the contemptuous and the scornful
For those who are enemies of the cross of Christ and persecutors of his disciples
For those who in the name of Christ have persecuted others

That God will open their hearts to the truth, and lead them to faith and obedience.

Silence

Merciful God, creator of all the peoples of the earth and lover of souls: Have compassion on all who do not know you as you are revealed in your Son Jesus Christ; let your Gospel be preached with grace and power to those who have not heard it; turn the hearts of those who resist it; and bring home to your fold those who have gone astray; that there may be one flock under one shepherd, Jesus Christ our Lord. *Amen.*

Let us commit ourselves to our God, and pray for the grace of a holy life, that, with all who have departed this world and have died in the peace of Christ, and those whose faith is known to God alone, we may be accounted worthy to enter into the fullness of the joy of our Lord, and receive the crown of life in the day of resurrection.

Silence

O God of unchangeable power and eternal light: Look favorably on your whole Church, that wonderful and sacred mystery; by the effectual working of your providence, carry out in tranquility the plan of salvation; let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. *Amen.*

The Lord's Prayer

Anthem 1

We glory in your cross, O Lord,
and praise and glorify your holy resurrection;
for by virtue of your cross
joy has come to the whole world.

May God be merciful to us and bless us,
show us the light of his countenance, and come to us.
Let your ways be known upon earth,
your saving health among all nations.
Let the peoples praise you, O God;
let all the peoples praise you.

We glory in your cross, O Lord,
and praise and glorify your holy resurrection;
for by virtue of your cross
joy has come to the whole world.

Anthem 2

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

If we have died with him, we shall also live with him;
if we endure, we shall also reign with him.

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Anthem 3

O Savior of the world,
who by thy cross and precious blood hast redeemed us:
Save us and help us, we humbly beseech thee, O Lord.

Collect

Lord Jesus Christ, Son of the living God, we pray you to set your passion, cross, and death between your judgment and our souls, now and in the hour of our death. Give mercy and grace to the living; pardon and rest to the dead; to your holy Church peace and concord; and to us sinners everlasting life and glory; for with the Father and the Holy Spirit you live and reign, one God, now and for ever. *Amen.*



Faith As a Family:

On Good Friday, we remember the day that Jesus died. When people die, sometimes they have some words written on their tombstone. This is called an epitaph.

What sentence would you write on Jesus' tombstone?

What do you hope people will write on your tombstone one day?



The cross is the central part of Good Friday. It can symbolize many different meanings. Take a walk around your home, yard, or neighborhood. How many crosses can you find that are made by materials in your house or aspects of God's creation?

How are they different? How are they the same? What does the cross mean to you?



HOLY SATURDAY

SATURDAY, APRIL 11

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.*

A Reading from the Gospel of Matthew 27:57-66

Prayer

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.

The service then concludes with the Lord's Prayer

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Faith As a Family:

Holy Saturday is an in-between time. Jesus has died and we are waiting with hope for the time when he will be resurrected. What is something you are waiting for? What can you do while you wait?



EASTER SUNDAY

SUNDAY, APRIL 12

EASTER DAY

Get up early enough to watch the sun rise. Gather flowers from your garden or bring together other signs of life and place them in your sacred space. Change the colors adorning your altar to white and replace the sacred objects that you put away on Maundy Thursday. Step onto your front stoop or porch and proclaim an alleluia aloud for neighbors to hear!

Psalm 98

A Reading from the Gospel of Matthew 28:1-10

A period of silence may follow.

Hymn 207

Jesus Christ is risen today, our
triumphant holy day,
who did once upon the cross, suffer
to redeem our loss. Alleluia!

Hymns of praise then let us sing,
unto Christ, our heavenly King,
who endured the cross and grave, sinners
to redeem and save. Alleluia!

Prayers may be offered for ourselves and others.

The Lord's Prayer

Closing Collect

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*



Faith As a Family:

If you are missing weaving flowers into our Easter cross, you are invited to participate in St. John's virtual flowered cross this year. Find a flower in your yard or in your home, or draw a flower of your own, and send a picture to caroline@saint-john.org to fill our virtual cross with flowers!

All images in this publication were photographed by Dennis Howard, a parishioner at St. John's.