



Holy Week at home

This year, as we all celebrate Holy Week in our homes, you may want to prepare your own altar or sacred space that you can use as a focus for prayer each day.

Find a small table, or a low shelf that you can see from your chair, place some ordinary things on it to make it something special. For example:

- ...a cloth
- ...a cross,
- ...a candle (battery or real, whatever's safest)
- ...an icon or religious picture
- ...something from the garden (a stone, a branch, ...some daffodils or greenery)
- ...a Bible or a special prayer book
- ...any object that has a special meaning for you

Palm Sunday

At the start of Holy Week, during the Palm Sunday procession we, like the people of Jerusalem, are normally welcoming Jesus into our streets and churches (while acknowledging that he is already there). As we are unable to do that this year, let us instead welcome him into the space where we are – our homes

Before you settle down to pray or to join in with worship on-line, you may wish to use these prayers to set the scene for Palm Sunday.

Turn to your dining room, or the space where you eat

Jesus is coming: **Shout Hosanna!**

Jesus, Bread of life, feed with love all who gather around the table in this place. May we find here fellowship and laughter and comfort for our souls. May we soon once again entertain and rejoice with others.

Turn to your garden, or a space where you have flowers or pot-plants

Jesus is coming: **Shout Hosanna!**

This is the green and growing place, of abundance and care. The earth is yours, O God, and all that is in it.

Maundy Thursday

Tonight, we remember three things:

- Jesus washed the feet of his disciples
- Jesus shared the Last Supper with his friends
- Jesus prayed in the garden of Gethsemane

Remembering the Washing of the disciples' feet

Before you sit down for your evening meal, wash your hands thoroughly, remembering not just how we need to keep our hands clean at this time, but also how Jesus used water to wash the feet of his disciples.

You may wish to use this prayer:

We begin by washing, as we were washed in our baptism. We cleanse our hands as we were cleansed in the waters of new birth. We do this not because we are afraid, but because we were commanded to love: and to cleanse our hands, and gather in spirit, is how we love the vulnerable, whom Jesus loved. May we be instruments of love. May the sacrifices we make be for the good of our human family near and far. Amen.

Remembering the Last Supper

Before you have your own supper, or your family supper, read Luke 22:19,20.

Give thanks that Jesus comes to us in bread and wine.

You may wish to say these words of thanksgiving and grace before you eat

Lord God, we remember that on the night that Jesus gathered with his friends he took bread and he blessed it and shared it with his friends. Lord, we thank you for loving us and feeding us. Amen.

Remembering Jesus alone in the Garden

Before going to bed, perhaps sit in silence for a while with a candle burning (near a plant if you have one). Remember Jesus in the Garden of Gethsemane. Perhaps say this prayer before going to bed

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for thy love's sake. Amen.

Good Friday

Today we follow Jesus to the cross and the grave. Let us tell together the story that we might remember God's love for us, especially when we are afraid, isolated, or sick.

As you pray today, think of the things you want to say sorry for. Think about the love that Jesus shows on the cross.

Are there people we need to forgive, or do we need to ask someone to forgive us? Sorry is a good word to say today.

If you have a wooden cross, hold it while you pray (washing your hands first!).

You may want to include these words in your prayers

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.**

As we remember Jesus in the tomb, pray for all who are living in darkness at this time.

Easter Day

Alleluia. Christ is risen.
He is risen indeed. Alleluia!

Today we rejoice that Jesus lived and died and is risen. Today we trust you, Jesus, that there is life after death and that you will always be with us, loving us and leading us home.

Although our church buildings and our Cathedral will be silent this Easter, why not open your doors or windows and sing an Easter song?

You could do this:

...in your garden
...in your street (at the front door)
...like an Italian from your balcony or upstairs window!
...on your permitted daily walk in your local park - remembering always to keep a safe distance from others.

Let the whole world know that Jesus is risen!

It may not be possible this year, but if you have some eggs at home, and some paints, why not decorate a real egg?

Before you sit down for your main meal, wash your hands thoroughly, remembering not just how we need to keep our hands clean at this time, but also how we receive new life in the water of baptism.



After your main meal, you may like to use these words in thanksgiving for the resurrection of Jesus

Jesus Christ has died.
Alleluia!
Jesus Christ is risen.
Alleluia!
Jesus Christ will come again.
Alleluia, alleluia! Amen, amen!