

WALKING with Christ

APRIL 2022

Nurturing Our Families of Faith

HOLY WEEK EDITION



Some images have links.

The crowds that went ahead of him and that followed were shouting, "Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!"

Matthew 21:9-10



From Death to New Life

A message from the TCDSB
Nurturing Our Catholic
Community Team

Welcome to "Nurturing our Families of Faith." This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board during these final days of Lent and into the Easter season.

We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times.

Holy Week

On Palm Sunday, most of the Christian world enters into the most sacred and spiritually important seven days of the entire year: Holy Week. Beginning with our celebration of Jesus' triumphant entry into Jerusalem on Palm Sunday, we prayerfully follow Jesus through his Last Supper on Holy Thursday, his arrest and crucifixion on Good Friday ... and then we burst into Easter Sunday with joy and new energy, as we celebrate his Resurrection from the dead, and the promise of new and eternal life that he offers to all of us. These days are at the very heart of what we believe as Christians, and what we celebrate in the Sacraments.

This year, we are grateful that COVID restrictions have been lifted, allowing us to attend Holy Week and Easter liturgies and celebrations as we did previously. However, some may not feel comfortable enough to go back to church yet. These days are so important to us that we need to celebrate them, even if we do it in simpler (but still meaningful) ways in our homes, with our family members. For each of the days of Holy Week, we would like to suggest a simple format for family prayer that you might like to celebrate in your own families. Perhaps you could create a sacred space in your home, with a purple cloth (the colour of Lent), a Bible, some religious images and a cross. It can be the focal point of your praying together, especially during these very special days. As we journey through Holy Week, let us renew our faith, draw from the "living water" of hope, and receive with open hearts the love of God.



HOLY WEEK INFOGRAPHICS



Palm Sunday

Palm Sunday of the Passion of the Lord

Palm Sunday marks the beginning of Holy Week. The day recalls Jesus' triumphal entry into the city of our salvation that takes place about a week before his Resurrection (Easter).

Why do we wave palms?

When Jesus rode into Jerusalem, crowds greeted him by waving palms and covering his path with small branches. We wave palms today to hail Christ in his triumph for our salvation in the light of his Paschal Mystery - his Passion, Death and Resurrection.

Jesus enters Jerusalem. The crowd of disciples accompanies him in festive mood, their garments are stretched out before him, there is talk of the miracles he has accomplished, and loud praises are heard:

"Blessed is the King who comes in the name of the Lord. Peace in heaven and glory in the highest!"
(Luke 19:38)

POPE FRANCIS

On Palm Sunday, priests will wear **red vestments** in keeping with the Church's focus on the Lord's glorious Passion





Traditionally, before the beginning of Lent the following year, the palms are collected and burned to a fine ash. The ashes are blessed and used for the Ash Wednesday liturgy.






Archdiocese of Toronto
www.archtoronto.org
archtoronto

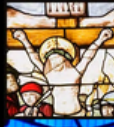
Paschal Triduum

The **Easter Triduum** or **Holy Triduum** is the three-day celebration of the Paschal Mystery: the Passion, death and resurrection of Jesus Christ


DAY 1: sundown on Holy Thursday to sundown on Good Friday



DAY 2: sundown on Good Friday to sundown on Holy Saturday



DAY 3: sundown on Holy Saturday to sundown on Easter Sunday



PASCHAL: associated with the Hebrew Passover, referring to Jesus as the Lamb of God

TRIDUUM: derived from the Latin for **three days**

The Paschal mystery has two aspects: **by his death**, Christ liberates us from sin; **by his Resurrection**, he opens for us the way to a new life.

The Paschal Triduum bridges the seasons of **Lent** to **Easter**.

In the Sacred Triduum, the Church solemnly celebrates the greatest mysteries of our redemption, keeping by means of special celebrations the memorial of her Lord, crucified, buried, and risen.
The Roman Missal


HOLY THURSDAY:
"Jesus gives himself to us as food and, in the washing of feet, teaches us the need to serve others."


GOOD FRIDAY:
"In the mystery of Christ's death on the cross, we contemplate that undying divine love which embraces all mankind and summons us in turn to love one another in the power of the Spirit."

HOLY SATURDAY:
"The day of God's silence - invites us not only to solidarity with all who are abandoned and alone, but also to trust in that faithful love which turns death into life."

SOURCE: POPE FRANCIS, GENERAL AUDIENCE, MARCH 23, 2014

"These, then, are days which speak to us powerfully of God's love and mercy."
- Pope Francis






Archdiocese of Toronto
www.archtoronto.org
archtoronto

For more infographics please visit the Archdiocese of Toronto website

The Resurrection of the Lord

Easter Sunday

On this, the last day of the Paschal Triduum, the Church and, indeed, the whole world is filled with the **radiance** of the resurrection.




Today, we proclaim the faith passed on to us from the Apostles:

"The Lord is truly risen, alleluia!"

All things are made new because of Christ's death and resurrection. At Mass, we remind ourselves of the **great gift** given to us by professing our faith and being sprinkled with holy water as a symbol of our baptism.

May our hearts be grateful in remembrance of the Paschal Mystery, be filled with Jesus' gracious presence, and renewed in the promise of eternal life!

May we greet Christ eagerly through our celebration of Holy Eucharist on this great solemnity of Easter!



Archdiocese of Toronto
www.archtoronto.org archtoronto



The Paschal Candle is the central symbol of the Easter season, sign of the presence of the risen Lord, light of the world

Alleluia!

Praise the Lord!

THE SONG OF OUR REJOICING

It is added to acclamations and antiphons and may be used as a refrain for the responsorial psalm and communion song.



ASPECTS OF THE SEASON OF EASTER

As far back as the Council of Nicaea (325), the Church reflected Easter joy by prohibiting fasting and kneeling, which are signs of penance, throughout the season. During the Easter season, we stand (rather than kneel) during the Litany of the Saints.

Confirmation and First Eucharist are celebrated during the Easter season



The constant **joy** of the season continues throughout the **fifty days** and should be reflected in the festive decoration of the church building

The **Acts of the Apostles** is read at all celebrations in place of the Old Testament because it presents the *life, growth and witness of the early Church*







Archdiocese of Toronto
www.archtoronto.org archtoronto



PRAYING AS A FAMILY

Holy Week is a wonderful opportunity for families to pray together and reflect in preparation for the Triduum. You can create sacred space in your home and use the following links and [intercessions](#) to pray each day.



Palm Sunday

[Holy Week Prayers: Palm Sunday](#)

[Palm Sunday Gospel Reading](#)

[Reflection: God's Story: Palm Sunday](#)

[Song: Here I Am To Worship](#)

Monday, April 11

[Holy Week Prayers: Monday](#)

[Monday of Holy Week Gospel Reading](#)

[Song: The Lamb of God by Matt Maher](#)

Tuesday, April 12

[Holy Week Prayers: Tuesday](#)

[Tuesday of Holy Week Gospel Reading](#)

[Song: Take Up Your Cross by Jaime Cortez](#)

Wednesday, April 13

[Holy Week Prayers: Wednesday](#)

[Wednesday of Holy Week Gospel Reading](#)

[Song: A Living Prayer by Alison Krauss](#)

Holy Thursday

[Holy Week Prayers: Thursday](#)

[Holy Thursday Gospel Reading](#)

[Song: As I Have Done for You by Dan Schutte](#)

Good Friday

[Holy Week Prayers: Good Friday](#)

[Stations of the Cross](#)

[Good Friday Gospel Reading](#)

[Song: Song of the Cross by Susan Hookong-Taylor and Ana Da Costa](#)

Holy Saturday

[Holy Week Prayers: Holy Saturday](#)

[Holy Saturday Scripture Reading](#)

[Song: Above All by Michael W. Smith](#)

Easter Sunday

[Holy Week Prayers: Easter Sunday](#)

[Easter Sunday Gospel Reading](#)

[Reflection: God's Story - Easter \(children\)](#)

[Reflection: Easter Sunday Devotional - Lifeteen](#)

[Song: Jesus Christ is Risen Today](#)

[Lord I Lift Your Name on High \(arr. Donnie McClurkin\)](#)

Easter Monday

[Litany of Saints](#)

[Reflections for the Triduum](#)

[I Know My Redeemer Lives - Nicole C. Mullen](#)

GUIDED MEDITATION

There is no scripture that tells us what it was like for Jesus' mother and friends in the time between when he was placed in the tomb and when he rose on the third day. The second day, Saturday, is skipped over (it was the Sabbath after all)– and how easy it is for us to skip over as well. We rush towards the resurrection, and in doing so, we miss out on the day that really is where we spend most of our lives – waiting. Waiting in hope.

This meditation is inspired in part by the essay “Holy Saturday: Waiting to Cross Over” by James Hanvey, SJ in *Thinking Faith*.

Quiet your body and mind

- Choose a position where you can be relaxed but alert.
- Breathe deeply several times and let your body relax
- Breathe out any worries or stressful thoughts and put them in God's hands
- Become aware of God's presence here with you now, looking at you with love.
- Ask for a grace
- Ask God for the grace to wait in hope.

Read the scripture passage

Read the passage slowly, savoring the words and beginning to imagine the scene. Read it twice if that helps you to visualize it.

Matthew 27:62-66

The next day, the one following the day of preparation, the chief priests and the Pharisees gathered before Pilate and said, “Sir, we remember that this impostor while still alive said, ‘After three days I will be raised up.’ Give orders, then, that the grave be secured until the third day, lest his disciples come and steal him and say to the people, ‘He has been raised from the dead.’ This last imposture would be worse than the first.” Pilate said to them, “The guard is yours; go secure it as best you can.” So they went and secured the tomb by fixing a seal to the stone and setting the guard.

Imaginative Contemplation

It is Holy Saturday – a day of rest; it is a day of emptiness and loss. The memory of yesterday's grief is still with you.

You want to be with Jesus in any way you can, so you go to his tomb. As you approach, however, you see the guard and the sealed stone. It is an unwelcoming place. Jesus is not there.

So, in your imagination, seek out a quiet place to pray and reflect. Perhaps you find a place in your memory where you have been at peace in the past – a garden, the beach, a sacred place. What are your surroundings like? Take a moment to what you can see, hear, taste, smell, feel.

GUIDED MEDITATION

You meet Mary, the mother of Jesus, there in that place. How does she greet you? Wherever you are, be still and quiet together. You are aware that Mary's loss is great – and yours is very real too. This loss stirs the memory of other grief and pain in your life. Sit with Mary – either in silence or conversing – and reflect on your own griefs, losses, pains that weigh on you. What are they? No matter how large, no matter how small, you can share them with Mary, or just sit quietly with her.

Sometimes reflecting on loss brings us face to face with our own powerlessness. There is so much we cannot control – from the weather, to other people's choices, to the impact of a global pandemic, to death itself. Spend a gentle moment, if you can, with your own powerlessness.

And in that powerlessness, how does God speak to you?

Through the prophet Jeremiah, God tells us – “For I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future.”

Can you trust in **God's** power and promise? And if not yet, can you ask God to give you that trust?

Gather all of your losses, pain, sorrow, waiting and offer them to God. Only God can make these things holy, only God can move us, in God's own time, to resurrection.

Continue with your meditation for as long as you like, and share with Mary your thoughts and feelings.

When you are ready, close with your favorite prayer.

Review of Prayer

St. Ignatius recommends that we review our prayer. It helps us to look back on our prayer experience, and to notice what happened. It allows us to be fully present to our experience of prayer. It helps us to become more sensitive to how God is speaking to us in the here and now.

Some questions to assist with your review:

What happened in your prayer?

What feelings did you experience?

During the prayer period, when did you feel encouraged?

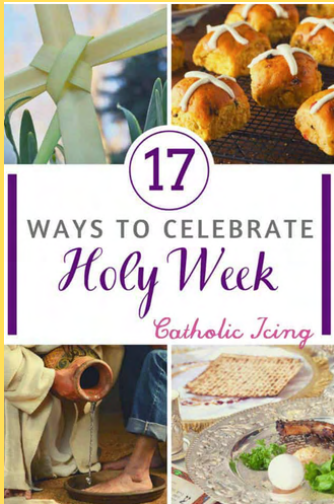
When did you feel discouraged?

Did you receive the grace you asked for?

What did you receive?



FAMILY ACTIVITIES



TheCatholicKid.com

See [Open-Egged Questions for Teens](#)

See [20 Fun Easter Jokes for Kids](#)

Videos

[Busted Halo: Holy Week in 3 Minutes](#)

[The Role of Hope in Holy Week](#)

[The Easter Story for Kids](#)

[Crossroads Kids Club Easter Videos](#)

[Saddleback Kids Easter Playlist](#)

[Easter Around the World for Kids](#)

[Easter Traditions: Catholic Central](#)

Music

[Be Exalted: Watoto Children's Choir](#)

[Song Prayers for Lent and Holy Week 2021](#)

[Easter Gospel Songs](#)

[Easter Songs for Kids](#)

[Contemporary Easter Worship Songs](#)

[Choir Music for Holy Week & Easter](#)

[Resurrection Medley](#)



WORTH EXPLORING



Christian Meditation – The Prayer of 3 “S’s”



LOYOLA
PRESS.



ONLINE / LIVESTREAM MASSES

Catholic TV

Daily at 12:30 pm EST

St. Michael’s Cathedral

Daily at 7:30 am EST
Sunday at 10 am

Salt and Light TV

Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)

Radio Maria

Monday and Thursday at 12:30 pm EST

Daily TV Mass

(Loretto Abbey Chapel)

Archdiocese of Toronto: Day of Confession:

<https://www.archtoronto.org/confession>

GIVING OPPORTUNITIES

FOR ADDITIONAL INFORMATION

Visit us at: [Nurturing Our Catholic Community](#),

Contact us at: ncc.team@tcdsb.org



Michael Caccamo **Superintendent**
Nurturing Our Catholic Community, Safe Schools,
and Continuing Education

Emily Diamanti **Officer for Superintendent Caccamo**



@TCDSB NCC

Religion Family Life Resource Teachers

Audrey Ferrer Azniv Marie Jorge
Veronica Tuzi

Catholic Teacher Centre

Fr. Michael Lehman
Lisa Malcolm

Catholic Student Leadership

Michael Consul