

Web resources for Holy Week and Easter

1. Holy week and Easter Material from the Irish Bishop's conference including the times of RTE broadcast of ceremonies <https://www.catholicbishops.ie/2020/04/02/holy-week-and-easter-2020/>

2. Again below more data re when Liturgies are scheduled on RTE

<https://www.dublindiocese.ie/rte-schedule-of-liturgies-during-holy-week/>

3. Lots of Data available in the Limerick diocese website plus where to find Mass on Line

<https://www.limerickdiocese.org/news/masses-available-online-and-on-the-radio-in-the-diocese-of-limerick/>

4. <https://www.dublindiocese.ie/holy-week-easter/> This one an even clearer version of the T.V. schedules of the liturgies

5. <https://www.churchservices.tv/churches/> This site has links to services on T.V in Ireland and England

6. <https://www.bbc.co.uk/mediacentre/latestnews/2020/easter> This is the BBC Easter schedule

7. <https://www.kandle.ie/> from Kildare and Leighlin Diocese often has useful resources

8. <http://universalis.com/mass.htm> a very useful site. It has the readings for the Liturgies for each day

9. You will also find material that I have posted on lecture notes at www.lan.mic.ul.ie (you will be asked for your user name and normal college computer password) look in the folder WallM Lent and Easter.

10. This link will lead to reflections by the Dominican Sisters in Limerick including our own Sr Caitriona

https://www.facebook.com/search/videos/?q=dominican%20sisters%20of%20saint%20cecilia%20in%20ireland&epa=SERP_TAB (you may have to trick around with this one to get it to open)

11. https://www.facebook.com/pg/IrishCathNews/videos/?ref=page_internal Here you will find short video reflections by some Mary I people you may recognise or

<https://www.facebook.com/IrishCathNews/> and look for videos

Ideas for Participating from Home in the Easter Ceremonies

From Fr. Chris O' Donnell

Holy Thursday

Encourage people to have bread, grapes, a basin, water, towel and a candle ready for this ceremony. People can then:

- Join in with the priest at the start of Mass by lighting your candle and saying this verse: "I light a candle and suddenly the world around me changes. One small flame is all it takes to let the darkness know that it cannot win".
- During the Gospel reflect on the bread and grapes and the way in which Jesus took what was common and ordinary and gave rise to it becoming a Sacrament of his continued presence and nourishment in our lives.
- If the priest washes his hands you can do likewise....ask Jesus to let his love flow over you like the water, may it help to wash away your worries and concerns, wash away your faults and failings, may this water soften the soil of our hearts so that the love of God can take root and so overflow into acts of love and service, following the example Jesus put before us this evening.
- After Mass, you might quench your candle and while you will have it with you for each ceremony, do not light it until the Easter Vigil so that you too can enter into the emptiness and loneliness of the next few days that lead us to the greatest light of all.

Good Friday Celebration of the Passion

Encourage people to have their cross wrapped in a towel or cloth and to have no table to reflect the bareness of the church altar.

The Showing of the Holy Cross

Start with the cross totally covered by a piece of cloth or towel or shawl.

Join with the priest, or respond to him as he sings or says: "Behold the wood of the Cross on which hung the salvation of the world." Response: "Come let us worship/adore". Following the priest as he unveils the cross, those at home can reveal a piece of the cross.

The Veneration of the Cross

- During the veneration of the cross, hold your cross in your hands or draw it closer to you.
- As you venerate the cross the following prayer might help:
 - Lord your crown of thorns reminds us that the kingdom you bring about is a kingdom of love, light and service. Help us to never Lord it over people and be kind to all.
 - Lord, help me to see as you saw, help me to see with eyes of love, help me to see the best in others and in myself. Lord, help me to listen as to truly listen is to love, help me to listen with compassion and without

judgment and especially help me to listen to your whisper in my heart and life.

- Lord, help to speak words of kindness, tenderness and love. Forgive the times I spoke badly of others, may my words build up and encourage others on their journey.
- Lord, help me not to carry the world on my shoulders, help me to share my burdens with you and others. Help me to love you and others with the strength of my arms and the sweat of my brow.
- Lord, your heart was full of love and compassion for all, give me a generous heart, after all it is the heart that gives, the hands just let go. Heal the heaviness in my heart and may your love rise up and overflow from my heart, helping me to love God, others and myself.
- Lord, from your pierced side, blood and water flowed as a sign of mercy and love. Have mercy on me Lord and help me to extend mercy and forgiveness to others.
- Lord, your hands healed the sick, fed the hungry and calmed the storms. May they do the same for me. Hold onto me Lord and I will hold onto you. Help my touch be loving and help me to let go of grudges, hurts and disappointments.
- Lord, your knees knelt in service at the Last Supper and in prayer in the Garden of Gethsemane. Help me to be a person of both prayer and service.
- Lord, your feet walked with others, walk with me Lord in these challenging days and may I walk with you and others in a spirit of solidarity and love.
- Lord, they say that it wasn't nails but love that held you to the cross, as I hold your cross, may your love wash over me and my loved ones. I ask this through Christ our Lord. Amen

Spiritual Communion:

As part of the ceremony the priest will receive Holy Communion. This is an opportunity to make a spiritual communion, where you ask God to come spiritually into your heart and unite you with God, your true self and others. The following prayer may help: "My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen."

Easter Vigil

Encourage people to have their candle to hand, a cloth to place on their table later, a bell if they have it (or a glass and fork!) and holy water. (And if they have an open

fire we can reference that) Ideally they should begin without any lights on (obviously in a safe way!)

Blessing of the Fire

- If you have a fire lighting perhaps you might like to pray this prayer over the fire like our ancestors use to do: “Lord, kindle in my heart the ember of love, may you fan the embers into flames and may your flame of love help me to radiate your light and warmth in the world around me.”
- Light your candle and respond as the priest sings ‘Lumen Christi’ by singing ‘Deo gratias’
- Quench your candles for the readings and turn your lights on!

Liturgy of the Word

When the priest lights the altar candle, place your cloth (and flowers if you have them) on the table and light your candle and pray the prayer:

“I light a candle and suddenly the world around me changes. One small flame is all it takes to let the darkness know that it cannot win”.

During the Gloria – ring the bell or tap your glass!

Renewal of Baptismal Promises

At the renewal of Baptismal promises, bless yourself with Holy Water and renew your baptismal promises as prompted by the priest.

After Mass

- At(set a time) Open your front door or window and listen to your church bell and call out to your neighbours, ‘Jesus is risen, Alleluia, Alleluia’ or ‘Tá Mac nÓige Slán’
- It would be good if Churches would ring their bells at a certain point when all ceremonies would be over and people could come to their doors and windows and cry out.

