



## Holy Week Worship Guide: Through the Shadow of Death

We anticipate that many of you will be worshipping online during Holy Week and Easter, so we've prepared this guide and materials to support your worship. We hope that it will help you feel connected to the parish during this particularly sacred time as we Journey through the Shadow of Death and then into the Joy and Possibility of the Resurrection.

We encourage you to create an altar or sacred space in your home. You can use a coffee table, side table, or space on a counter—any place where the contents can be laid out for the week. You might want to lay down a white cloth and then place the Holy Week items on it as the week unfolds. What else could you add to your altar to remind you of the sacred story of Jesus moving with intention and love into the reality of death? Feel free to get creative!

We offer our prayers for a blessed Holy Week and Easter,  
Father Steve+ and Deacon Charissa

# March 28: Palm Sunday

## Prayer for the Day:

*Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

Palm Sunday begins with celebration and joy, recognizing Jesus as the one who will make things right and whole, but takes a turn as we recognize how this will happen. Palm Sunday is an invitation to step into the tumultuous days that follow as we move towards Jesus' death on Good Friday.

## Reflection:

What can we do to walk in the way of his suffering this week?

## Worship Recommendation:

1. Using the provided template, create palm fronds to wave during the Liturgy of the Palms.
2. Light the red votive candle while the Passion Gospel is read and place it on your home altar.
3. After the service, place the palms in the window or on your altar.

Please send a picture of your altar, or holding your palms, to [office@goodsamepiscopal.org](mailto:office@goodsamepiscopal.org) and we'll share it on our Facebook page.

## March 29: Holy Monday

### Reflection:

Today we remember Mary, who recognized that Jesus would die, and anointed his feet with costly perfume and then wiped them with her hair (John 12:1–11). Mary's faith allows her to see where Jesus' journey is going, to prepare for it, and, rather than recoil in horror, provide care. Whose suffering can we find some way to address today?

### To do:

On a scrap of paper, write down the name of someone who is suffering, or an issue that causes suffering. Fold it and place it on the altar, light the red votive and offer a prayer. If an action comes to mind, carry that out!

## March 30: Holy Tuesday

### Reflection:

“Jesus answered them, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life’” (John 12:23–25). Over the last year, what have you had to let die to make room for fruit to come? What might there still be to release and let die?

### To do:

Find something that can serve as a symbol for what has died, or needs to die, and place it on the altar. Pray for guidance on how to let that thing go.

## March 31: Holy Wednesday

### Reflection:

Today we remember that Jesus was betrayed by one of his close friends. Even this betrayal was woven into God's unfolding redemption story, making its own tragic contribution. What is your own story with betrayal? Whose betrayal have you learned to forgive and what came from that forgiveness? Where have you needed forgiveness?

### To do:

Is there someone in your life that you have had difficulty forgiving? Write that on a scrap of paper, fold it, and add it to your altar as you invite God's help with that.

## April 1: Maundy Thursday

On this night, Jesus celebrated the Passover with his friends and gave them a way to remember forever his sacrificial love for them. Tonight, we celebrate the institution of the Lord's Supper, the Eucharist, at 7:00 pm on Facebook Live.

### How to Participate:

1. You are encouraged to prepare an "Agape Meal" at home before the Eucharist celebration online. The suggested Mediterranean menu includes: hummus, pita, olives, dried figs or apricots, roasted almonds, assorted cheeses, chicken or lamb with rice, and fresh fruit with yogurt for dessert.
2. Light the small white votive candle on your altar while participating in the service online.
3. If you are not able to join online, light the candle on your altar and read Matthew 26:17-30.
4. After the service, or after your reading of Matthew, clear all objects from your sacred space. (A stripping of the altar.) Notice how it feels to have these things removed.

## April 2: Good Friday

Good Friday is the day we recall Jesus' death on the cross. As we remember Jesus' suffering for us, we find God present amidst our hurt, brokenness, and fears remembering that God has experienced the fullness of human life—even death. Tonight we will go through the Stations of the Cross at 6:00 pm on Facebook Live.

### How to Participate:

1. Some people choose to fast on Good Friday. Decide if that is something you want to do (an option is to just have liquids, including a light broth.)
2. At some point today find or make a cross and place it on your altar. (You could use twigs, popsicle sticks, construction paper, or anything you find around the house.)
3. Join in the online service, or if you cannot attend online, read the account of Jesus' crucifixion found in John 18:1–19:42
4. There is a Christian tradition of venerating the cross. This involves placing a hand on the cross as a physical way of acknowledging Jesus' death and humanity's participation. Consider holding your cross as a way of being present to the sacrifice.

### Prayer for the day:

*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.*

## **April 3: The Great Easter Vigil**

Watch the online Easter Vigil service at 7:00 pm which includes the lighting of the New Fire, the Renewal of the Baptism Covenant, and our first “Alleluia” of Easter!

### **Materials:**

The larger white votive candle, Chrism oil (on the cotton ball in one of the containers)

### **How to Participate:**

1. Place the larger white votive candle on your altar. Feel free to decorate your candle beforehand—this is your own Paschal Candle!
2. If you are watching the Easter Vigil online, light your candle as candles are lit from the New Fire at the church.
3. At the conclusion of the Renewal of Baptismal Vow in the online service, you’ll be invited to make the sign of the cross with the holy oil on your forehead as a reminder of your Baptism.
4. If you cannot join the online service, read out loud the Renewal of the Baptismal Covenant at home (you’ll find it in the bulletin that we post online), then make the sign of the cross on your forehead with the oil. Also read the following passages of Scripture:
  - Genesis 1:1–2:4a
  - Exodus 14:10–31, 15:20–21
  - Ezekiel 37:1–14
  - Mark 16:1–8. After the reading of the Gospel say the Easter Acclamation: “The Lord is risen! The Lord is risen indeed! Alleluia!”

## April 4: Easter

Alleluia! The Lord is risen! The Lord is risen, indeed!

### How to Participate:

1. Place the larger votive candle (the Pascal Candle that you decorated) on your altar. Consider adding flowers or other decorations to make the altar celebratory.
2. Light your Paschal Candle as the online Easter service begins.

### Reflection:

Look back on the journey you have taken so far this year: the journey through the waters of baptism, through the wilderness, through the shadow of death, and now, entering the journey of the joy and possibility of the resurrection. What insights have come from the journey so far? In what way is joy alive in you today?

### To Do:

What is a joyful expression you can offer to God? What about to someone you love?

