

## Links to Online Resources **Sixth Week of Lent (Holy Week)**

### Reflections on Sunday's scriptures:

- [Bishop Barron on Palm Sunday](#)  
*On Palm Sunday we have a special procession into Mass, with an extra Gospel reading ([Matthew 21:1-11](#)) about Jesus' entrance into Jerusalem at the start of the week that He was to be crucified. Bishop Barron goes through a Biblical study on the significance of this special entrance into Holy Week.*

### Holy Week topics:

- [Holy Week in Three Minutes](#)  
*This video gives a basic breakdown of the steps of Holy Week: Palm Sunday, Holy Thursday, Good Friday, Holy Saturday and Easter Sunday.*
- [Holy Week at Home](#)  
*Prayers and ritual prayer services you can do at home and with your families to celebrate the different days of Holy Week in a special way. Each day includes an introduction to the day, prayer service, and conversation starters you can use to reflect upon and discuss with your family.*

### **Holy Thursday** - Livestream Mass @ 7pm on Facebook

- [Holy Thursday Gospel Reflection](#)  
*Sam connects our Gospel passage, an account of the "washing of the feet," to our celebration of the institution of the Eucharist. The Gospel is [John 13:1-15](#).*
- Consider doing a foot-washing at home with your family. Jesus washed the feet of his closest friends. It showed his humility, his deep care for them, and reminded them that service to others was the heart of his ministry. Can you emulate his actions by washing the feet of your family members? Maybe each person wash the feet of one other person in the family.

### **Good Friday** - Livestream of the Good Friday Liturgy @ 3pm on Facebook

- [Good Friday, Gospel of John Reflection](#)  
*On Good Friday we always hear the narrative of the crucifixion from [the Gospel of John \(18:1-19:42\)](#). This video reflection considers John's narrative as "The Coronation of the King of Glory." This video was filmed in 2019. The services you are encouraged to attend will be live-streamed or recorded on our parish Facebook page.*
- Consider doing something different (like going without technology) from 12-3, the hours it is believed Jesus was on the cross dying.

### **Holy Saturday**

- [Waiting in Christian Hope](#)  
*An excellent, short reflection on the waiting of Holy Saturday being analogous to the waiting we do through most of our lives and how we are called as Christians to wait in Hope.*

## **About the Ephphetha Rite:** (normally celebrated Holy Saturday morning)

- An overview:

*Ephphetha (ef-fa-tha) is the Greek form of an Aramaic word meaning “be opened.” This word is found in the passage about Jesus healing a deaf man with a speech impediment in [Mark, chapter 7, verses 31-37](#). Usually, the morning of Easter Vigil we gather the Elect to participate in what’s called an Ephphetha Rite, in which the symbolism of their ears and mouths “being opened” represents their own reception of God marked by their pursuit of the Sacraments of Initiation (their conversion toward God).*

- The prayer that would be prayed over you at the Ephphetha Rite:

*Ephphetha: that is, be opened, that you may profess the faith you hear, to the praise and glory of God.*

*Let us pray.*

*Father, through your holy prophets you proclaimed to all who draw near you, “Wash and be cleansed,” and through Christ you have granted us rebirth in the Spirit.*

*Bless these your servants as they earnestly prepare for baptism. Fulfill your promise: sanctify them in preparation for your gifts, that they may come to be reborn as your children and enter the community of your church.*

## **Bonus Material:**

- **Message for the Youth:** ["Here's the thing"](#) vlog from Life Teen  
*This video has some advice about keeping up with your faith while we can't gather for Mass, class, or rites and rituals.*
- [Remember Your Baptism Podcast](#) | Episode 6 (available starting April 5 at 12 p.m.)  
*An opportunity for a guided examination of our Lenten journeys to see where we've been, where we are and where we're going.*