

# HOLY

Kia ora SHP Whānau,



# WEEK

Warm greetings to you all & wishing you well in your 'bubble'. We have gathered together some ideas and activities to help you journey through Holy Week with your tamariki/children. You might like to have a look through this doc and choose 1 activity you would like to do each day.

We encourage you all to put aside some time to use these ideas to: listen, watch, pray, sing, discuss, reflect and maybe even prepare kai/food together during this Holy Week, which leads us all to the joy & celebration of Easter!

Blessings to you all. Keep Safe. Kia kaha.  
Arohanui xo

**The Children's Liturgy Team**  
Maree, Lili, Genevieve & Kath

## PS. Helpful hints:

- Have a look at Andrew Chinn's '[Clean Hands](#)' song with your children!
- In this doc -click on words written in blue & underlined - these are links that take you to a website or a video or another document.
- For the key parts of Holy Week - we have included a link to short 'Background' videos from Catholic Online (or Busted Halo) - which give a 3-4min summary of each part of Holy Week - this is created for adults & teenagers to have a look at (if you wish) before starting an activity with children (please excuse/ignore the 'shopping ad' at the end of some of these videos!).

## PPS. Other helpful things:

- Here is a [list](#) of live Mass and Holy Week services
- Check out our Parish of the Holy Spirit-Te Wairua Tapu [website](#) and [Facebook page](#)
- Have a look at the latest edition of [WelCom](#) and the Wellington Archdiocese [website](#) & [Facebook page](#)
- Here are some more lovely Holy Week [activities & sheets](#) for children (you can print)



Holy Week

## Experience Holy Week & Easter

Ideas for SHP Children/Families in Lockdown 2020

**Background** to [Holy Week](#) (for adults & teenagers)



**Palm Sunday (5 April)**

**Background** to [Palm Sunday](#)

**Read** today's [pre-Mass gospel](#) (for the procession) together

**Act out** the procession into Jerusalem (with big leaves, palms, coats on the ground etc) while you... **Listen** to (& sing!) [Bless Our King](#) (Andrew Chinn)

**Have** your own [Palm Sunday Liturgy](#) (*Readings, Reflection, Prayers of the Faithful etc*)

**Watch** the [Bible story](#) together

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### *During Holy Week...*

*...you may like to choose some things from the [Caritas 'Action Plan'](#) to do individually or as a whānau - for example:*

**Monday 6 April:** Choose a space in your room, write out and display quotes of hope and inspiration.

**Tuesday 7 April:** As a family- watch a Caritas video about caring for creation [here](#)

**Wednesday 8 April:** Make Easter greeting cards to those in a **local** rest home (or to people you know in your neighbourhood) and deliver them to brighten up their day (on Sunday).

**Thursday 9 April:** Wash each other's feet (before eating dinner together).

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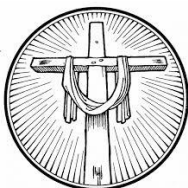
### **Holy Thursday (9 April)**

**Background** to [Holy Thursday](#) (*for adults & teenagers*)

- **Create** a 'Garden of Gethsemane' (outside or inside) eg. plants, places to sit, blankets, lanterns/torches. You might like to: listen to the [Passion Story](#) &/or listen to [music](#) &/or share some personal prayers as a family (ie. spend time sharing + listening...What would you like to say to God? What is he saying to you?)
- **Have** a [Holy Thursday Liturgy](#) (*Readings, Reflection, Prayers of the Faithful etc*)



- **Make** some unleavened bread (*see recipe at the end of this doc*) and re-enact the Last Supper
  - **Watch** a video of the [Last Supper](#)
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### **Good Friday (10 April)**

**Background** to [Good Friday](#) (*for adults & teenagers*)

**Background to the [Stations of the Cross](#) (for adults & teenagers)**

- **Create & Walk a [Way of the Cross](#) at your place...** *(thanks to the extended Mahony family for sharing this family tradition with us)*

1. Set up the [14 stations](#) in your driveway or backyard or around and through your house. (your children could help)
2. At each station place the number, a symbol (item(s) or a picture) which is meaningful for that specific station (see ideas in [Way of the Cross](#) doc) and a prayer for each station (see prayers in [Way of the Cross](#) doc)
3. When you arrive at each station: Look at the symbol and ask your children what they think it symbolises – discuss together. Then either read the prayer together or everyone take turns to read at each station.

- **Watch & pray together one of these Stations of the Cross:**

[Station of the Cross](#) (Loyola Press)

[The Way of the Cross](#) (Caritas Google slides)

- **Have a [Good Friday Liturgy](#)** *(Readings, Reflection, Prayers of the Faithful etc)*

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## Saturday (11 April)

- **Create** some Easter bookmarks or cards for family or neighbours *(Which Christian symbols or quotes from the Bible you would like to include?)*
- **Make** some food for Easter Sunday *(Maybe some traditional Easter food that your family enjoys or try some of the ideas below)*
- **Practise** the Easter Sunday Prayers or Readings *(see below)*



## Easter Sunday (12 April)

**Alleluia! He is Risen!**

**Background to [Easter Sunday](#) (for adults and teenagers)**

- **Read** today's [Mass readings](#)
- **Have** an [Easter Sunday Liturgy](#)
- **Listen** to the story of [The Three Trees](#)
- **Create** an Easter prayer stone - Decorate a small smooth stone with a symbol of hope, like a sunrise, an egg or a flower bud. The pebble can remind

you of the stone in front of Jesus' tomb which was rolled away. Hold onto this pebble as you pray during this week and tell God your hopes for the world.  
(idea from [cafod.org.uk](http://cafod.org.uk))

- **Pray** these prayers together:

### **JESUS RISES FROM THE DEAD**

We thank you Jesus for your resurrection. May we be with you in heaven one day.  
Lord hear us

### **EASTER PRAYER**

Jesus, you love me so much,  
that you were willing to suffer and die on the cross.

Thank you!

Make my love for you  
and for all of my brothers and sisters  
grow stronger every day.

I want to always think, act and speak  
as you would.

Help me to spread the peace and joy  
of your resurrection everywhere I go!

Amen.

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At the end of Holy Week if you would like to watch a summary, here is:

- The whole [Easter Story](#) (from the Beginner's Bible) (20min - start the video clip at: 1m30s- end at 21m05s)
  - Here is a shorter rhyming story summary of the [Easter Story](#) (5 mins)
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## **Symbols of our Favourite Easter Foods**



### **Easter Eggs**

There are two important symbols for Easter eggs, one is about the link between chicks hatching from their egg and *new life*. Jesus resurrected from the dead on the third day, his *new life* began then.



The second symbol is about the oval egg representing the rock that was placed in front of Jesus' tomb when he died. In fact, in Scotland, they play a game where decorated hard boiled eggs roll down a hill, the first egg to reach the bottom of the hill intact, wins!!!



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### **Lamb**

This is pretty obvious. We say it all the time “Jesus, Lamb of God”. The Old Testament mentions that animal sacrifices were carried out to clean people from their sins and earn God’s forgiveness. Jesus is the “*Lamb of God*” because he gave his life for us, so God would forgive our sins. Many Christians forego meat during lent, after not eating meat for 40 days, a meaty leg of lamb is a food of choice!



### **Hot Cross Buns**

These are meant to be enjoyed at the end of Lent! The meaning of the cross is easy to understand, it relates to the crucifixion of Jesus. However, did you know the spices used in making the dough represent the spices used to embalm (preserve) Jesus' body for his burial?



### **Pretzels**



As the dough to make pretzels is quite plain, these are meant to be eaten during Lent. It is a simple bread, which relates to Jesus' simplicity. The shape of a pretzel is unique, it is said to represent arms crossed in prayer. Lent and Easter are a prayerful time.



### **Simnel Cake**

This could well be a traditional fruit cake, however, look at this picture, how many "balls" can you count? Eleven!!! Any ideas why? The balls are made of marzipan and they represent ten apostles plus Jesus. Where and who is the missing apostle? Have a chat with your family and see if you can explain this!

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**Are you feeling hungry now?** How about a spot of Holy Week baking?

### **Unleavened Bread Recipe**

A printed recipe for Unleavened Bread is shown on a piece of paper. The title is "Unleavened Bread Recipe" in a bold, sans-serif font. Below the title, it says "Quantities for a class of 30 children". The ingredients list includes: Half a cup of wholemeal flour, Half a cup of plain white flour, One tablespoon of oil, A pinch of salt, and 2 teaspoons of honey dissolved in a quarter of a cup of hot water. The method section provides step-by-step instructions: Set the oven to medium temperature. Grease the oven trays. Put the flour in a large bowl. Pour all of the other ingredients into the flour and mix thoroughly - add more water if necessary but the mixture should not be too wet. Sprinkle some flour on a board and roll the mixture into balls. Then flatten the balls out into circles. Place each circle on a greased oven tray and score it with a knife as for a pizza - making enough pieces for members of your group. Cook in a medium oven for 5 to 8 minutes. Place bread to cool in a tea towel on a cake cooler. When bread is cool, eat it dry or spread with butter and jam. To the right of the text is a hand-drawn diagram of a large oval-shaped bread, divided into eight triangular slices by lines radiating from the center to the edge. Small dots are scattered across the surface of the bread, representing the texture of the dough.

## **Hot Cross Scones** *(much easier and quicker than buns!)*



### **Ingredients**

225g self-raising flour, plus extra for dusting

¼ tsp salt

50g butter, chilled

1 small dessert apple, peeled and cored

3 tbsp currants or other dried fruit (chopped if large)

50-75 ml milk

4 tbsp natural yogurt

1 egg, beaten (optional)

1 packet of strawberry laces or a roll of fruit leather, cut into strips the same diameter as the scone.

### **Method**

1. Heat oven to 200C/180C fan. Tip the flour and salt into a large bowl. Grate the butter into the bowl, toss the mixture together, then rub the bits of butter into the flour until there are no big lumps left.
2. Grate the apple into the bowl, then add the dried fruit, 50ml milk and the yogurt, and combine to make a soft dough. If the dough looks dry, add a little more milk. Don't squeeze it too much and don't worry if it looks a little lumpy. Roll out the dough on a floured surface and cut out scones using a 4cm round cutter. Combine any off-cuts and cut out more scones until you have used up all the mixture.
3. Put the scones on a baking tray and cut a cross across the top of each (adults may have to help children here). Brush some egg over the top, if using. Bake for 10-12 mins or until the scones are risen and golden brown. While they are still warm, lay strawberry laces into the crosses you have cut in the tops of the scones.

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## **After Easter...**

This series has been created by Andrew Chinn in the last 2 weeks- you might want to use them as a morning prayer & song each day in the week after Easter as your children begin Term 2 with some 'distance learning.'

God bless xo

### ***Morning Prayers & Songs from Andrew Chinn***

[Episode 1](#) *(These Hands)*

[Episode 2](#) *(A Morning Prayer)*

[Episode 3](#) *(I Am the River)*

[Episode 4](#) (*Precious Child*)  
[Episode 5](#) (*I Went Walking*)  
[Episode 6](#) (*Strong in our Faith*)