



## Holy Week @ Home

Activities for children and their families to do at home during Holy Week.

Share your photos daily. Tag your parish and use the hashtag #holyweekathome.

Have your children complete the Holy Week Diary every day.

Activities	Bible Reading
<p><b>Palm Sunday</b></p> <ul style="list-style-type: none"><li>• Cut palms or branches and have a Palm Sunday procession.</li><li>• Make palm crosses. Video and instructions here: <a href="https://www.youtube.com/watch?v=nGEhbMkJOLE">https://www.youtube.com/watch?v=nGEhbMkJOLE</a></li></ul> <p><i>Apolytikon of Palm Sunday - Fourth Mode</i> <i>O Christ God, when we were buried with Thee in Baptism, we became deserving of Thy Resurrection to immortal life. Wherefore, we praise Thee, crying: Hosanna in the highest! Blessed is He that cometh in the Name of the Lord.</i></p>	<p>Matthew 21: 1-11</p>
<p><b>Holy Monday</b></p> <ul style="list-style-type: none"><li>• Make a fig tree. Instructions and printable here: <a href="http://easybreezysundayschool.blogspot.com/2016/02/the-parable-of-barren-fig-tree.html">http://easybreezysundayschool.blogspot.com/2016/02/the-parable-of-barren-fig-tree.html</a></li></ul> <p><i>Apolytikon of the Bridegroom - Plagal Fourth Mode</i> <i>Behold the bridegroom comes at midnight; and blessed is he, who He shall find watching; but unworthy is he whom He shall find heedless. Beware, therefore, O my soul, not to be weighed down with sleep, lest you be given up to death, and shut out from the kingdom But, rouse yourself crying: "Holy, Holy, Holy are You, our God". Through the prayers of the heavenly hosts have mercy on us.</i></p>	<p>Luke 13:6-9</p>
<p><b>Holy Tuesday</b></p> <ul style="list-style-type: none"><li>• Make oil lamps out of paper. Video and instructions here: <a href="https://www.youtube.com/watch?v=CeZKYGmuZn0">https://www.youtube.com/watch?v=CeZKYGmuZn0</a></li></ul> <p><i>Exaposteilarion of the Bridegroom - Third Mode</i> <i>I see Your Bridal Chamber adorned, O my Saviour, and I have no wedding garment, that I may enter therein; O giver of Light, make radiant the vesture of my soul and save me.</i></p>	<p>Matthew 25: 1-13</p>
<p><b>Holy Wednesday</b></p> <ul style="list-style-type: none"><li>• Anoint one another with Holy Oil, making the sign of the Cross on each other's foreheads.</li></ul> <p><i>Exaposteilarion of Holy Unction - Third Mode</i> <i>In mercy, O benevolent One, look favourably on our petitions, who have come together today in Your Holy Temple, to anoint with Holy Oil Your ailing servants.</i></p>	<p>Mark 8: 22-25</p>

### Great and Holy Thursday

- Make Prosfophora Bread and share with your family. Instructions and video here: <http://www.kurskroot.com/prosfophora.html>
- During the evening service, light 12 candles; one after every Gospel reading.

#### *The Fifteenth Antiphon - Plagal Second Mode*

*Today He who hung the earth upon the waters is hung upon the Tree. The King of the Angels is decked with a crown of thorns. He, Who wrapped the Heavens in clouds, is wrapped with the purple of mockery. He, who freed Adam in the Jordan, is slapped on the face. The Bridegroom of the Church is affixed to the Cross with nails. The Son of the Virgin is pierced by a spear. We worship Your Passion, O Christ. Show us also, Your glorious Resurrection.*

Matthew 26: 17-30

### Great and Holy Friday

- Decorate a funeral bier with flowers. Use a platter or box and lay the icon of the Crucified Christ in the centre.
- Chant some Lamentations.

#### *Lamentations - The First Stasis (verse one) - Plagal First Mode*

*In a grave they laid You, O my life and my Christ; And the armies of the angels were so amazed, as they sang the praise of Your submissive love.*

Matthew 27: 27-56

### Great and Holy Saturday

- Read the story of St Mary Magdalene and the Red Egg here: <https://www.getfed.com/mary-magdalene-first-easter-egg-6029/>
- Dye eggs red ready for tomorrow.

#### *Arise, O God - Varis Mode*

*Arise, O God, and judge the earth; for You shall inherit all the earth.*

Matthew 27: 57-66

### Resurrection Sunday

- Prepare a festive and beautiful table. Crack eggs, enjoy a meal and this special time with your family. Christ is Risen!

#### *Paschal Apolytikon - Plagal First Mode*

*Christ is risen from the dead, trampling down death by death, and to those in the tombs bestowing life!*

Matthew 28