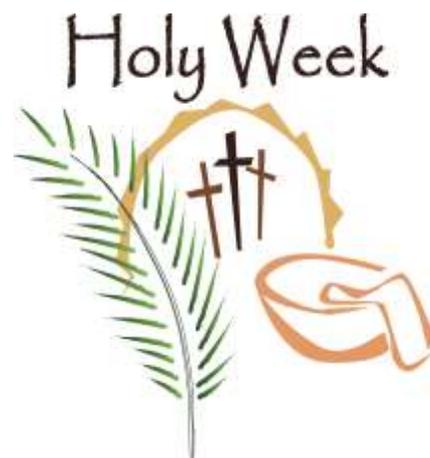


Coloma Catholic Life.



THIS IS HOLY WEEK

Easter Duties

The Bishops of England and Wales have, for this year due to the exceptional circumstances, suspended our East Obligations. Cardinal Vincent Nichols has issued a statement which can be viewed at <https://vimeo.com/402299482>

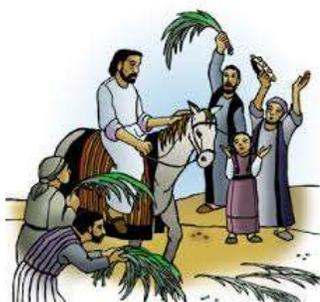
The Bishops have asked that all should make a Perfect Act of Contrition at this time. Perfect contrition (or a Contrition of Charity) is true and real sorrow for our sins which is created when we realise the immense love of God for each one of us. St Maximilian Kolbe encouraged parishioners to this during World War II

This act involves an examination of conscience, as well as a desire for forgiveness and the intention to make a confession when it's safe to do so.

A Perfect Act of Contrition

An Act of Contrition - My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

Palm Sunday



Sunday 5th April is Palm Sunday. This day we celebrate Jesus' triumphal entry to Jerusalem. The crowds welcomed him, their words and actions recall the Messianic prophecies of Zechariah 9:9 'Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey'.

There is a hint of pre-planning, as two disciples are sent to a specific location and, if challenged, given the exact words to say.

During the same service, we hear the Passion of Our Lord Jesus Christ according to Matthew in its entirety. For some Christians, this is the only time they will hear these words, foretelling the horrors that are yet to unfold. The words of the psalm resonate despair 'My God, my God, why have you forsaken me?' Yet, it is a psalm of great hope and trust in the Lord and it declares in verses 28 - 29 that 'All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him, for dominion belongs to the LORD and he rules over the nations.'

Spy Wednesday

Wednesday of Holy Week is also known as Spy Wednesday as the Gospel reading precludes the betrayal of Judas. The events that lead Jesus to the cross are filled with intrigue, suspense and an impending sense of disaster. Clearly, the powers of good and evil, light and darkness, sin and salvation are poised to exhibit themselves at the place we call Golgotha. The Joannine account of Jesus' betrayal seems to show Jesus' deep understanding of His role as the Messianic fulfilment. Judas in his interrogatory and somewhat cynical half statement of, "Surely it is not I, Rabbi?" provides the catalyst for the process of darkness to unravel.



Maunder (Holy) Thursday



Maunder Thursday is the beginning of the Triduum – a three day long liturgical service.

Holy Thursday is the commemoration of the Last Supper of Jesus Christ, when he established the sacrament of Holy Communion prior to his arrest and crucifixion. It also commemorates His institution of the priesthood. Jesus celebrated the dinner as a Passover feast. Christ would fulfil His role as the victim of the Passover for all to be saved by His final sacrifice. The Last Supper was the final meal Jesus shared with his disciples in Jerusalem.

During the meal, Jesus predicts his betrayal.

During this meal Jesus washes the feet of his disciples, an act of outstanding service. For the Jews, at the time, one servant's specific role was to wash the feet of the master, family and guests prior to entering the house. It was the lowest job in the household, because, by its very nature, the man had to handle all the detritus from the roads. Through this very act Jesus forcibly demonstrates that his disciples are to be servants to others, no matter how menial or unpleasant the job is.

For Catholics when Jesus takes the bread and wine and blesses it, his words 'This is my body, which is given for you.' 'This is my blood, poured out for you' are an article of faith where the bread and wine are transformed into the body and blood of Jesus Christ known as transubstantiation.

Interestingly, the Gospel for the day is from John, telling, not the institution of the Eucharist, but the washing of the feet.

There follows a vigil of watching, waiting and praying until midnight, recalling the hours in the Garden of Gethsemane. There is no end to this service.

Good Friday

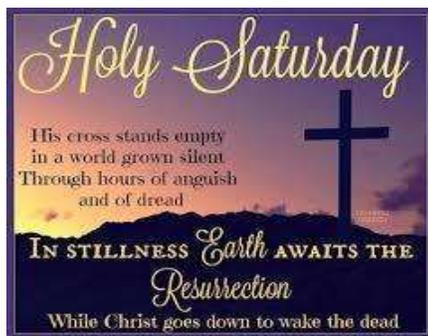
Good Friday picks up where Maundy Thursday ended. There is no formal beginning, just an unannounced procession to the altar, where the clergy prostrate themselves in humility. It is the day that commemorates the brutal suffering, crucifixion and death of Jesus. We become part of the crowd jeering and condemning, perhaps the same crowd that welcomed him a matter of days earlier. How things changed so suddenly.



Why is such a terrible day called 'Good'? The name Good Friday is entirely appropriate because the suffering and death of Jesus, as terrible as it was, marked the dramatic culmination of God's plan to save his people from their sins.

Again, this service has no ending, the altar and sanctuary are stripped bare, the sanctuary lamp, reminding us of the eternal presence of Christ is extinguished. He is dead.

We leave in silence, stunned by what we have just witnessed.



Holy Saturday (*Sabbatum Sanctum*)

On Holy Saturday the Church waits at the Lord's tomb, meditating on his suffering and death. The altar is left bare, and the sacrifice of the Mass is not celebrated. Only after the solemn vigil during the night, held in anticipation of the resurrection, does the Easter celebration begin, with a spirit of joy that overflows into the following period of fifty days. It is during the night between Holy Saturday and Easter Sunday that the Easter Vigil is celebrated. The service begins as

darkness falls.

A new fire is blessed, the paschal candle is lit, lit spreads and radiates throughout the Church, making night as bright as day. We hear the joyous singing of the Easter Exultet, listen to the readings from scripture detailing how salvation has come to mankind. We sing psalms, praising God for his greatness. Then suddenly the bells ring out in praise and glory, the church is bathed in light and we, once again, we can sing 'Gloria and Alleluia', praises not heard for over forty long days.

This year it will not be possible for Christians to join together to celebrate these events. We can remember in different ways and continue to nourish ourselves through Spiritual Communion.

Below are links provided by our Diocesan adviser for Chaplaincy:

<https://www.thecatholictelegraph.com/lenten-reflections-2020/63753>

<https://www.chausa.org/prayers/lent-reflections>

<https://www.biblesociety.org.uk/explore-the-bible/daily-reflection/holy-week-monday-10-april/>

<https://www.youtube.com/watch?v=7OGTWXiWIAY>

<https://cafod.org.uk/Pray/Prayer-resources/Holy-week-prayers>

Below are the Stations of the Cross for colouring – they might be useful to help focus on Holy week whilst we cannot celebrate it together in church.

Catholic Radio Station:

<http://www.heavensroadfm.com/>

Helpful information from The Bishops' Conference:

How to watch Mass online

Churchservices.tv is a platform that connects communities and provides churches with a space to broadcast – particularly Mass, Adoration and prayer.

Churches in England

Here is a [list of churches in England that use the service](#).

Schedule

Here's a [full schedule arranged by time and date](#).

LIVE: National Shrine – Walsingham

The National Catholic Shrine to Our Lady at Walsingham has a full broadcast schedule – including Mass, Rosary, Vespers, Exposition, Mass in Latin and even some talks. Visit its [Livestream area](#).

Sunday Mass

There will be a stream for Sunday Mass on the BCEW home page.

The Liturgy Office for England and Wales has produced two PDF downloads (A5) of the Sunday Readings and Prayers. The second download is just the Readings.

[Sunday 29 March – Prayer and Readings \(A5\)](#)

[Sunday 29 March – Readings \(A5\)](#)

There is also a very useful PDF download of the Morning Prayer of Sunday with Sunday Mass readings for the Fifth Sunday of Lent.

[Fifth Sunday of Lent](#)

With thanks to Fr Jonathan at St Philip's in Mansfield.

Magnificat

During this time, when we can't attend Mass, the producers of the Magnificat have kindly provided [complimentary access to its online version](#) to help people follow the Mass and pray from home.

Prayer

Spiritual Communion – Prayer of St Alphonsus

My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul so that I may unite myself wholly to you
now and forever.
Amen.

[When Mass cannot be celebrated publicly \(A4\)](#)

[When Mass cannot be celebrated publicly \(A5\)](#)

Below are Stations of the Cross for coloring

- Station I: Jesus' is condemned to death -



- Station II: Jesus carries His cross -



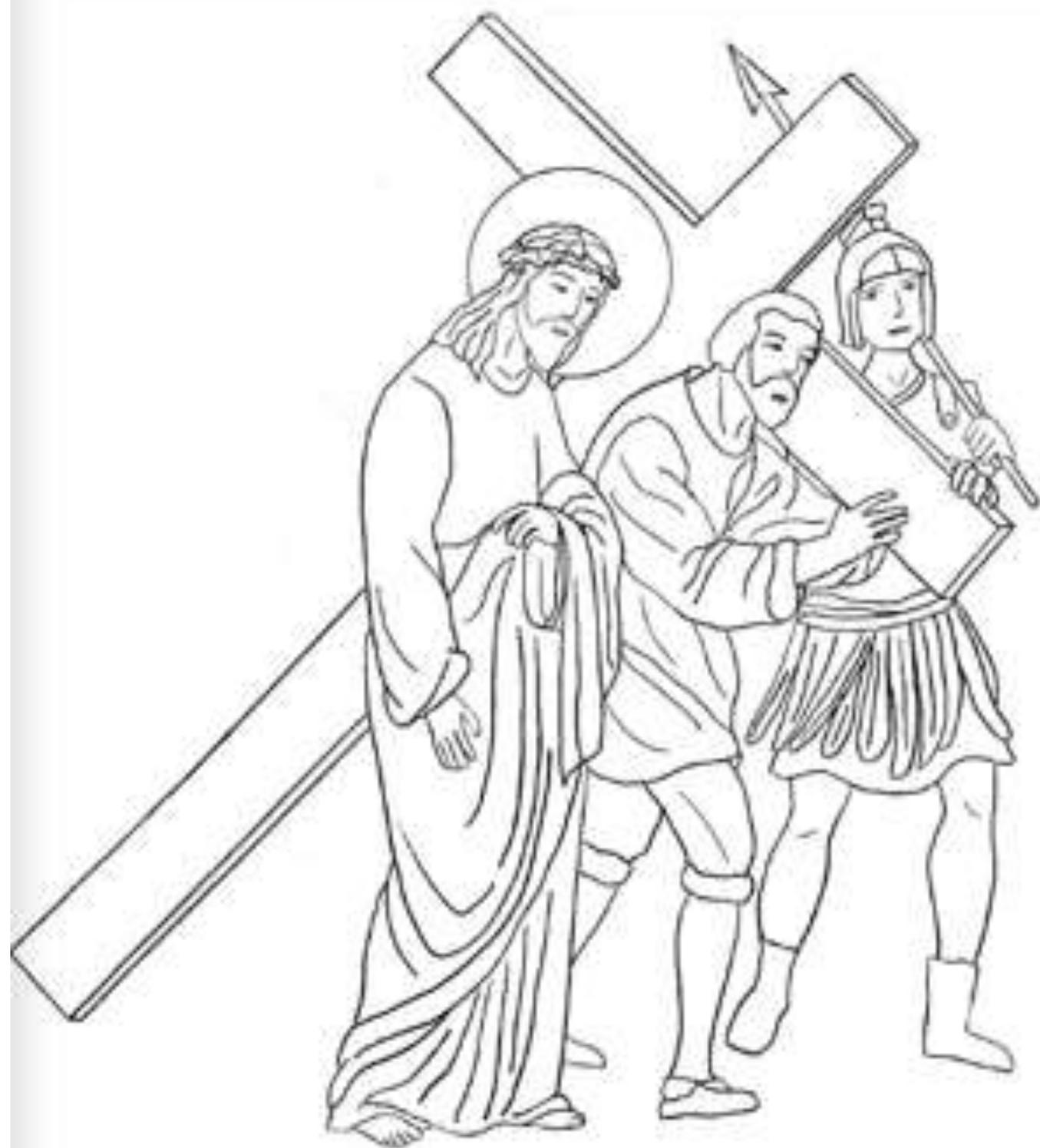
- Station III: Jesus' falls the first time -



- Station IV: Jesus meets His sorrowful mother -



- Station V: Simon of Cyrene helps Jesus to carry the cross -



- Station VI: Veronica wipes the face of Jesus -



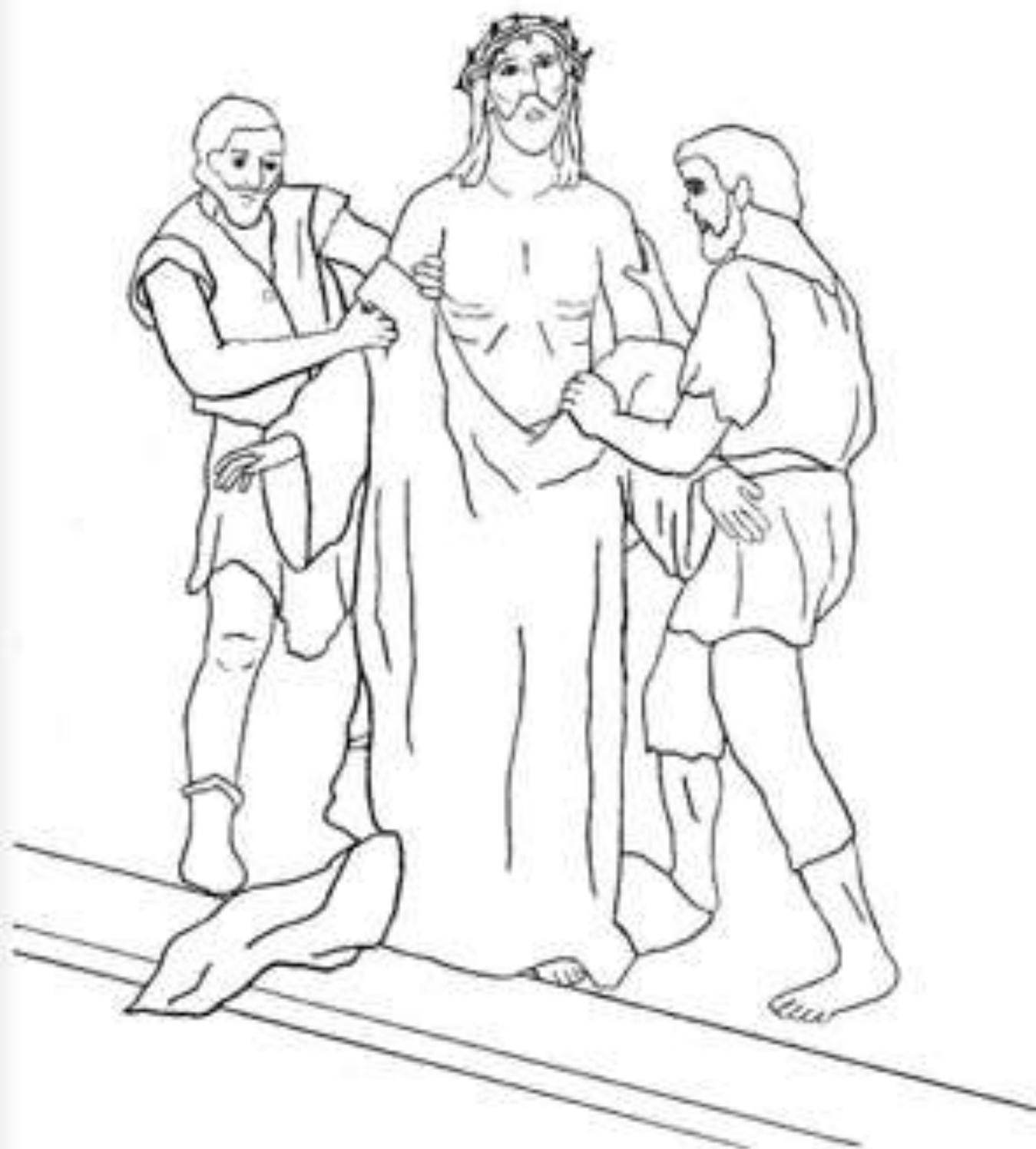
- Station VII: Jesus' falls the second time -



- Station IX: Jesus falls the third time -



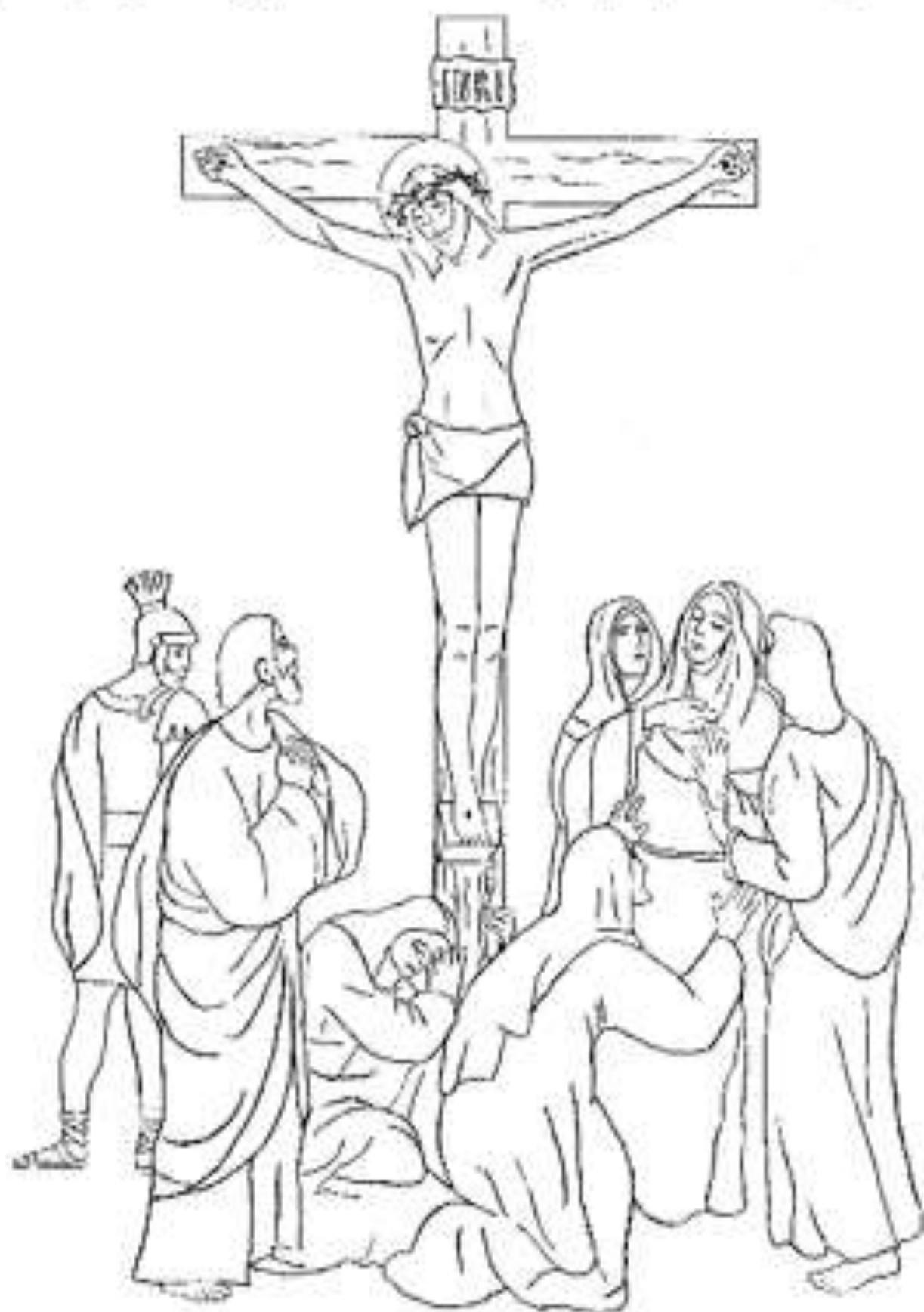
- Station X: Jesus' is stripped of His garments -



- Station XI: Jesus is nailed to the cross -



- Station XII: Jesus is raised upon the cross and dies -



- Station XIV: Jesus is laid in the sepulcher -

