

Liturgical Living

April 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 Passion Sunday	4 St. Isidore	5	6	7	8	9
10 Palm Sunday	11	12	13 Spy Wednesday	14 Holy Thursday	15 Good Friday Begin Divine Mercy Novena	16
17 EASTER SUNDAY	18	19	20	21	22	23 St. George
24 Divine Mercy Sunday	25 St. Mark the Evangelist	26	27	28 St. Gianna Molla St. Louis DeMontfort	29 St. Catherine of Siena	30

Liturgical living is a beautiful way for individuals and families to learn about the traditions, saints, and rituals of our faith. This leads to a deeper comprehension and connection to our faith. Pick a few things each month to try and start to see the connection of the Catholic Faith to life outside of mass on Sunday! Give it a try!

April 3rd- Passion Sunday-This is the point in which the focus shifted from Jesus' prayerful preparation in the desert to his suffering and death on the cross. The traditional Gospel for this Sunday ends with, "So they took up stones to throw at him; but Jesus hid himself, and went out of the temple" (Jn. 8:59). Here Jesus is hiding himself from the crowd that rejects him, comes the tradition of veiling statues and crucifixes in churches and in homes on the fifth Sunday of Lent. During the rest of Lent, we try to focus on the ways we can better love and serve God and our neighbor. It is an opportunity to recognize and humbly admit our weakness and sin, and all the ways we reject our Lord. Covering statues and crucifixes for these two weeks draws our attention to them in a new way inviting us to pray and recollect our thoughts to Christ and his passion. **Try it out: Purchase some inexpensive purple cloth or felt and cover the crucifixes or prominent statues in the areas of your home where they will be noticed and cause reflection throughout the last two weeks of this holy season.**

April 4th- St. Isidore-Patron of Farmers- Pray for our farmers, that they may have sufficient rain, fruitful harvests, and joy from their hard labors.

Prayer to St. Isidore

O St. Isidore, patron saint of farmers, I come to you now asking your intercession on behalf of (name person) and all whose livelihood is based in farming.

I ask you to pray that their crops have sufficient water and minerals to grow to fruition and that they are abundant at harvest.

Please pray that their crops are protected from strong winds, flooding, hail, rust, and every blight of worm and insect.

St. Isidore, please pray that God in His infinite love and wisdom will bless their labors so that they may reap the rewards of work well done here on Earth and in Heaven. Amen.

April 10th: Palm Sunday-The Sixth Sunday of Lent-Today we commemorate Jesus' triumphal entry into Jerusalem. Blessed palms are distributed at mass. These are sacramentals, material objects that can help dispose us to receive the grace available in the sacraments. Since they are blessed, they shouldn't be thrown away; they may be folded into crosses, flowers, braided and then displayed around the home until Ash Wednesday nears. Then they may be returned to church for burning to create ashes. The liturgical color is red, wear red as a family to mass. We hear the passion read on this day. It is a great way to enter into Holy Week as it reminds us of Jesus' suffering and death on the cross for our salvation. A meal that might be fun to try is to serve Middle Eastern foods included hummus and flatbread.

Holy Week: Monday and Tuesday- It is a great time to clean! Get the house and hearts of your family in order so that you can live it up during the Easter Octave and season. Monday try to sort through trash/recycle and donation items that may be hanging around. Tuesday finish up your cleaning and do the shopping for the week. Plan your Easter meal and do any prep work that you can to allow more celebrating on Sunday.

Spy Wednesday-This is the day we remember Judas betraying Jesus, telling the high priest when Jesus would be in a place where he could be more conveniently arrested, in exchange for 30 pieces of silver. The sneakiness of Judas' actions gives to the name Spy Wednesday. Read parts of the Gospel that pertain to this. Hide 30 pieces of silver (quarters, nickels, or dimes) in an area of the house for the kids to find. Observe their actions, talk about what greed is and how it can lead to evil actions.

Another tradition of this night is Tenebrae, do a little research on this and see if there are any services in the area or recreate it in your home. Tenebrae is latin for "shadows" or "darkness."

The Triduum-The evening of Holy Thursday to the Evening of Easter Sunday. Lent technically ends before the evening Mass on Holy Thursday, but Lenten disciplines are still observed until Easter Sunday or after the Easter Vigil.

Holy Thursday- (Maundy Thursday) This evening begins the Triduum, we focus on the Last Supper, when Jesus observed the Jewish feast of Passover with his apostles, washed their feet, and instituted the Eucharist and the priesthood. On this night Jesus said to his followers, "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another" (Jn13:34). This verse is the reason why Holy Thursday is called Maundy Thursday, "maundy" comes from the Latin word "commandment". Sadly this is also the night that Jesus is betrayed. Following the Holy Thursday Mass, the Blessed Sacrament is removed from the tabernacle in the church, which is left open and empty. The Blessed Sacrament is moved to an Altar of Repose. Afterward people can pray before the Blessed Sacrament until late into the night, an imitation of the apostles in the Garden of Gethsemane with the Lord. There is also a practice known as the **Seven Churches Visitation**.

Good Friday-A day of fasting and abstinence from meat. Some ways to enter into the day with traditional foods (just small quantities) are hot cross buns for breakfast. Eat a small half of lunch, and save the one full meat-free meal in the evening. Try to keep the day reflective, consider dressing in darker colors. Come up with ideas to help remember the importance of this day. Go to the school track or inside the church and pray the Stations of the cross, recite the Divine Mercy Chaplet (start your novena) at 3 pm. Attend Good Friday Services.

Holy Saturday (Easter Vigil)-This is a day of great silence of our church. There are no sacraments or bells on this day. An ancient homily states: "What is happening? Today there is a great silence over the earth, a great silence, and stillness, a great silence because the King sleeps' the earth was in terror and was still, because God slept in the flesh and raised up those who were sleeping from the ages. God has died in the flesh, and the underworld has trembled." Holy Saturday is a day of preparation and longing. The US bishops recommend a voluntary continuation of the Friday fast.

For many Holy Saturday is a day of preparation. Decorate for Easter, prepare food for the following day, dye Easter eggs, make sure outfits are ready for Easter mass. Mostly quiet and

preparatory activities that remind us to prepare for the coming of the Lord. *Paschales Solemnitatis*, the main document governing the celebration of Easter, tells us, “On Holy Saturday the Church is, as it were, at the Lord’s tomb, meditating on his passion and death, and on his descent into hell, and awaiting his resurrection with prayer and fasting.”

Easter Sunday- Celebrate by singing **Jesus Christ is Risen Today**. Enjoy time with your family by going to mass, eating delicious food, and reflecting on the gift of the faith. Remember that today is the BEGINNING of Easter, not the end. The Easter season is 50 days long!

Divine Mercy Sunday- Pope St. John Paul II established a plenary indulgence for the day. Simply go to mass, receive Communion, pray before the Eucharist, and go to the sacrament of penance within 21 days of the feast. A perfect prayer is the Chaplet of Divine Mercy and if you prayed the novena it is a great way to finish it strong. A fun treat for the day is Divine Mercy Sundaes, with red and blue topping!

Indulgence Prayer: Recite the Divine Mercy in front of the Eucharist, The Our Father, Creed, and a devout prayer such as “Merciful Jesus, I trust in you!”

Feast of St. George: April 23rd- He was martyred in the persecution of Emperor Diocletian in 303, along with many other soldiers. The legends of St. George dates back to the fifth century, and the one with the dragon dates back to a thirteenth-century collection of fanciful saint stories called *The Golden Legend*. Read the story of St. George and the dragon and then let the imagination take lead and let the kids (safely) recreate St. George and the dragon.

Prayer: Almighty God, who gave to your servant George boldness to confess the name of our Savior Jesus Christ before the rulers of this world, and courage to die for this faith, grant that we may always be ready to give a reason for the hope that is in us and to suffer gladly for the sake of our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, on God, for ever and ever. Amen

Feast of St. Mark the Evangelist: April 25th- Look at pictures of St. Mark’s in Venice and dive a little more into the history of St. Mark.

St. Gianna Molla: April 28th- Research her story. It is a beautiful testimony to the faith and to dignity of life.

Prayer of St. Gianna: My most sweet Jesus, infinitely merciful God, most tender Father of souls, and in a particular way of the weakest, most miserable, most infirm that you carry with special tenderness in your divine arms, I come to you to ask you, through the love and merits of your Sacred Heart, the grace to comprehend and to do always your holy will, the grace to confide in you, the grace to rest securely through time and eternity in your loving divine arms. Amen.

Prayer during Physical and Spiritual Trials: Saint Gianna, heroically Christlike wife, mother, and physician, I ask the help of your prayers as I strive to follow your holy example in my physical and spiritual trials. Help me, by your prayers, to recognize the suffering of the Cross as the way to pure and selfless love of God and my neighbor. May your practice of medicine with priestly care of both body and soul inspire physicians to see the face of the suffering Christ in their patients. May your loving acceptance of illness and death help patients to know and do God's will in all things, uniting their sufferings to the Passion and death of Christ for the salvation of the world. Saint Gianna, pray for us always, that we may have a heart, meek and courageous, like the heart of Jesus, in whom we find our healing and strength. We ask this through Christ our Lord. Amen.

St. Catherine of Sienna: April 29th- "If you are what you should be, you will set the whole world ablaze"-St. Catherine of Sienna

Prayer: O great St. Catherine of Siena, glory of the Dominican order, who served the sick and suffering in time of plague and brought back the exiled popes from Avignon to Rome, pray for us, that we may have some measure of your courage and self-sacrifice. Blessed be the name of God! Amen

¹ Tierney, Kendra. *The Catholic All Year Compendium: Liturgical Living For Real Life*. Ignatius Press, 2018.

² Tierney, K. (2021). *The Catholic All Year Prayer Companion: The Liturgical Year in Practice*. Ignatius Press.