

## A Prayer for Palm Sunday

O God of eternal glory, You anointed Jesus, Your servant to bear our sins, to encourage the weary, to raise up and restore the fallen. Keep before our eyes the splendor of the Paschal Mystery of Christ, and, by our sharing in the Passion and Resurrection, seal our lives with the victorious sign of His obedience and exaltation. We ask this through Christ, our liberator from sin, Who lives and reigns with You in the unity of the Holy Spirit, holy and mighty God for ever and ever. Amen.



### Join us! 2017 Holy Week Liturgies

**Palm Sunday, April 8-9**

Regular Weekend Mass Schedule

### The Sacred Paschal Triduum

**Holy Thursday, April 13 at 7:00 p.m.**

Mass of the Lord's Supper

**Good Friday, April 14, at 7:00 p.m.**

Celebration of the Lord's Passion

**Saturday, April 15, at 8:30 p.m.**

The Easter Vigil

**Easter Sunday, April 16**

Masses at 8:00 & 10:30 am

### The Sacred Paschal Triduum

We set apart these three days to remember and to celebrate Christ's gift to us in His suffering death, and Resurrection!

### Words to know

**Sacred** (Latin origin): holy, set apart for holy purposes.

**Paschal** (Greek origin): pertaining to Christ's suffering, death, and resurrection; pertaining to Easter.

**Triduum** (Latin origin): three days.



### Paschal Fast, Paschal Feast

When we plan a feast we usually prepare ourselves by eating a little less ahead of time. This year, if your health and circumstances allow, prepare for Easter by extending your Good Friday fast throughout Holy Saturday. Then break it when you attend the Easter Vigil! Even if you don't fast from foods, you can consider making some kind of additional sacrifice. A feast always tastes a little better when we're hungry for it!

See the other side for a simple bread recipe you can bake at home.

### A Prayer for Holy Thursday

Lord God, we are gathered to celebrate this most holy Supper, at which Your only Son, on the eve of His passion, bequeathed to the Church a new and everlasting sacrifice and the rich banquet of His abiding love. Grant in Your mercy that we may draw from this great mystery the fullness of charity and life. We ask this through our Lord, Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God for ever and ever. Amen

### “On Holy Week,” *Paschale Solemnitatis*, 39

Our Church's liturgical teachings encourage us to observe the paschal fast: “The Easter fast is sacred on the first two days of the Triduum, in which according to ancient tradition the Church fasts “because the Spouse has been taken away” (see Mk 2:19-20). Good Friday is a day of fasting and abstinence; it is also recommended that Holy Saturday be so observed, so that the Church, with uplifted and welcoming heart, be ready to celebrate the joys of the Sunday of the Resurrection.”



## An Unleavened Bread Recipe for the Paschal Fast

1 cup whole wheat flour

¼ cup brown sugar

¼ teaspoon salt

¼ teaspoon baking soda

½ teaspoon oil

½ cup water

Mix all ingredients well. Place in a slightly greased loaf pan, preferably round. Bake for 10 minutes at 375 degrees. Note: though it does not include yeast, you will notice that by including salt, sugar, and baking soda, this bread does rise a little.

