

Restore the Roots

Cultivating Your Domestic Church

A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI

Easter



HOLY WEEK



We've reached the pinnacle of the Catholic year! This week, we walk through the last days of Jesus, sharing in His bitter agony and death. It is not a comfortable week. It isn't supposed to be. It is meant to transform us, so we more clearly recognize the price that God Himself paid for *our* salvation.

Starting on Thursday, we have the shortest, but most sacred season in the calendar: the Triduum. The Triduum calls us into a deeper and more silent fast. Don't give up on your Lenten promises just yet, but dive deeper into them. Take part in as many liturgies during this week as you can. It is not a checklist item, but rather an opportunity to accompany Jesus on his way to Calvary. At home, aim to keep things quiet. Turn off the TV or movies. Refrain from being on your phone or listening to music. You can even adopt the practice of veiling sacred images at home by removing or covering your crucifix and/or taking down other religious items. This veiling deprives us even more so of the visual gratification of our Savior and saints, and is commonly seen in churches at this time of the season.

Here are other things to try on the different days of Holy Week: (There are extra resources for different items listed. Look for the "†" and then scan this code for more info.)



Palm Sunday

Fold or weave your palms and tuck them behind your crucifix at home. If you need directions on how to fold them, scan the QR code. †

Tuesday of Holy Week



Today marks the Chrism Mass, when all the sacred oils for the Diocese are blessed and the chrism consecrated by the bishop; and the priests renew their vows. Typically it's held on Thursday to coincide with the Mass of the Lord's Supper. However, it is moved in most US dioceses so the priests are able to attend the Mass. It is incredibly moving to witness all the priests gather who have offered their lives for our souls. The Cathedral will hold the Mass at 10:30am if you'd like to attend. Remember your priest in your prayers today and together as a family, talk about the different priests you've had throughout your life. End by praying for all of them.



Spy Wednesday

This day's name comes from Judas the Spy, as he went to the authorities and exchanged Jesus' whereabouts for 30 pieces of silver. If you have kids, hide 30 quarters in a room and then tell them to find them. After the craziness ensues and the money is found, talk to them about how greed changes people's actions. Then discuss how you can give that money (and maybe more) away. If you don't have kids, make today a shopping day for a local food pantry or charity.

Holy Thursday

This is a day that was remembered as the Passover for Jews and is now remembered by the Mass of the Lord's Supper. Make your own Passover meal in memory of the Last Supper: Lamb, bitter herbs (lettuce), grapes or wine, unleavened bread (crackers), haroset (applesauce). You can even have dessert today because because of the Institution of the Eucharist! Attend Mass tonight and after, there are three traditions for Holy Thursday you could try: 1. go to adoration and "keep watch an hour" with Jesus. 2. obtain an indulgence by saying or singing the Tantum Ergo after Mass. † 3. Make a pilgrimage to seven different churches to stay with Jesus. †

Good Friday

As a remembrance of our Lord's Passion, Keep today quiet and prayerful, especially between the hours of 12-3pm. Make or buy Hot Cross Buns. Attend a Good Friday service and venerate the Cross (indulgence attached). Today start the Divine Mercy novena, too! (QR code) †

Holy Saturday- In Silence We Wait

Don't turn music on just yet. Do your Easter baking and cleaning without extra noise. As an added challenge, see if you can fast today. Traditionally, the day before a feast was a fasting day. Go to the Easter Vigil if you can as well. Then, stay up late to eat treats!



Easter



The Church now sets the next 50 days apart to celebrate the Easter season. First with an octave—eight days celebrated as one day—the most celebratory time of the liturgical year! Then we celebrate on a lower key until Pentecost. Keep candy, chocolates and treats out for the entirety of Easter. Have Easter egg hunts now, in the proper season, for the kids. If you made a point to keep Lent solemn, make that same effort to keep the Easter season exceptionally joyful all the way to Pentecost!

ALLELUIA!

Did you bury an Alleluia before Lent? Dig it up and display it! "*We are an Easter people and 'Alleluia' is our song!*" (St. John Paul II)

Sacrifice Jar

If you did a bean jar for Lent, switch out all those sacrifice beans for jelly beans now. Every good dead gets a sweet reward!



Easter Greetings

The traditional greeting on Easter morning and throughout the entire Easter week is:

"He is risen" - "He is risen indeed!"

Say it in your house often and to friends and family during the whole season.

Paschal Candle

The Paschal Candle for the year is blessed at the Easter Vigil. You can make your own at home. There are kits you can buy, but you can also DIY it. Get a pillar candle and paint or draw a cross on it with "2026" written around it and an "A" and "Ω" above and below the cross. You can put some cloves in the ends of the cross. Light it during the Easter season, and throughout the year on Baptism, first Communion, or wedding anniversaries, or any other family feast days!



Divine Mercy Sunday

On the eighth day of Easter, concluding the Octave of Easter (but not the season!), is Divine Mercy Sunday. Attend an event today, go to confession and receive full remission of punishment of sin! There is a full write up on Divine Mercy Sunday in the April issue of Restore the Roots! Celebrate today with some ice cream sundaes



Ascension and Pentecost



Both of these amazing days will be highlighted more in future issues. Look for more info then!

Dye Eggs



Did you know that Mary Magdalene is said to have had the first Easter Egg? Traditional stories say that she had an audience with Caesar after Jesus' Ascension. It was customary to bring a gift, so she brought an egg as a symbol of life. She proclaimed that "Jesus is alive!" Caesar said that it would be easier for that egg to turn red than for someone who was dead to be alive again. And as he said it, the egg turned blood red. Make sure to dye an egg red this year!

Regina Caeli - Queen of Heaven

The Regina Caeli is said throughout Eastertide in place of the Angelus at 6am, noon and 6pm. This Easter take time to say the Regina Caeli at any one of those times.

Queen of Heaven



V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

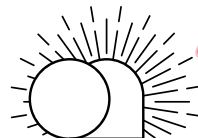
R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.



The Road to Emmaus

Take a walk during the Easter season. Jesus appeared to the disciples while they walked to Emmaus (Luke 24:13-35). Discuss the reading on your walk and how you would greet the Risen Lord, or if you are able to recognize Jesus in the world today.



*Where O Death,
is your sting?*