

#### 4. Our Parish Holy Week 2020

##### 12. JESUS DIES ON THE CROSS

“It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church.

*Colossians 1:24*



##### 13. JESUS IS TAKEN DOWN FROM THE CROSS

“When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled: “Death has been swallowed up in victory.” “Where, O death, is your victory? Where, O death, is your sting?” The sting of death is sin, and the power of sin is the law. But Thanks be to God, who gives us the victory through our Lord Jesus Christ.”

*1 Corinthians 15:54-57*



##### 14. JESUS IS LAID IN THE TOMB

“My heart is ready, O God, my heart is ready. I will sing, I will sing your praise. Awake my soul, awake lyre and harp, I will awake the dawn.” *Psalms 56: 8-9*



**PSALM 4 :** “When I call answer me, O God of justice; from anguish you release me, have mercy and hear me!..... Make justice your sacrifice and trust in the Lord. ‘What can bring us happiness?’ many say. Lift up the light of your face, O Lord. You have put into my heart a greater joy.... For you alone, Lord, make me dwell in safety.”

##### HOLY SATURDAY

###### Gratitude–St. Francis of Assisi

All-powerful, most holy, Almighty and supreme God, Holy and just Father, Lord King of heaven and earth we thank You for Yourself for through Your holy will and through your only Son with the Holy Spirit You have created everything spiritual and corporal and, after making us in Your own image and likeness, You placed us in paradise... We thank You for, as through Your Son You created us, so through Your holy love with which You loved us You brought about His birth as true God and true man by the glorious, ever-virgin, most blessed, holy Mary and you willed to redeem us captives through his cross and blood and death. We thank You for Your Son Himself will come again in the glory of His majesty... to say all those who have known You, adore You and serve You in penance:” Come, you blessed of my Fa.ther, receive the kingdom prepared for you from the beginning of the world”

**Details on website of Timetable for Holy Week Ceremonies; broadcast on the Parish Radio and streamed on Facebook: Navan Road Parish-Our Lady Help of Christians.**

#### Our Lady Help of Christians, Navan Road Parish, Dublin 7



## Our Parish

#### HOLY THURSDAY, GOOD FRIDAY & HOLY SATURDAY

##### HOLY THURSDAY- ENTERING THE UPPER ROOM

###### Homily By St. Pope John Paul II 2003

On the eve of his passion and death, the Lord Jesus wanted to gather his Apostles around him once again to entrust his last instructions to them and to give them the supreme witness of his love.

Let us also enter the large upper room furnished and ready (Mark 14:15), and dispose ourselves to listen to the most intimate thoughts that he wants to confide to us; in particular, let us be ready to receive the act and the gift that he has prepared in view of this final meeting.

So, while they are eating, Jesus rises from the table and begins to wash the disciples’ feet. At first Peter resists, then he understands and accepts. We too are asked to understand: the first thing the disciple must do is to prepare himself to listen to the Lord, opening his heart to accept the initiative of his love. Only then we will be invited, in turn, to do what the Teacher did. He too must be committed to “washing the feet” of his brothers and sisters, expressing in gestures of mutual service that love which is the synthesis of the whole Gospel (see John 13:1-20)

Also during the supper, knowing that his “hour” had now come, Jesus blesses the bread, then gives it to the Apostles saying: *This is my body*; He does the same with the cup: *This is my blood*. And he commands them: *Do this in memory of me (1 Corinthians 11:24-25)*. Truly this is the witness of love taken to the end (John 13:1). Jesus gives himself as food to his disciples to become one of them. Once again the “lesson” emerges that we must learn: the first thing to do is to open our hearts to welcoming the love of Christ. It is his initiative: it is his love that enables us, in turn, to love our brethren.

Therefore, the washing of the feet and the sacrament of the Eucharist: two expressions of one and the same mystery of love entrusted to the disciples, so that, Jesus says, *as I have done....so also must you do (John 1:15)*

**HOLY THURSDAY—continued**  
**LOVING ONE ANOTHER**  
**AS CHRIST HAS LOVED US**

*“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”* (John 13:34-35)

**PRAYER**

Lord Jesus, you have given me the gift of yourself in the Eucharist. Through this outpouring of your love, you also compel me to give the gift of myself to others. Nourished by the Eucharist, may I always find the strength and courage to devote myself for the service of others.  
 Amen

**SPIRITUAL COMMUNION**

My Jesus,  
 I believe that you are present in the most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, please come spiritually into my heart. I embrace you now as if you were already there and I unite myself wholly to you. Never permit me to be separated from you.  
 AMEN

**GOOD FRIDAY**

**Stations of the Cross**

**1. JESUS IS CONDEMNED TO DEATH**

“Do not be afraid, for I am with you; stop being anxious and watchful, for I am your God. I give you strength, I bring you help, I uphold you with my victorious right hand.”  
*Isaiah 41:10*



**2. JESUS BEARS HIS CROSS**

“I will instruct you, and teach you the way to go; I will watch over you and be your adviser” Psalm 31:8



**3. JESUS FALLS THE FIRST TIME**

“Yahweh, I called on your name from the deep pit. You heard me crying, “Do not close your ear to my prayer.” you came near that day when I called to you; you said: “Do not be afraid.”  
*Lamentations 3:55-57*



**4. JESUS MEETS HIS MOTHER**

The angel replied “I will complete the journey with [your child]. Do not be afraid. On the journey outward all will be well; on the journey back all will be well; the road is safe.” *Tobit 5:20*



**5. SIMON THE CYRENE HELPS JESUS TO CARRY HIS CROSS**

“They that hope in the LORD will renew their strength, they will soar as the eagles wings; they will run and not grow weary, walk and not grow faint....One [person] helps another, one says to the other, “Keep on!” *Isaiah 40:31;41:6*



**6. VERONICA WIPES THE FACE OF JESUS**

“I give you a new commandment: love one another; just as I have loved you, you also must love one another, everyone will know that you are my disciples.  
*John 13:34-35*



**7. JESUS FALLS A SECOND TIME UNDER HIS CROSS**

“So I will boast all the more gladly of my weakness, so that the power of Christ may dwell in me. Therefore I am content with weakness, insult, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.  
*2 Corinthians 12:9-10*



**8. JESUS SPEAKS TO THE WOMEN OF JERUSALEM**

“He is like a tree that is planted beside the flowing waters, that yields its fruit in due season, and whose leaves shall never fade. *Psalms 1:3*



**9. JESUS FALLS A THIRD TIME**

“The life and death of each of us has its influence on others; if we live, we live for the Lord; and if we die, we die for the Lord, so that alive or dead we belong to the Lord.  
*Romans 14:7-9*



**10. JESUS IS STRIPPED OF HIS GARMENTS**

“To you, O Lord, I lift up my soul. I trust you, let me not be disappointed; do not let my enemies triumph. Those who hope in you shall not be disappointed....  
*Psalms 24: 1-3*



**11. JESUS IS NAILED TO THE CROSS**

“How gracious is the Lord, and just; our God has compassion. The Lord protects the simple hearts; I was helpless so you saved me..... I shall walk in the presence of the Lord in the land of the living. *Psalms 114:5-7;9*

