

#### 4. Our Parish Holy Week 2024

##### 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

*As we behold the body of Jesus in the tomb today, and as we contemplate the mystery of our death, we prepare our hearts to receive the Good News of life. We know that tomb will be empty and remain empty forever as a sign that our lives will not really end, but only be transformed. One day, we will all rest in the embrace of Jesus, who knows our death, and who prepares a place for us in everlasting life. Our reflection on this Holy Saturday, and our anticipation of celebrating the gift of life tonight and tomorrow, can bring immense peace and joy, powerful freedom and vitality to our lives. For if we truly believe that death holds no true power over us, we can walk each day in the grace being offered us - to give our lives away in love.*

*“Brothers and sisters:*

*Are you unaware that we who were baptised into Christ Jesus were baptised into his death?*

*We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.*

*For if we have grown into union with him through a death like his, we shall also be united with him in the Resurrection”*

*Romans 6:3-11*

##### CONFESSIONS

**Holy Saturday: 10.30a.m. to 11.30a.m. & 2.00 to 4.00p.m.**

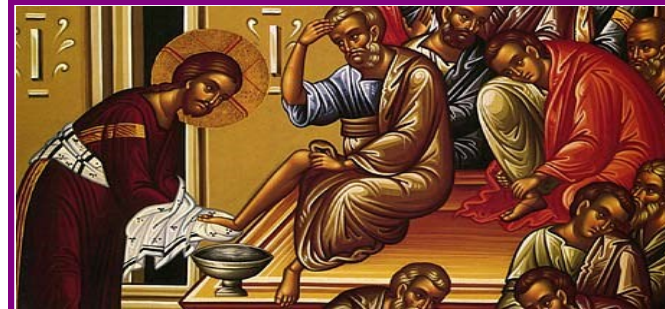
#### Our Lady Help of Christians, Navan Road Parish, Dublin 7



## Our Parish



#### HOLY THURSDAY, GOOD FRIDAY & HOLY SATURDAY 2024



**HOLY THURSDAY REFLECTION**  
By: *Krisanne Vaillancourt Murphy*

**‘The disciples feel unworthy of Jesus’ unconditional love, but it is not theirs to deserve. Despite their shortfalls and inadequacies, Jesus freely gives them the gift of his love.**

It is at this supper, in the presence of his closest companions, that Jesus offers himself as the Passover sacrifice. "This is my body that is for you. Do this in remembrance of me... This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me" (1 Cor 11:24-25). Jesus gives his greatest gift in the sacrament of the Eucharist, a gift that makes us sharers in his body and blood, unified to form one single body.

The grace of Holy Thursday is knowing that God embraces us despite our weaknesses and imperfections. This is a lesson I need to learn in a personal way, but the reminder is a constant consolation in this work to end the death penalty. God meets our frailty with love, without judgement or exclusion. God’s love is given to us without distinction.

“I have given you a model to follow, so that as I have done for you, you should also do (Jn 13:15).”

On this first day of the Triduum, we recognise God’s unfailing gift of undeserved, unconditional, and unifying love for us. This love has the power to embolden every human heart and calls us to do the same. Let us ask for the grace to respond to God’s call to love one another accordingly.’

**HOLY THURSDAY—continued**

**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**

**GOOD FRIDAY COLLECTION**



Following a request from the Holy See, the Archbishop has asked that we take up a collection on Good Friday for the Holy Land, 'Pro Terra Sancta'. This collection takes place in dioceses throughout the world. The Custody of the Holy Land through the Franciscan Foundation for the Holy Land and ATS Associazione Pro Terra Santa promotes several projects to promote and support the Holy Land and those who live there. Every day in their prayers, the Franciscans of the Custody remember those who, in any form whatsoever, help the Holy Land.

**Collection buckets will be in the church for this collection on Good Friday if you wish to contribute.**

**Thank You**

**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**

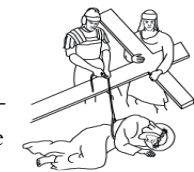
“He is like a tree that is planted beside the flowing waters, that yields its fruit in due season, and whose leaves shall never fade. *Psalm 1:3*



**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....

*Psalm 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. *Psalm 114:5-7;9*

