

4. Our Parish Holy Week 2026

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

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



HOLY THURSDAY, GOOD FRIDAY & HOLY SATURDAY 2026

HOLY THURSDAY

(Pope Leo XIV - Prayer Vigil and Rosary for Peace, 11 October 2025)

"Let us listen once more to the words of Jesus: the leaders of this world build empires with power and money (cf. Mt 20:25; Mk 10:42), "but not so with you" (Lk 22:26). This is not how God acts: the Master has no throne, but girds himself with a towel and kneels at the feet of each one of us. His empire is the small space required to wash the feet of his friends and care for them. It is also an invitation to adopt a different perspective, to look at the world from a lower position: through the eyes of those who suffer rather than the mighty; to view history through the eyes of the little ones, rather than through the perspective of the powerful; to interpret the events of history from the viewpoint of the widow, the orphan, the stranger, the wounded child, the exile and the fugitive; to see things through the eyes of the shipwrecked and of the poor man Lazarus lying at the rich man's doorstep. Otherwise, nothing will ever change, and a new era, a kingdom of justice and peace, will never dawn. This is precisely what Mary does in the Cantic of the Magnificat when she considers the points at which humanity is broken and the world becomes distorted: the contrast between the humble and the powerful, the poor and the rich, the satiated and the hungry. She chooses the little ones; she stands with the least powerful in history, to teach us to imagine and to dream together with her of a new heavens and a new earth."

"Lord Jesus, we praise and thank you for your great humility, for getting down on your knees before the apostles to wash their feet. Help us to follow your example of loving, humble service too. Amen"



CONFESSION

HOLY SATURDAY:
10.30a.m. to 11.30a.m.
& 2.00 to 4.00p.m.

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

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

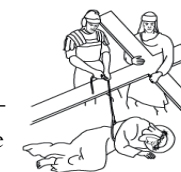
"He is like a tree that is planted beside the flowing waters, that yields its fruit in due season, and whose leaves shall never fade. *Psalms 1:3*



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*

