

HOLY WEEK KIT



Thank you for choosing to dig deep during these most sacred days of the year. We hope that the activities provided in this Kit will help you to grow closer to Jesus and ready your heart to celebrate His Resurrection.

Each day there are 3 suggested activities. But it's up to you to decide which ones best suit you and your family each day. This is supposed to be helpful, not stressful, so discern each day how you want to participate.

There are some things that you'll need to gather around your home to complete some of these activities. To see what you can prep in advance, see the list on the back side of this paper.

We look forward to you worshipping at SPX this Holy Week either in person or at SPX Online.

Happy Easter!

from SPX Bowie

Items To Gather from Around Your Home

Every day

- Crayons for the coloring sheets if you have K – 5 kiddos

Palm Sunday

- Greenery from around your yard to put on your front door
- Red ribbon
- Flower wire

Holy Thursday

- Bowl of water for the foot washing
- Towel for foot washing

Good Friday

- Sticks to make a cross
- Twine
- Flower wire

Holy Saturday

- Lighter or matches for candles
- Taper candles
- Lantern for outside (or other outdoor source of light)

Easter Sunday

- 12 plastic Easter Eggs
- Candy to fill the Easter eggs

All links can also be found at spxbowie.org/HolyWeekKit

Overview of Each Day

Each day you'll find many different opportunities to participate:

Pray

- A specific prayer or prayer experience for you

Connect to the Mass

- Holy Week is full of special rituals that reflect each day. If the ritual isn't part of the liturgy this year, we've provided instructions on how to do it at home.

Share Your Faith

- Each day there is a way to make your faith known to others – either by doing something for them, or by placing a symbol of that day on the outside of your home as a visible witness

Music

- We've provided a Spotify playlist for each day so that even your background can reflect the events of Holy Week
- You can find all the playlists on our channel @SPXBOWIE