



***Commemorates the day Jesus died for us.
It is a day of fasting and abstinence.***

Be sure to share how you participate on social media #spxgoodfriday

PRAY

Pray the Stations of the Cross. You can use the booklet provided or pray along with our parish Stations of the Cross which can be found on our YouTube Channel @spxbowie.

CONNECT TO THE MASS

While it will look different this year, one of the parts of the Good Friday Liturgy is where we honor the cross. This year you're invited to do that ritual at home.

SHARE YOUR FAITH

Tradition holds that Jesus was on the cross between 12 – 3 pm. So today we invite you to mark that time with silence - turn off your cell phones and have no screen time in the house. If possible, use this time for the Veneration of the Cross activity.

MUSIC

Have this Spotify Playlist as your background music throughout the day <https://open.spotify.com/playlist/0ldfHkOLyqicPau4HIRpjl?si=w2PNXpKSlqSsovjMOienA>
You can find all the playlists on our Spotify Channel @SPXBOWIE.

KIDS

Encourage even the littlest ones to participate by using the provided coloring sheets.