



**Commemorates when Jesus instituted the Eucharist during the Last Supper and Jesus' great humility when he washed the feet of his apostles.**

*Be sure to share how you participate on social media #spxholythursday*

#### **PRAY**

Pray the *Anima Christi* and *Divine Praises* reflecting on Jesus in the Eucharist.

#### **CONNECT TO THE MASS**

While it is being omitted this year, usually the Holy Thursday Liturgy usually includes a remembrance of Jesus washing the apostles feet. This year you're invited to do that ritual at home.

#### **SHARE YOUR FAITH**

The Eucharist should inspire us to serve others. Share your faith by surprising a neighbor with bread or other baked goods. Leave them a note about how this is part of living out your faith.

#### **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.