

FAITH FORMATION OPPORTUNITIES

In light of our current restrictive status, and this being the holiest week of the year, we wanted to share some ideas of ways you can still celebrate with your family at home. Read the Gospel passage for each day and discuss together.

* Any questions, please contact Brenda Strayer at DBQ108ym@DBQarch.org or on her cell phone (641-430-0204).

Christ's Passion Story - If age appropriate for your household, consider watching the Passion of the Christ (this is a very gruesome movie and not for young children!). If you have young family members consider the Brother Francis: The Mass video found on FORMED.

April 5 - PALM SUNDAY (Matthew 21:1-11 and Matthew 26:14-27:66)

Palm Sunday "Sundaes" - Kick the week off by celebrating with delicious ice cream sundaes.

Ingredients: green Ice Cream or Sherbet (or add green food coloring), Mint leaves, Cherries.

Symbolism: The mint leaves and green ice cream are for the green palms waved by the people on the first Palm Sunday in the Bible, and the red cherry is the liturgical color of this day! To make mint leaves into palm fronds: Just cut little triangle snips out with some clean scissors.



April 8 - WEDNESDAY

The Coins - As a remembrance of the reward Judas was given for betraying Our Lord, hide 30 silver coins for your children to find. Once found, consider donating the coins to your Mary's Meals collection.

April 9 - HOLY THURSDAY (John 13:1-15)

Washing of the Feet - Reenact Jesus' model of servitude by washing each other's feet. Parents wash the feet of your children, then children show your parents respect by doing the same for them.

Make and Break Bread - Try making some unleavened bread (or a yeast bread), recipes available on our Facebook page. Break bread together as Jesus taught us (refer to today's Gospel passage).

Movie Break - As a family, watch the movie Prince of Egypt together.



April 10 - GOOD FRIDAY (John 18:1-19:42)

Veneration of the Cross - Take down your Crucifix (or cross) and take turns focusing on the cross and remembering what Christ did for us. Take a few moments to thank Him for his ultimate sacrifice.

A Time of Silence - Observe a period of silence and stillness during the 3 hours Our Lord hung on the cross (traditionally observed from noon to 3:00pm). The silence can last as long as is fitting for your family.

Nailing Jesus to the Cross - Give your children a hammer and nail and let them pound the nail into a piece of wood to illustrate the brutality of Jesus' Passion.

April 11 - HOLY SATURDAY (Matthew 28:1-10)

Paschal Candle - Make your own Paschal Candle. Take a white candle (real or fake) and decorate it with a cross, Alpha & Omega symbols, and the numbers for the year (see picture). Light your candle as you read today's Gospel reading.



April 12 - EASTER SUNDAY (John 20:1-9)

The Empty Tomb - Make a batch of resurrection rolls to go with your Easter Dinner. (Recipe will be posted on our social media pages.)

Resurrection Eggs - Have a special Easter Egg Hunt. Fill eggs with the following items (or pictures of these items): 12 plastic eggs, a small leaf, 3 quarters, a thimble, a tiny piece of paper rolled, piece of leather or thick fabric, tiny crown made of grass or flower stem, 2 nails, a dice, toothpick, piece of cheesecloth or thin fabric, rock, number stickers. See our Facebook page for a discussion points to talk about the meaning of each item as you open them after the hunt.

ALL WEEK - Spend some new found "freetime" enhancing your prayer life. Watch our Faith Formation Facebook page (StMark Iowa-Falls) for links to the following:

Daily Mass - Celebrated by Fr. Kevin Earleywine, Fr. Tony Kruse, Archbishop Jackels (Sunday), and many others

Pray the Rosary - Pray the Sorrowful Mysteries

Divine Mercy Chaplet - Led in song by Steve Angrisano at 2:00pm daily.