

# 8 Easy Ideas for Holy Week at Home

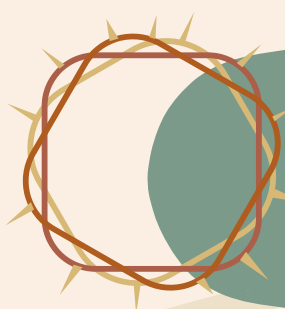
## HOLY THURSDAY



**1) Bake bread.** Easiest way to remember the Eucharist. Plus fresh bread smells like heaven. (No yeast available? Try Irish soda bread = no kneading, no yeast. Just turn regular milk sour with vinegar, and you've got a loaf.)

**2) Wash feet.** Pull out a kitchen bowl, fill with warm water, grab towels and the people you love. Let the simple act remind you how Love serves.

## GOOD FRIDAY



**3) Pick up your cross.** Whatever chore you hate? Try to do it with love and without complaining. Take up a tiny cross while you remember the greatest one—and the heavy crosses carried by so many suffering around the world.

**4) Stay quiet.** The tradition of keeping silent from 12-3 p.m. (the hours when Jesus hung on the cross) might seem impossible, but try turning off your phone/music/screens for a few hours. Remember that silence is God's first language.

## HOLY SATURDAY



**5) Read stories.** Easter Vigil is packed with Scripture, so fill the day with favorite stories. Take turns reading with your spouse, your kids, or a friend over Zoom. To counter the world's hard news, fill your head with words of love and hope.

**6) Remember to pray.** Saturday is a day of emptiness, waiting, and grief. Pray for those who are grieving or mourning, even with tomorrow's celebration on the horizon. Don't forget those who are waiting to be baptized this Easter!

## EASTER SUNDAY



**7) Feast on food.** Sugar for breakfast! Candy for lunch! (Headaches by dinner? Least of our problems.) Let yourself celebrate, even if you're at home alone. Enjoy each bite you eat today. Share whatever food or funds you can with those who are hungry right now.

**8) Feast with others.** Drink up some small beauty of life right now, however imperfect it may be. Let yourself behold the people you love. Try to see them with God's eyes, even for 10 seconds. You'll be amazed what you find when you gaze with grace.

**Above all, remember this: God is still here. Even in an Easter that looks nothing like what we've known before. The first Easter happened in a world turned upside down, too.**