

walking together ^{THROUGH}
HOLY WEEK
#HOMeLYWeek

Project Living

TRIDUUM 2020

Holy Saturday



Project Living

HOLY SATURDAY

Brought to you by Gracemary Yap



Office for Young People
CATHOLIC ARCHDIOCESE OF SINGAPORE
encounter discipleship mission communion

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introduction

Living in the Desert.

Parched, fatigue, despair. These are the words that come to mind. But is that what the Lord is inviting us to at this time?

At the start of this Lenten season, we heard in the Gospel reading of how Jesus was led into the desert. This year, this has never been more true with the suspension of masses. We are living in unprecedented times with the Covid-19 pandemic. We too, have been led into the desert - parched of sacraments and social interactions. How are we able to celebrate Holy Week?

Yet even amidst the uncertainties and fears of this time, we are called for more because our God is greater. This Lenten Triduum is the perfect opportunity to rediscover the great love of God

for us and for us to recommit to be a people of hope. Over the next three days, as we journey deeper into the Paschal Mystery, we invite you into this journey of discovering more deeply what it means to LIVE.

LIVING the Triduum. What does it mean to live the Paschal Mystery (*the Lord's Passion, Death and Resurrection*) in your life?

LIVING the Hope. Who/What is the source of your hope? What does it mean to live the hope of your faith?

LIVING our Personal Victories. What victories have been won for you? How are you living as a people of victory?



HELD IN THE
WAITING

— STORY —

story

“We regret to inform you that you did not pass the test.” A million thoughts raced through my mind when I saw the window pop-up at the corner of my laptop screen. I failed? The pop-up was an email notification of the results of a skills test which I had recently taken. Failing this test meant that I might not be able to pursue a career I believed I have a passion for. *What can I do with my life now?* I felt abandoned, confused and lost. *Haven’t I been faithful to you Jesus? Why does this have to happen now? I can’t trust you.*

Failing this test convinced me that I needed to take control into my own hands, and my mind went into overdrive. I began to open many tabs on my laptop screen, searching for other career options, companies that I could apply to etc. As I googled mindlessly, tears started to well up. Why do I not feel at peace? By God’s grace, I was reminded of a quote I had heard at a retreat I had recently attended.

“The most dangerous thing for the trapeze flyer to do is to try to grasp for the catcher’s hand.”

That was it. I was grasping. In the face of failure, I had lost hope that God would catch me and protect me. I allowed my wound of rejection and my fear of abandonment to take over the driver’s seat in my life. So, I swung into mindless grasping in an attempt to gain control. Instead of trusting the Catcher, I allowed my fears to direct me as I tried to grasp for the Catcher’s hand. Is there any wonder why I didn’t feel at peace?

As the tears fell, I chose to once again surrender my life and all my fears into the Catcher’s hands. I stopped desperately grasping, and allowed myself to be caught by him. As I took a deep breath, I slowly peeled myself away from my laptop screen, and went to take a nice long walk.

This has been the story of my life and my faith journey again and again. In the face of apparent rejection, failure and/or abandon-

ment, I grasp mindlessly in an attempt to hide my vulnerability. As we enter Holy Saturday, I wonder how the disciples must have felt in the face of apparent rejection, failure and abandonment from Jesus' death on the cross.

I wonder how I would have felt if I were them.



MORNING ACTIVITY

entering liminal space

Opening Prayer

Enter into a time of prayer this morning. You can choose to head over to your dedicated prayer space/altar. Take some time to free yourself of distractions. You can choose to repeat this prayer “Jesus, have mercy on me, a sinner.” slowly and meditatively. Take as long as you need to become present to God in this time of prayer. When you have come to an interior stillness, move on to the step.

Reading

Read the reflection passage below on Liminal Space:

Human life is a Holy Saturday. We are still awaiting Easter. We are not yet standing in the full light but walking toward it full of trust.” - Emeritus Pope Benedict XVI

Liminal space (which comes from the Latin word “limen” that means threshold) is defined as an in-between stage, a neither-here-nor-there period. Examples of liminal spaces include the period of time when you find yourself between jobs, the months between graduating from University and finding your first job, taking a leave of absence from University, waiting for National Service to begin after graduating from junior college/polytechnic/ITE etc. Essentially, a liminal space is one of transition and transformation.

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The Covid-19 pandemic has pushed most of us into a new liminal space. Many of us find that our lives have been suspended, that we can neither move forward nor retreat. Perhaps you had to suspend your studies indefinitely and fly home from overseas. Perhaps your job search is prolonged because of the bad economy. Perhaps your daily routines have been severely disrupted because of the measures put in place. Whatever it is, we find that our lives have been affected by the Covid-19 pandemic in ways that we can-

not control. For many of us, our lives have come to a screeching halt. What can you choose to do in this liminal space?

“It is when we are between, have left one room but not yet entered the next room, any hiatus between stages of life, stages of faith, jobs, loves or relationships. It is that graced time when we are not certain or in control, when something genuinely new can happen... Much of the work of the biblical God and human destiny itself is to get people into liminal space and to keep them there long enough to learn something essential and genuinely new. It is the ultimate teachable space.”

- Richard Rohr

For the disciples two thousand years ago, they were also pushed into a liminal space on Holy Saturday. On that day, time stood still. Imagine yourself in their shoes. For three years, they had been faithfully following Jesus. They had seen him work miracles, teach with authority, cast out devils and he was compassionate and kind. They had given up everything to follow him. But

on Good Friday, everything changed. He was crucified and they found themselves alone, forsaken and their lives were changed. What should they do now? There are two options - they could have chosen to run away and hide, or wait in hope that all Jesus had promised them will one day come true. We know from Scriptures that in this liminal space, the disciples chose to do the former.

As we find ourselves in this liminal space, we too have a choice. We can choose to run away and hide, or we can choose to wait in hope and allow God's grace to work in us and to teach us that we may grow from this moment of grace. Which will you choose today?

Reflection

Ponder the questions below. You can choose to journal/draw your reflection

- What struck me from this passage, and why?
- How can I allow the Lord to transform me in this liminal space?



AFTERNOON ACTIVITY

Giving Hope to Others

In this climate of fear and anxiety due to the Covid-19 pandemic, many of our friends and family members may be dwelling in hopelessness, despair. As brothers and sisters who are part of the body of Christ, which is the Church, we too have a responsibility in inspiring, encouraging and reminding each other of the hope that our faith offers us! Even in suffering, there is grace. Even in death, there is life. Thus, we would like you to give hope to others! We have two activities - one for adults and one for children.

option 1

FOR YOUTH AND ADULTS.

Gather materials.

Find some drawing materials i.e. paper, envelopes, markers, colour pencils etc.

Prayer

Enter into a time of prayer and ask the Lord to reveal to you the name of a friend/family member who is in need of hope right now. Ask the Lord to reveal to you an image, inspiring and uplifting bible verse, quote or passage.

Writing and/or drawing

Pen down the message you have received in prayer in the way you feel drawn to. You can choose to draw, to write etc. Write a short prayer or some words to accompany and explain the image or verse.

Seal and send

Seal everything in an envelope and snail-mail (means you have to get the address!) it to the individual you have prayed for. We highly encourage you to send a physical letter via snail-mail. In this season when everything is online, it would be a breath of fresh air to receive something physical to touch! If circumstances do not allow it *ie. hard to get stamps, serving SHN or quarantine, you can choose to scan/take a photo and send it to the person via e-messaging.*

Share on Social Media

Share the image you have drawn or the words of truth that you have written, that others (who are not your intended recipient) may too be blessed! Don't forget to hashtag it #HOMeLYWeek and tag us @oyp.sg

option 2

FOR CHILDREN

*This would also be a wonderful activity to engage your children in - teaching them the joy of giving hope to others! You will find some colouring sheets in **Annex B** that you can print for them! After colouring it, invite them to think of someone they can give it to, so that they can bless someone too.*

Share

Share with your child the reason for doing this activity and about the importance of bringing hope to others in this time. Ask them to think of a friend who they would like to send hope to at this time.

Choose

There are different colouring sheets that are available for download. Invite your child(ren) to choose the template that they are drawn to so that they will have a sense of ownership.

Colour

The colouring can begin!

Seal and send

Seal everything in an envelope and snail-mail (means you have to get the address!) it to the individual you have prayed for.

Share on Social Media.

Share the image you have drawn or the words of truth that you have written, that others (who are not your intended recipient) may too be blessed! Don't forget to hashtag it #HOMELYWeek



EVENING ACTIVITY

virtual vigil date

For many of us, the evening before Easter Sunday is time spent waiting in anticipation for Jesus' triumphant resurrection. Each year, we enter into the sacred liturgy with the Church still in complete darkness, but as the mass unfolds, is once again lit symbolising Jesus' conquering of death into life. Jesus Christ is risen! This year however, with the suspension of masses, the situation is clearly different, and so this Zoom-date with community and friends symbolizes for each of us, our belonging to the body of Christ, the Church.

When everyone has logged on, assign one person as the leader for tonight's vigil date! We hope you have a blessed time praying and sharing with each other this vigil night as we await the Lord's resurrection!

Opening Prayer

The leader can begin this time of prayer and reflection with a simple opening prayer.

Check-in

The leader facilitates a quick round of checking in with everyone. It can be a round of naming of what each person is feeling etc. Be creative! You can use categories such as i.e. weather, animals, vegetables etc.

Group reading of the “*Ancient Homily for Holy Saturday*”

Each person will take turns to read a stanza of the Ancient Homily prayerfully. The homily can be found under **Annex A**

Reflection on the Reading

Enter into a time of silent reflection. These questions can be used to guide your reflection

- Did anything from the passage strike you? Why?
- How does it speak to you?

Group Sharing

The leader facilitates a time of sharing within the group. The sharing can be guided by the following questions

What struck you from the ancient homily reading and why?

Did any of the two activities in the morning and afternoon strike you? Why?

Closing Prayer

The leader will check-out the group by asking them what is one word that they've taken away from this activity. Each person should note this word. Share the word on social media, and don't forget to hashtag #HOMELYWEEK and tag us @oyp.sg. Don't forget to take a zoom photo! Then the leader will end with a closing prayer.

Personal Reflection

From the word that you've noted, you may reflect and pray on it at your own time. Here are some guiding questions:

What image, memory, feeling comes to mind from the word? If so, why?

END. The Easter vigil is held to remind us of the call to stay awake, as we pray and wait with hopeful anticipation for the Lord's coming. Let us wait with our lamps full and brightly lit so that when our master returns, he will find us awake and ready. There, we find ourselves given a place at his table of grace. (*cf. Luke 12:35-48*).

Final Words

The Lord has great desires for you and invites you to be fully alive! No longer do we live as people of the dark or people without hope and victory, for we were made for more. As Saint John Paul the Great once said, *“We are an Easter people and hallelujah is our song.”*

As we come to the close of this journey, we hope and pray that you have had a blessed triduum. We leave you with this beautiful original. Our prayer for you, is that in this unprecedented time, you will continue to live with hope and with conviction that Jesus has won every battle for you. Let us go forth and LIVE with the knowledge and certainty of the greatness of our God! Amen!

ORIGINAL SONG



Isaiah 55

Words and music by Lionel Tan

Verse 1

*You who made the heavens and the stars
Formed this beautiful life
You're the one from whom all life springs forth
To whom I breathe my praise*

Pre-chorus

*Who can comprehend
Who can match your greatness Lord?*

Chorus

*Your ways are higher than my ways
Your thoughts are far above my own
And as the heavens are higher than the earth
So I place my life in your hands
Do with it as you will*

Verse 2

*Like the man who built his house on sand
Sometimes I stick to my plans
But you're the God who knows it all
Oh how foolish I was*

Bridge

*Let us surrender in faith
And wait upon the wonders you've*

Ancient Homily for Holy Saturday

“What is happening? Today there is a great silence over the earth, a great silence, and stillness, a great silence because the King sleeps; the earth was in terror and was still, because God slept in the flesh and raised up those who were sleeping from the age God has died in the flesh, and the underworld has trembled.

Truly he goes to seek out our first parent like a lost sheep; he wishes to visit those who sit in darkness and in the shadow of death. He goes to free the prisoner Adam and his fellow-prisoner Eve from their pains, he who is God, and Adam’s son.

The Lord goes into them holding his victorious weapon, his cross. When Adam, the first created man, sees him, he strikes his breast in terror and calls out to all: *‘My Lord be with you all.’* And Christ

in reply says to Adam: ‘And with your spirit.’ And grasping his hand he raises him up, saying: ‘Awake, O sleeper, and arise from the dead, and Christ shall give you light.

‘I am your God, who for your sake became your son, who for you and your descendants now speak and command with authority those in prison: Come forth, and those in darkness: Have light, and those who sleep: Rise.

‘I command you: Awake, sleeper, I have not made you to be held a prisoner in the underworld. Arise from the dead; I am the life of the dead. Arise, O man, work of my hands, arise, you who were fashioned in my image. Rise, let us go hence; for you in me and I in you, together we are one undivided person.

‘For you, I your God became your son; for you, I the Master took on your form; that of slave; for you, I who am above the heavens came on earth and under the earth; for you, man, I became as a man without help, free among the dead; for you, who left a garden, I was handed over to Jews from a garden and crucified in a garden.

‘Look at the spittle on my face, which I received because of you, in order to restore you to that first divine inbreathing at creation. See the blows on my cheeks, which I accepted in order to refashion your distorted form to my own image.

‘See the scourging of my back, which I accepted in order to disperse the load of your sins which was laid upon your back. See my hands nailed to the tree for a good purpose, for you, who

stretched out your hand to the tree for an evil one.

‘I slept on the cross and a sword pierced my side, for you, who slept in paradise and brought forth Eve from your side. My side healed the pain of your side; my sleep will release you from your sleep in Hades; my sword has checked the sword which was turned against you.

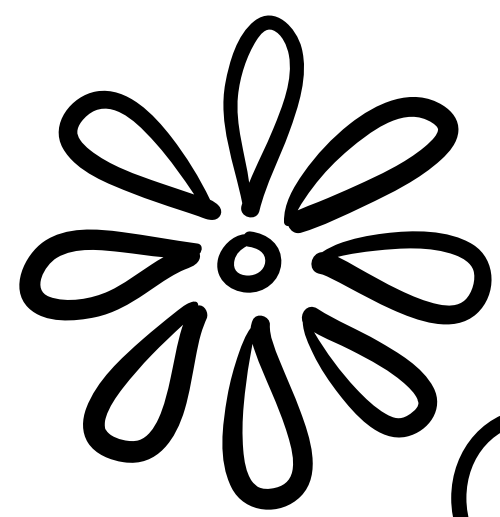
‘But arise, let us go hence. The enemy brought you out of the land of paradise; I will reinstate you, no longer in paradise, but on the throne of heaven. I denied you the tree of life, which was a figure, but now I myself am united to you, I who am life. I posted the cherubim to guard you as they would slaves; now I make the cherubim worship you as they would God.

“The cherubim throne has been prepared, the bearers are ready and wailing, the bridal chamber is in order, the food is provided, the everlasting houses and rooms are in readiness; the treasures of good things have been opened; the kingdom of heaven has been prepared before the ages.”

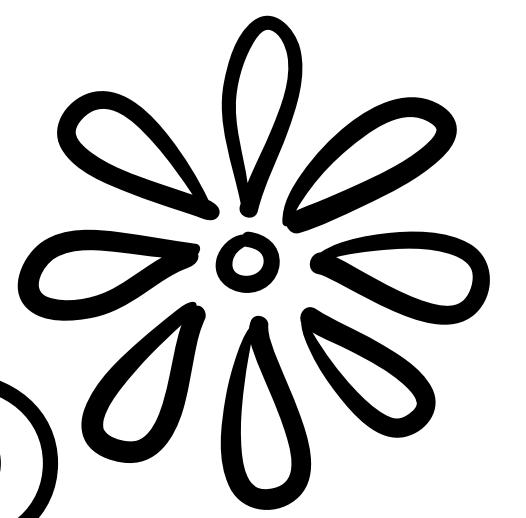
Be STRONG

and take

heart,



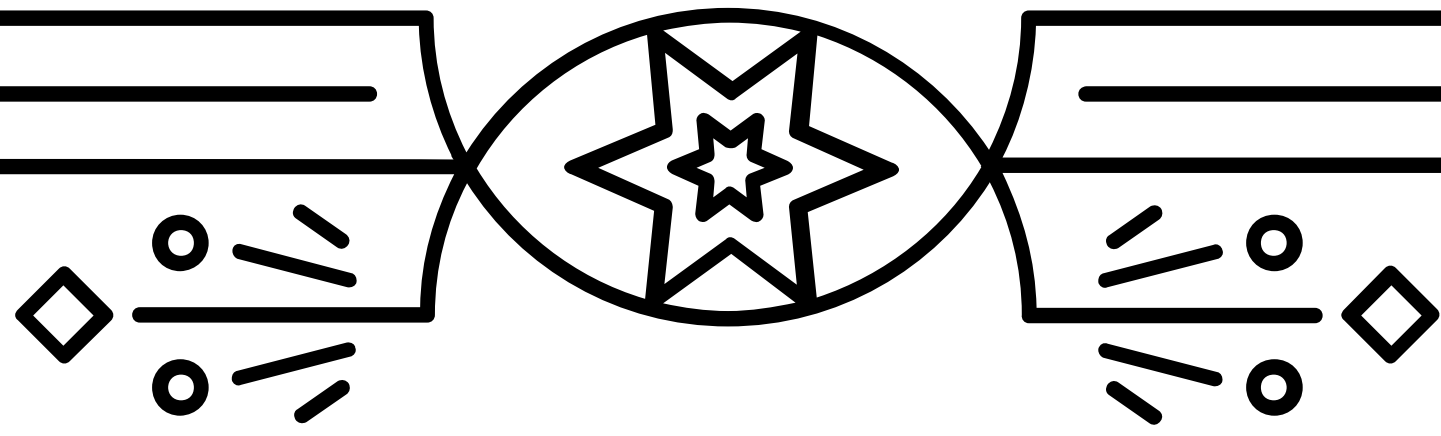
all you who



HOPE in the

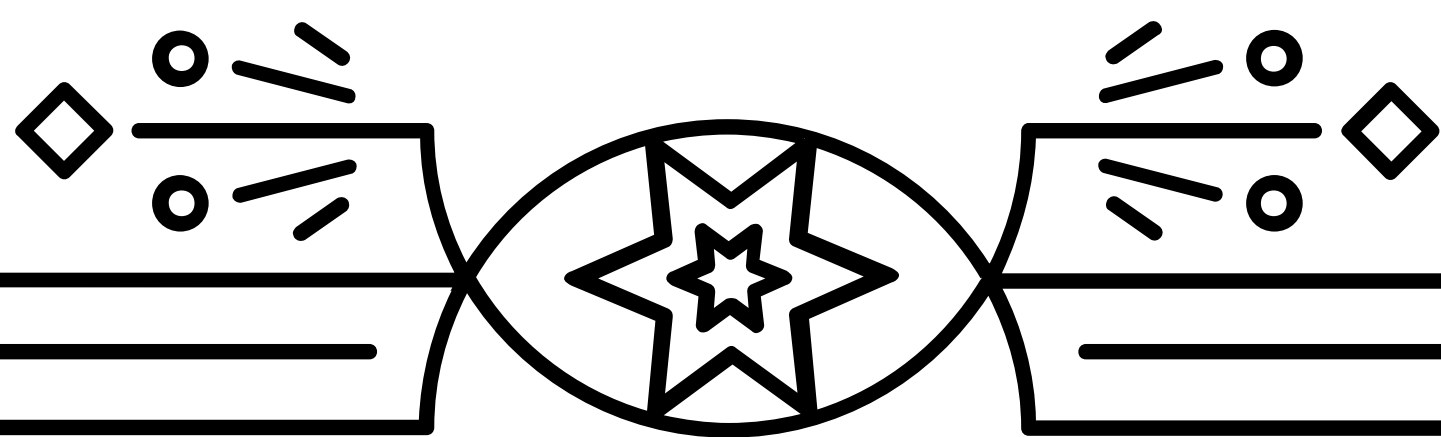
LORD

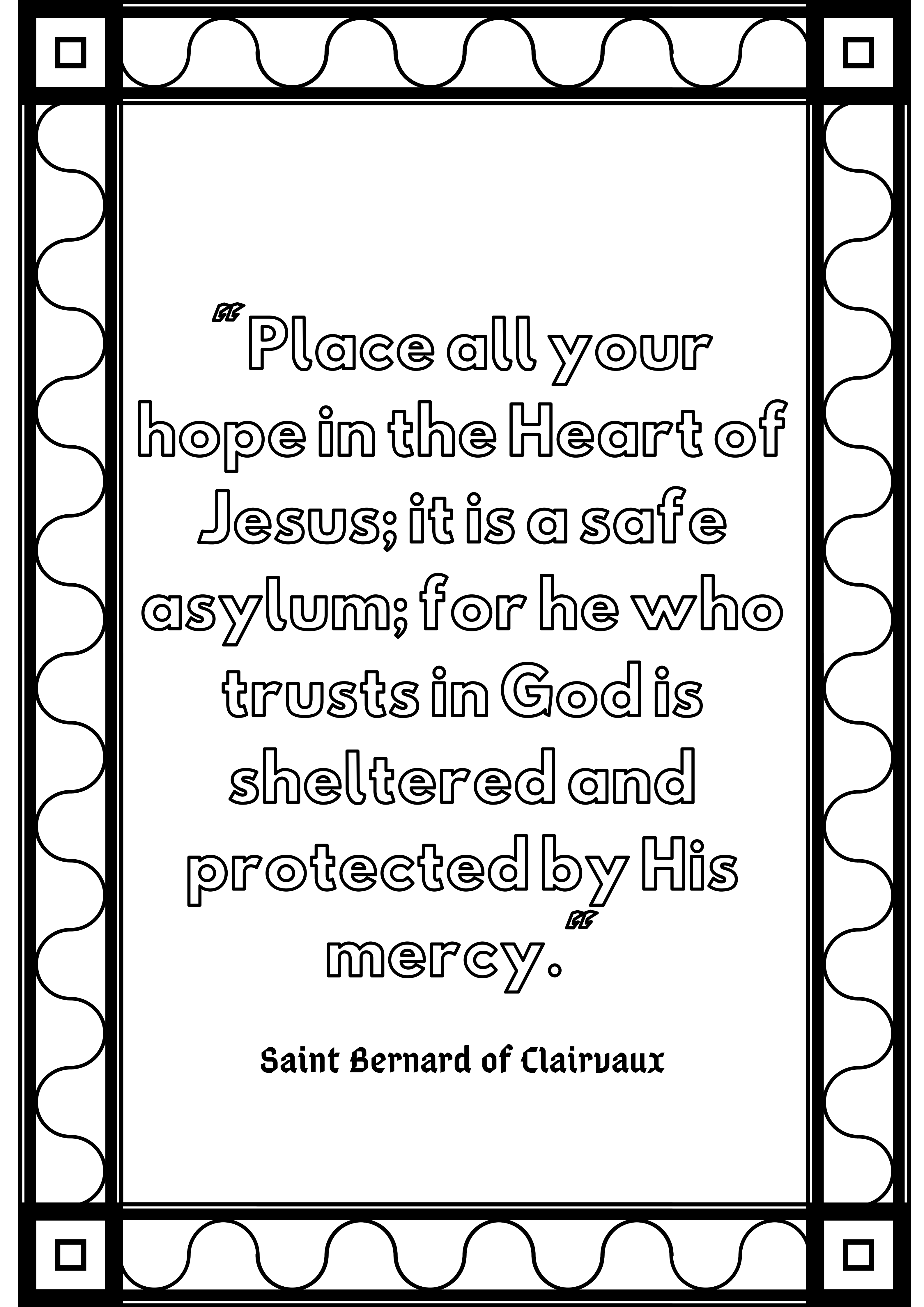
Psalm 31:24



BB May your
unfailing love
be with us,
Lord, even as
we put our
hope in you. *BB*

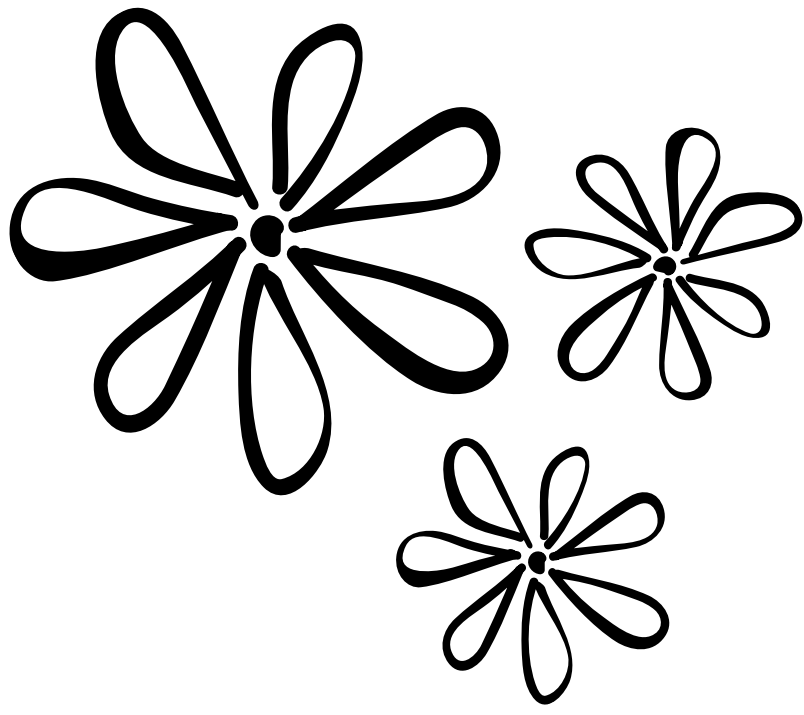
Psalm 33:22



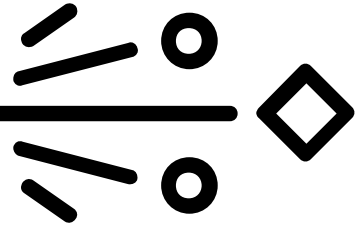
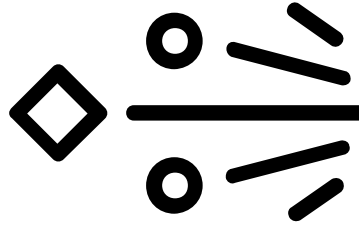
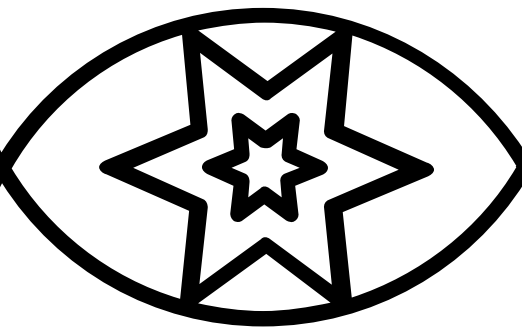


^{EE}Place all your
hope in the Heart of
Jesus; it is a safe
asylum; for he who
trusts in God is
sheltered and
protected by His
mercy.^{EE}

Saint Bernard of Clairvaux



Your ways
O God,
are higher
than my
ways.

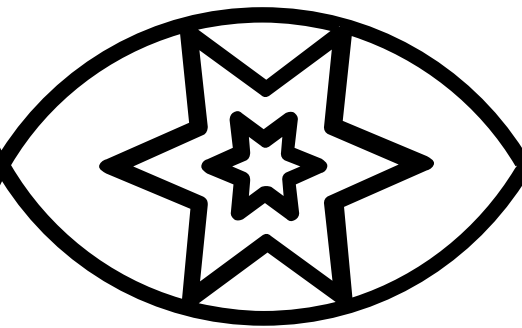
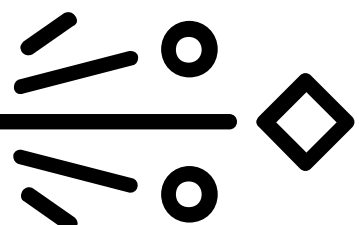
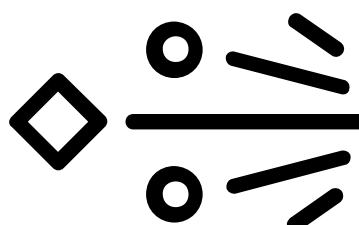


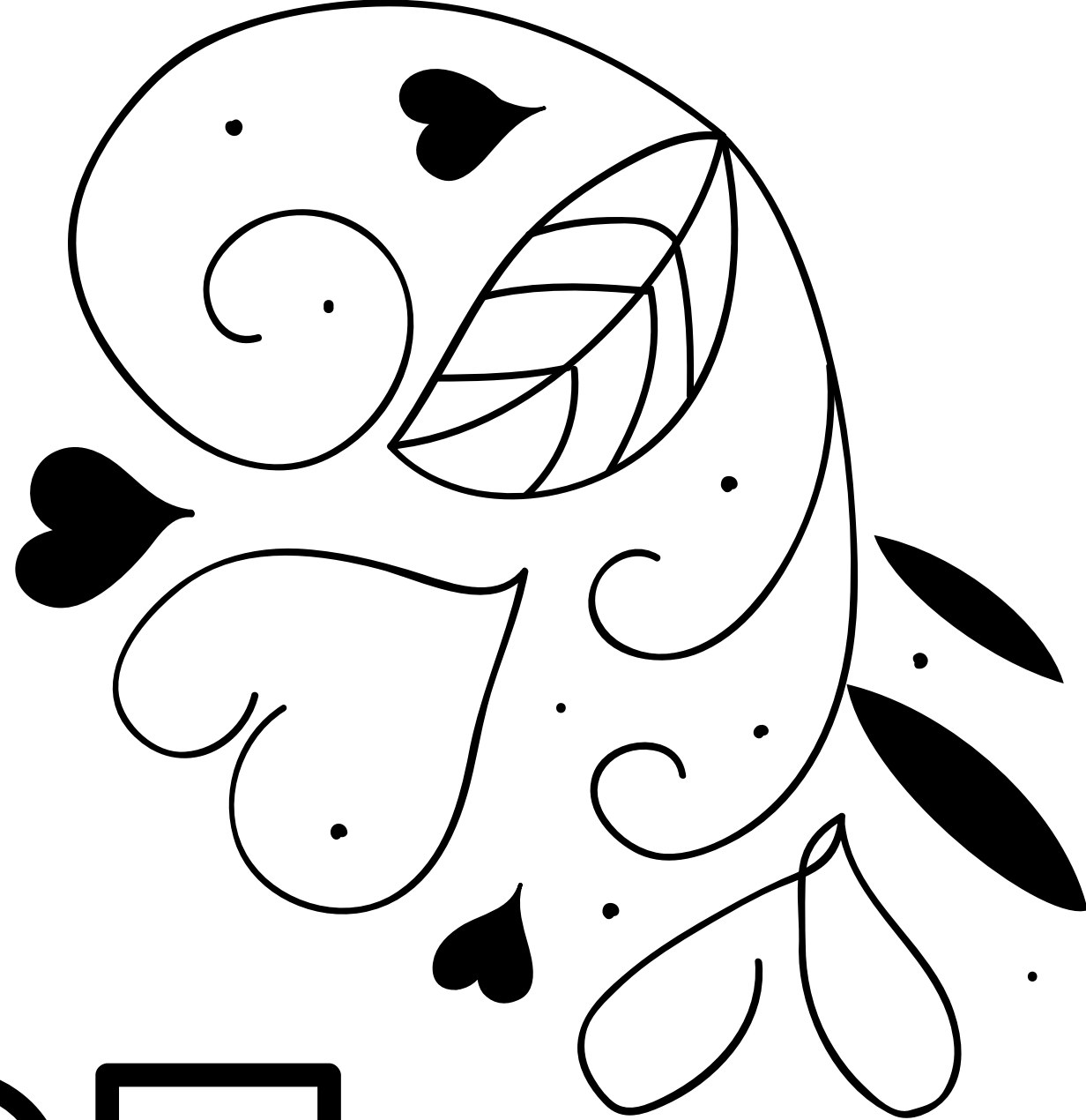
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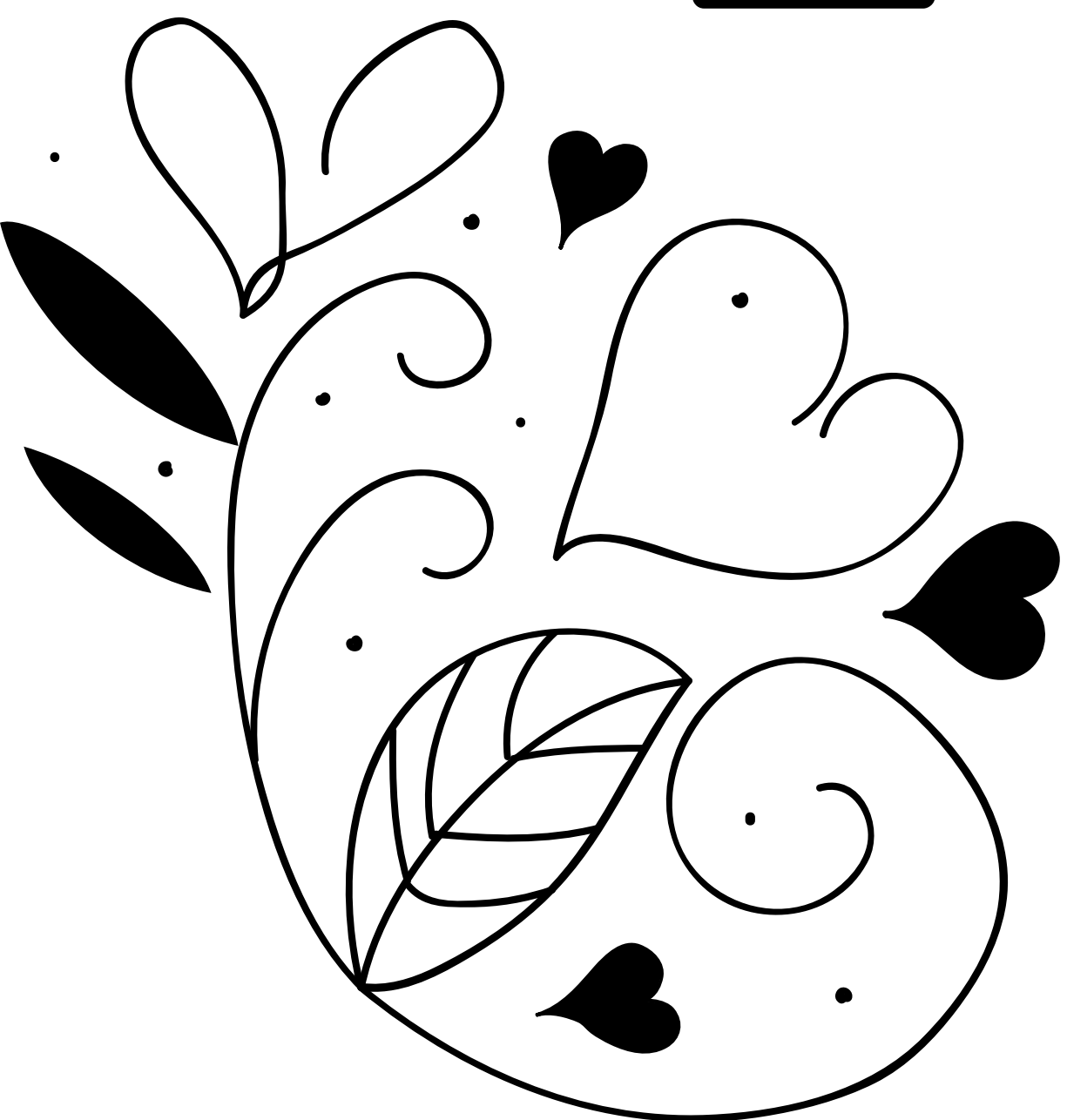


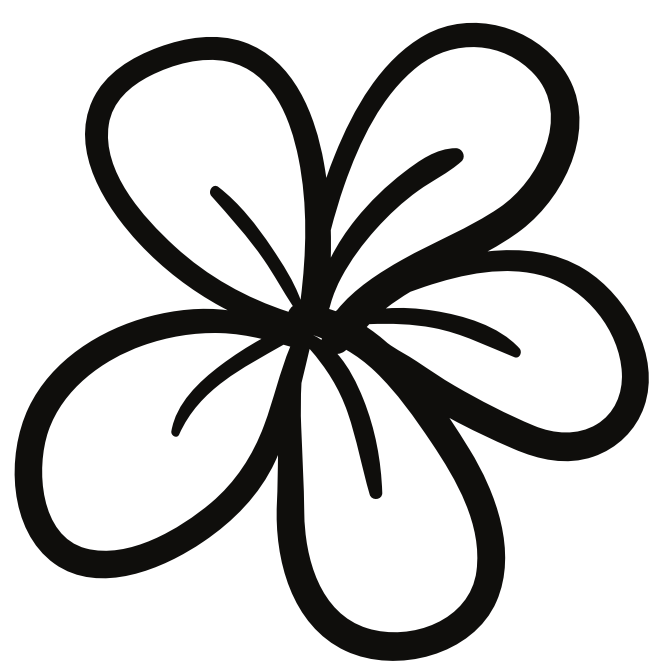


HOPE

in the

LORD





May you
be blessed
with

HOPE

