

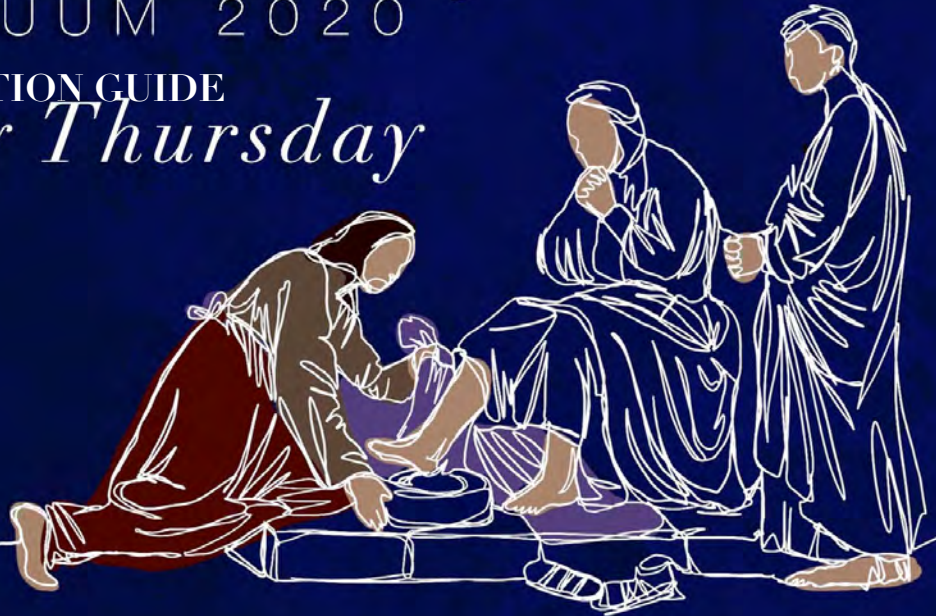
walking together THROUGH
HOLY WEEK
#HOMELYWeek

Project Living

TRIDUUM 2020

PREPARATION GUIDE

Maundy Thursday



Project Living

HOLY THURSDAY

Brought to you by Aldrin Relador



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?



STORY

story

It's another cold winter's night in London. I'm in bed. And my mind is racing. Today, I just received news that myself - and about 40 others in the UK - are being recalled back home from our exchange program. When is my travel agent going to get me on my next flight? How am I going to finish my exchange? Where is God in all this? As I typed several exasperated emails to my host university to explain my immediate departure, I began to remember how much I missed home. I missed my loved ones dearly. But what I missed most was a happier version of myself that seemed to exist before I left.

When I left home, I had a falling out with a friend. It was painful. In the first week of my arrival, I didn't know how to deal with my sorrow. I tried to grieve. But it wasn't any good. My grief was constantly left unchecked so it often turned to despair. I was the most unhappy I had ever been.

For a while, I blamed God for leading me into this bleak midwinter. I left behind many securities and comforts that I was used to. It was like a desert. Only colder. I no longer had a familiar routine of prayer and sacraments. And I no longer had the same community to hold me accountable to my faith. I felt alone even in the presence of people. I felt unheard or unseen. On the worst days, I felt abandoned by God. I finally understood how deafening God's silence can be. Back home, prayer was as easy as breathing. But here, I was sinking. It was as if there was no one to save me. Jesus, where are you? Please save me. This was my prayer in the silence of every dark night.

During this time, it was difficult for me to believe that Jesus loves me. His silence became a regular part of prayer. So, I accepted it as a new normal. Life went on. As I packed my bags for home, I couldn't fit everything I had. I had to leave some old stuff behind. Ah. I wondered if I actually did let something go so that He could give me something new. But I was so busy asking God for answers

to my questions about the past that I forgot about my new-found freedom. The new experiences and friendships in this season of my faith gave me a freedom to be who I was made to be: a man who is worthy of love. This was the answer I needed to hear even if it was not what I wanted. I am free. I just had to let go of the past to see that the present is my new gift.

In this trying time, there is a new normal. No gatherings; no sacraments. I know it's easy to yearn for the days past. But if Jesus is here in the present and we take the present for granted, then aren't we taking His present - His gift - for granted too? Have we insisted on our way rather than His amidst this health crisis? Have we given up on prayer because nothing is going well for us? Have we lived in fear rather than in the hope of the Lord?

You may ask where God is in all this mess. But Jesus gave Himself as bread that is broken, blessed, and shared at the Last Supper we celebrate today. This simple meal begins His saving work on

walking Together THROUGH
HOLY WEEK

Calvary. Our salvation is His gift. To receive it, we just have to turn to Jesus in the here and now. We don't decide when or what gifts we receive - that's just not how gifts work.

So, let go and receive.



ACTIVITY

activity

In this activity, you and your companions will be sharing a meal together over video call. All of you will be reading the passage from the Last Supper to re-enact the events by reciting various lines or verses. The purpose of this re-enactment is to assume the role of the disciples so that you can appreciate their responses/attitudes. There will be questions to guide your sharing and reflection. Here are two versions of the activity for your choosing:

activity option 1

VIRTUAL LAST SUPPER

Opening Prayer

Gather your companions on a video communication platform. One person is appointed as leader to lead the group in the activity. The leader will start by asking how everyone is i.e. how do they feel right now, one blessing from the week, one challenge from the week. Then the leader will open with a prayer.

Reading I

Someone reads the passage from Matthew 26:17-19

17 On the first day of Unleavened Bread the disciples came to Jesus, saying, “Where do you want us to make the preparations for you to eat the Passover?” 18 He said, “Go into the city to a certain man, and say to him, ‘The Teacher says, My time is near; I will keep the Passover at your house with my disciples.’” 19 So the

disciples did as Jesus had directed them, and they prepared the Passover meal.

Re-enactment.

Each person will have a piece of bread for this activity. Each person is assigned one character for the re-enactment. Then proceed to say lines in Last Supper Script (*see Annex A*). The leader should encourage each person to read as if they really assumed the role they took.

Reading II

At the end of the script, a few people will take turns to read the different lines in the passage from Luke 22:54-62:

54 Then they seized him and led him away, bringing him into the high priest's house. But Peter was following at a distance. 55 When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. 56 Then a servant-girl,

seeing him in the firelight, stared at him and said, “This man also was with him.” 57 But he denied it, saying, “Woman, I do not know him.” 58 A little later someone else, on seeing him, said, “You also are one of them.” But Peter said, “Man, I am not!” 59 Then about an hour later still another kept insisting, “Surely this man also was with him; for he is a Galilean.” 60 But Peter said, “Man, I do not know what you are talking about!” At that moment, while he was still speaking, the cock crowed. 61 The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, “Before the cock crows today, you will deny me three times.” 62 And he went out and wept bitterly.

Reflection

Reflect on the following questions. These questions will guide your sharing.

- Recall the different characters in the re-enactment. Who were they and what were they interested in?
- What struck out most to you in the re-enactment? Why?
- Were there occasions in this time of crisis where I've also said 'Surely not, I?'
- What are you invited or inspired to do personally in the next few days leading to Easter Sunday?

Meal & Sharing

Begin your meal with grace. During the meal, each person will take turns to share their responses to the reflection. There is no need to share each question in order or any specific responses. Think of it as a conversation. The spirit of the sharing is to share about what's most important. The leader should remind each person to refrain from eating but instead listen to each person during they're sharing.

Closing Prayer

The leader will check-out the group by asking them what they are grateful for. The leader may also take a screenshot of the video page. Then the leader will end with a closing prayer.

Personal Reflection

What is one word that describes your takeaway from this activity today? Each person should note this word. Share the word on social media, and don't forget to hashtag #HOMELYWeek and tag us @oyp.sg

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 of the day?
If so, why?*

activity option 2

READING OF THE LAST SUPPER

Opening Prayer

Gather your companions on a video communication platform. One person is appointed as leader to lead the group in the activity. The leader will start by asking how everyone is i.e. how do they feel right now, one blessing from the week, one challenge from the week. Then the leader will open with a prayer.

Reading

Take turns to read the passage slowly from Matthew 26:17-30 in Annex B. As someone is reading, try to picture yourself in the scene. Note that there are moments where you'll be asked to pause and reflect. This pause will give you time for the words to sink in.

Reflection

Reflect on the following questions. These questions will guide your sharing.

- Recall the different characters in the passage. Who were they and what were they interested in?
- What struck out most to you in the passage? Why?
- Were there occasions in this time of crisis where I've also said
- 'Surely not, I?'
- What are you invited or inspired to do personally in the next few days leading to Easter Sunday?

Meal & Sharing

Begin your meal with grace. During the meal, each person will take turns to share their responses to the reflection. There is no need to share each question in order or any specific responses. Think of it as a conversation. The spirit of the sharing is to share about what's most important. The leader should remind each person to refrain from eating but instead listen to each person during they're sharing.

Thanksgiving & Closing Prayer

The leader will check-out the group by asking them what they are grateful for. The leader may also take a screenshot of the video page. Then the leader will end with a closing prayer.

Personal Reflection

What is one word that describes your takeaway from this activity today? Each person should note this word. Share the word on social media, and don't forget to hashtag #HOMeLYWeek and tag us @oyp.sg

Prayer Writing

After consolidating your reflection, write a short prayer of desire. A prayer of desire begins with "Jesus, I desire...". In this prayer, you're invited to write where you desire to be on this Triduum and what you desire from Him. Maybe you desire to be with Jesus when He carries His cross and more patience to carry your own cross in this time.

After you have written your prayer, fold it and place it at the foot of the cross at your prayer space. This symbolises uniting your desire with His as He waits in the silence of the night.

Thanksgiving & Closing Prayer

After you have completed the activity, thank God for this time of prayer.

At the end of each option, cover up your altar space for Good Friday.

END. As the night draws to a close, Jesus is arrested and hauled to trial. The disciples said they were not going to leave His side. Where are you going to be? Let this be our question as we quickly approach Good Friday. 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 of the day?

If so, why?



VIGIL

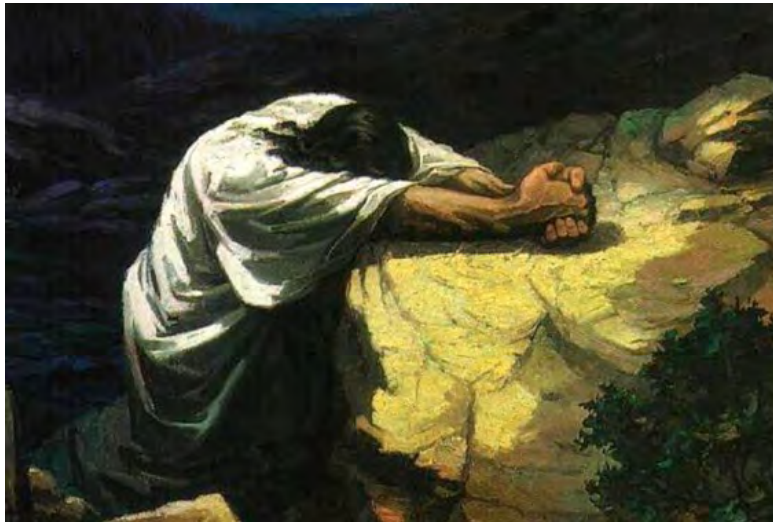
vigil

Earlier, we re-enacted the Last Supper. The point of this bread-breaking, bread-blessing, and bread-giving is to show that God will feed his people – but not with the manna of old (Ps 78:24-25, Ex 16:1-36) – but the new manna Jesus Christ. He gives himself because “man does not live on bread alone, but on every word that comes from the mouth of God” (Dt 8:3, Mt 4:4). This is why Jesus is the true Bread to be broken and given for all (Jn 6:38). To give Himself is the ultimate act of love.

Tonight, He asks us for only one thing: “Stay here and keep watch with me.” (cf. Mt 26:38).

Following the liturgical tradition of the Church, we prepared an hour-long vigil. The purpose of the vigil is to allow you to spend time with Jesus alone. Our being alone helps us appreciate Jesus’ agony in the garden before His arrest on Good Friday.

vigil option 1
STAYING WITH ME



Picture 1: Agony in the Garden [2]

Set-up.

Light a candle at your prayer space and sit by it. Prepare some pen, paper, and some art materials. Have Picture 1 available for yourself.

Opening Prayer

Allow yourself to sit in the silence. Then invite the Holy Spirit with “*Come, Holy Spirit,*” and ask for the grace to wait on the Lord. Open with a prayer.

Reading I

Read the passage slowly from Matthew 26:36-46 in Annex C. Try to picture yourself in the scene. Pay attention to the words in red; these are the words of Jesus. Note that there are moments where you'll be asked to pause and reflect. This pause will give you time for the words to sink in.

Reflection I

Return to Picture 1. Jesus' face is deliberately hidden from our view. We would normally expect Him to be looking upwards to His heavenly Father. Instead He is bent over with his face buried in His arms. Notice how tight His hands are clasped; the veins on His hands are clearly visible. Consider:

What do you think Jesus is feeling? Can you imagine the look on His face?

Reading II

Once again, read the passage slowly from Matthew 26:36-46 in Annex C. Try to picture yourself in the scene with Picture 1 in mind. Pay attention to the words in red; these are the words of Jesus.

Reflection II

Return to Picture 1. Imagine yourself as one of the disciples. You are exhausted. You have wept so much after hearing that Jesus is going to be betrayed that you have fallen into a deep sleep. But He is still waiting for you in the garden. In some ways, we're no different. Things seem dire. Jesus tells us to wait for Him. But we grow tired and instead fall into despair. So, we hide our face from God. Consider:

When have I been in this situation? Can I still believe in the Hope He has for me? If not, what are my struggles in believing this?

Reading III.

Read only Matthew 26:39.

And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.”

We may often hear repeatedly that in times of despair we should simply turn to God. But what if we just don't want to? Or what if we think our despair is just too great for God? Look at Picture 1. Jesus knows. He knows what it's like to feel alone; to feel despair; to feel betrayed; to feel abandoned. Even His closest companions who have walked with him for 3 years have fallen asleep. Yet, He offers His fears back to His Father. What about you?

Where have you placed your fears? Have you stayed awake? Do you believe even when you cannot believe?

Prayer Writing

After consolidating your reflection, write a prayer for this Triduum. A prayer is a conversation with God. So, be free to speak with Him from your heart.

In your prayer, share with Him your pain. It could be the pain of being far away from Him. It could be the pain of uncertainty of the future. I only ask that you be honest.

Finally, ask for one grace you desire in this Triduum. It may be a grace to stay awake. Or it may just be a grace to listen to God in the silence.

After you have written your prayer, fold it and place it at the foot of the cross at your prayer space. This symbolises uniting your pain with His as He waits in the silence of the night.

(Optional)

Completing the Scene. For the artist, you may also do a drawing of where you are in Picture 1. Are you close to Jesus? Or are you asleep? Or are you on your way to betray him? The drawing will help visualise your relationship with Jesus and accompany your prayer. Be as imaginative and creative as possible.

Share your artwork on social media with the hashtag **#HOMELYWeek** and tag us **@oyp.sg**

Thanksgiving & Closing Prayer

After you have completed the activity, thank God for this time of prayer.

vigil option 2

WERE YOU THERE?



Picture 2: Sleeping Disciples [3]

Set-up.

Light a candle at your prayer space and sit by it. Prepare some pen, paper, and some art materials. Have Picture 2 available for yourself.

Opening Prayer

Allow yourself to sit in the silence. Then invite the Holy Spirit with “Come, Holy Spirit,” and ask for the grace to wait on the Lord. Open with a prayer.

Reading I

Read the passage slowly from Matthew 26:36-46 in Annex C. Try to picture yourself in the scene. Pay attention to the words in **red**; these are the words of Jesus. Note that there are moments where you'll be asked to pause and reflect. This pause will give you time for the words to sink in.

Reflection I

Return to Picture 2. Jesus returns to find his disciples fast asleep. Twice. The disciples also have laid down their swords which have left them defenseless.

What struck out to you in this picture? What do you think Jesus is feeling? Can you imagine what He might say to them?

Reading II

Once again, read the passage slowly from Matthew 26:36-46 in Annex C. Try to picture yourself in the scene with Picture 1 in mind. Pay attention to the words in red; these are the words of Jesus.

Reflection II

Return to Picture 2. Imagine yourself as Jesus. You are exhausted. You have wept so much after knowing that you are going to be betrayed. And yet your companions are asleep.

How do you feel? Are you frustrated? Were there times that you felt that someone close to you has let you down?

Hymn

Hymn

After your reflection, listen to the following hymn whilst keeping Picture 2 in mind. Allow yourself to be ministered by it. If you'd like you may sing it prayerfully.

Were You There [4]

Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

Oh, sometimes it causes me to tremble, tremble, tremble.

Were you there when they crucified my Lord?

Were you there when they nailed him to the tree?

Were you there when they nailed him to the tree?

Oh, sometimes it causes me to tremble, tremble, tremble.

Were you there when they nailed him to the tree?

Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid him in the tomb?

Psalter Hymnal (Gray), 1987

Prayer Writing

After consolidating your reflection, write a short prayer of desire. A prayer of desire begins with “Jesus, I desire...”. In this prayer, you’re invited to write where you desire to be on this Triduum and what you desire from Him. Maybe you desire to be with Jesus when He carries His cross and more patience to carry your own cross in this time.

After you have written your prayer, fold it and place it at the foot of the cross at your prayer space. This symbolises uniting your desire with His as He waits in the silence of the night.

Thanksgiving & Closing Prayer.

After you have completed the activity, thank God for this time of prayer.

At the end of each option, cover up your altar space for Good Friday.

END. As the night draws to a close, Jesus is arrested and hauled to trial. The disciples said they were not going to leave His side.



Photo by Janko Ferlic from Pexels

ADDITIONAL RESOURCES

additional resource list

ARTICLES

Click icon to read



The Active Work of Waiting on God



The Coronavirus and Sitting Quietly in a Room Alone



Understanding the Holy Triduum

MUSIC

Click on the icons to listen



Gazing Upon Calvary by OYP



Maundy Thursday Vigil



Watch and Pray by The Vigil Project

VIDEOS

Click on the icons to watch



The Role of Hope in Holy Week



Praying Through Holy Week



Pope explains Holy Week: To give to others is to give hope



The Triduum: Holy Thursday, Good Friday, and Easter Vigil Explained



Bishop Barron: The Power of the Cross



Bishop Barron: The Stations of the Cross



ANNEX

annex a

LAST SUPPER SCRIPT [1]

[**Characters:** Narrator, Jesus, Peter, James, John, Judas, Apostles]

Narrator: When it was evening, Jesus took his place at the table with the Twelve Apostles.

Jesus: Truly I tell you, one of you will betray me.

Apostles: [Each Apostle will state this line one after another.]
Surely not I, Lord?

Jesus: The one who has dipped his hand into the bowl with me will betray me.

Judas: Surely not I, Rabbi?

Jesus: You have said so.

Narrator: Jesus took a loaf of bread, and after giving thanks and blessing it he broke it, gave it to his disciples.

[Jesus picks up the bread and tears it into pieces and passes one to each of the Apostles and disciples sitting there.]

Jesus: Take this all of you and eat it. This is my body, which is given for you. Do this in memory of me.

[The Apostles and disciples eat the bread.]

Narrator: Then Jesus picked up the cup and gave thanks.

Jesus: This cup that is poured out for you is the new covenant in

my blood, which is poured out for many for the forgiveness of sins. Do this in memory of me.

[Stay in silence as the words sink in]

Narrator: The disciples began to argue about which of them was the greatest.

James: I'm the greatest.

John: No, I'm the greatest.

Apostles: [Each Apostle will state this line one after another.] No, I'm the greatest.

Jesus: The greatest among you must become like the youngest, and the leader like one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one at the

table? But I am among you as one who serves.

Narrator: The apostles were all very sad for arguing with one another.

Jesus: You will all become deserters because of me this night; for it is written, “I will strike the shepherd, and the flock will be scattered.” But after I am raised up, I will go ahead of you to Galilee.

Peter: I will never desert you.

Jesus: Truly, I tell you, this very night, before the cock crows, you will deny me three times.

Peter: I will not deny you.

Apostles: [One after another] I will not deny you.

annex b

THE PASSOVER WITH THE DISCIPLES

Matthew 26:17-35

17 On the first day of Unleavened Bread the disciples came to Jesus, saying, “Where do you want us to make the preparations for you to eat the Passover?” 18 He said, “Go into the city to a certain man, and say to him, ‘The Teacher says, My time is near; I will keep the Passover at your house with my disciples.’” 19 So the disciples did as Jesus had directed them, and they prepared the Passover meal.

20 When it was evening, he took his place with the twelve; 21 and while they were eating, he said, “Truly I tell you, one of you will betray me.” 22 And they became greatly distressed and began to say to him one after another, “Surely not I, Lord?”

23 He answered, “The one who has dipped his hand into the bowl with me will betray me. 24 The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.” 25 Judas, who betrayed him, said, “Surely not I, Rabbi?” He replied, “You have said so.”

[Pause and reflect. What thoughts or emotions are stirring within you so far? What strikes out to you? Note them down.]

The Institution of the Lord’s Supper

26 While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” 27 Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; 28 for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”

30 When they had sung the hymn, they went out to the Mount of Olives.

Peter's Denial Foretold

31 Then Jesus said to them, "You will all become deserters because of me this night; for it is written,

'I will strike the shepherd, and the sheep of the flock will be scattered.'

32 But after I am raised up, I will go ahead of you to Galilee." 33 Peter said to him, "Though all become deserters because of you, I will never desert you." 34 Jesus said to him, "Truly I tell you, this very night, before the cock crows, you will deny me three times." 35 Peter said to him, "Even though I must die with you, I will not deny you." And so said all the disciples.

[Pause and reflect. What thoughts or emotions are stirring within you so far? What strikes out to you? Note them down.]

annex c

JESUS AT GETHSAMANE

Matthew 26: 36-46

36 Then Jesus went with them to a place called Gethsemane; and he said to his disciples, **“Sit here while I go over there and pray.”**

37 He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. 38 Then he said to them, **“I am deeply grieved, even to death; remain here, and stay awake with me.”** 39 And going a little farther, he threw himself on the ground and prayed, **“My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.”**

[Pause and reflect. What thoughts or emotions are stirring within you so far? What strikes out to you? Note them down.]

40 Then he came to the disciples and found them sleeping; and he said to Peter, **“So, could you not stay awake with me one hour? 41 Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.”** 42 Again he went away for the second time and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” 43 Again he came and found them sleeping, for their eyes were heavy. 44 So leaving them again, he went away and prayed for the third time, saying the same words. 45 Then he came to the disciples and said to them, **“Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.** 46 Get up, let us be going. See, my betrayer is at hand.”

[Pause and reflect. What thoughts or emotions are stirring within you so far? What strikes out to you? Note them down.]

SOURCES.

- [1] Last Supper Skit Script. <https://www.thereligionteacher.com/last-supper-skit-script/>
- [2] Jesus' Agony in the Garden Painting. https://wau.org/resources/article/jesus_agony_in_the_garden/
- [3] Tis Jesus Gethsemane. <http://www.freebibleimages.org/illustrations/tis-jesus-gethsemane/>
- [4] Were You There. <https://www.youtube.com/watch?v=fpSS-cICWJ9M>