



Holy Week & Easter 2020

Diocese of Limerick

A Message from Bishop Brendan Leahy

Greetings!

As we are heading into Easter, I want to wish you well. Who would have ever thought even a few weeks ago that we would be facing Easter cocooned, self-isolating, and keeping social distance? Some of us have experienced bereavement related to the Coronavirus, others are struggling with it, many are anxious and afraid. And then there's the financial challenges that have hit so hard and so suddenly.



Most of us are trying to put a brave face on it and there has been an incredible amount of good neighbourliness, not least in the amount of WhatsApp messages and videos flying around and, encouragingly, the volunteer movement established for those who need support!

And yet, there is fear and anxiety this Easter. We need to hear Jesus' words to help us as he tells us: "Let your hearts not be troubled; do not be afraid; I am with you".

Yes, we are not on our own. And it is good to celebrate the little and big triumphs of the human spirit seen around us in countless ways – neighbourly outreach and kindness, families supporting one another in new ways, the heroism of people in frontline healthcare and essential services. There's also a new growing appreciation that our planet is fragile and that we all belong to one worldwide human family, all sisters and brothers to one another.

Even if we are confined in all kinds of ways, each of us can do our part to bring Easter happiness to those around us. We can always pray for them, encourage them, keep hope alive.

I hope this simple leaflet the Diocese of Limerick has put together will be of benefit. You'll find prayers, information about religious ceremonies being broadcast this Easter, and some practical points that can be of assistance.

Above all, I wish you well. Let's remember each other this Easter, trusting that Jesus who laid down his life for us on the Cross, is surely with us now wanting to remind us how much God loves each one of us, and wants to help us especially in times of darkness and fear.

Best wishes for Easter!

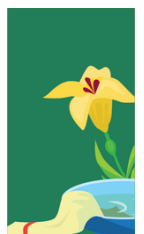
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Bishop of Limerick



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Prayers for Holy Week at Home

Holy Thursday

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen. - *St Alphonsus Ligouri*

Good Friday

What's 'good' about 'Good Friday' Lord? All I see is your pain, a pain that prompted you to cry out; "My God, my God, why have you forsaken me?" You know what suffering and desolation feel like. Lord, help us to enter into your suffering and may you enter into ours. St Peter says that through your wounds we have been healed. On this day when we remember the enormity of your love and suffering, we pray that through your wounds we will find healing and peace.

Holy Saturday

Help us to trust in your presence and live in the present moment. Help us embrace the silence, the stillness, the emptiness and the solitude of today. Growth happens mostly in silence and darkness. Help us to live in the moment, silently growing in your love, hoping for tomorrow, trusting that you can and you will make all things new, and replace darkness with light, suffering with love, and despair with hope.

WHAT'S ON THE TELLY?

RTE News Now: Daily Mass 10:30am

Monday to Friday

ShalomTV: www.shalomworld.ie/

EWTN: available on SkyTV and free to view online: www.ewtnireland.com/

Vatican Television: Mass and other programming: www.vaticannews.va/en.html



WHAT'S ON THE RADIO?

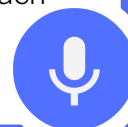
RTE Radio Broadcasts

Parish Radio: Some stations have a parish CB radio that allows parishioners to listen to Mass locally

West Limerick 102fm—Sacred Space Sundays 10am (repeated at 11pm) (Rosary after 1pm news Mon-Friday).

Spirit fm 89.8fm

Radio Maria Ireland: Mass broadcast each day from Dublin at 10am. Access at www.radiomaria.ie



A WEB OF PRAYER

Websites:

www.limerickdiocese.org

www.sacredspace.ie

'The God Minute' YouTube

www.universalis.com

www.wordonfire.org

Mobile Apps:

Hallow Catholic Meditation

The God Minute

Daily Prayer Guide Lite

LIMERICK COVID-19 COMMUNITY RESPONSE

Those in need of assistance such as daily provisions, prescriptions, or information are asked to call

1 800 832 005

If you or someone you know is in need of assistance please do not hesitate to call.



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Celebrating Holy Week at Home

in the Diocese of Limerick

Holy Thursday

This evening is the Mass of the Lord's Supper. At the beginning of a live-streamed Mass, light a candle of your own: 'I light a candle and suddenly the world around me changes. One small flame is all it takes to let the darkness know that it cannot win.' At Communion reflect on how Jesus took ordinary bread and wine and transformed them into the gift of His abiding love and Presence in the world. Pray an act of Spiritual Communion. After Mass you might quench your candle. Although the candle will be with you for each ceremony, do not light it again until the Easter Vigil so that you too can enter into the emptiness of the next few days that lead us to the greatest Light of all.

Good Friday

The Veneration of the Cross: If you have a crucifix in your home you might have it to hand. During the veneration of the cross, hold your cross in your hands or draw it closer to you. As you venerate the cross the following prayer might help:

Lord your crown of thorns reminds us that the kingdom you bring about is a kingdom of love, light and service. Help us to never lord it over people and be kind to all.

Lord, help me to see as you saw, help me to see with eyes of love, help me to see the best in others and in myself.

Lord, help me to listen with compassion and without judgment and especially help me to listen to your whisper in my heart and life.

Lord, help to speak words of kindness, tenderness and love. Forgive the times I spoke badly of others, may my words build up and encourage others on their journey.

Lord, help me not to carry the world on my shoulders, help me to share my burdens with you and others. Help me to love you and others with the strength of my arms and the sweat of my brow.

Lord, your heart was full of love and compassion for all, give me a generous heart, after all it is the heart that gives, the hands just let go. Heal the heaviness in my heart and may your love rise up and overflow from my heart, helping me to love God, others and myself.

Lord, from your pierced side, blood and water flowed as a sign of mercy and love. Have mercy on me Lord and help me to extend mercy and forgiveness to others.

Lord, your hands healed the sick, fed the hungry and calmed the storms. May they do the same for me. Hold onto me Lord and I will hold onto you. Help my touch be loving and help me to let go of grudges, hurts and disappointments.

Lord, your knees knelt in service at the Last Supper and in prayer in the Garden of Gethsemane. Help me to be a person of both prayer and service.

Lord, your feet walked with others, walk with me Lord in these challenging days and may I walk with you and others in a spirit of solidarity and love.

They say that it wasn't nails but love that held you to the cross, as I hold your cross, may your love wash over me and my loved ones. I ask this through Christ our Lord. Amen

Holy Saturday

Holy Saturday is a day of prayer and expectant hope as we await the glorious Resurrection of Christ. Waiting for resurrection, for new life and the fulfillment of all God's promises, is not easy. In this moment we might turn to Mary, the Mother of Jesus, and pray with her. She knows how to wait in the darkness of faith, how to triumph in the victory of Christ.

The Easter Vigil

Easter Vigil: If possible, have your candle to hand, a cloth to place on your table later, a bell (or a glass and fork!), and holy water. Ideally we should begin without any lights on (obviously in a safe way!)

Blessing of the Fire: If you have a fire lighting feel free to pray this prayer over the fire like our ancestors used to do: *Lord, kindle in my heart the ember of love, may you fan the embers into flames and may your flame of love help me to radiate your light and warmth in the world around me.* Light your candle and respond as the priest sings *Lumen Christi* by singing *Deo gratias*. Quench your candles for the readings and turn your lights on!

Liturgy of the Word: When the priest lights the altar candle, place your cloth (and flowers if you have them) on the table and light your candle and pray the prayer: *I light a candle and suddenly the world around me changes. One small flame is all it takes to let the darkness know that it cannot win.*

During the Gloria ring the bell or tap your glass!

Baptismal Liturgy: Bless yourself with Holy Water and renew your baptismal promises as prompted by the priest.

After Mass At 10pm open your front door or window and listen to your church bell and call out to your neighbours, 'Jesus is risen, Alleluia, Alleluia' or 'Tá Mac na hÓige Slán, Aililiú, Aililiú,.

Easter Sunday

Christ is Risen, Alleluia, Alleluia!! Today, try to find a way to share the joy of Christ's Resurrection with friends and family. The resurrection of Christ teaches us that the love of God conquers all difficulty and darkness. We can pray in a special way that this light and love might extend to all parts of our world, bringing healing, hope and peace.

