

EASTER 2021



Resources, Ideas & Support for Parishes

As we face another Easter Season in lockdown, the Pastoral Outreach Team in the Diocese have been working to create and collate some resources, ideas and suggestions, which might help to supplement the wonderful work being done in parishes across the Diocese. We have looked at each day of the week leading to Easter Sunday in the hope that it will enhance and enrich your parish ceremonies and enable you to offer your faith community a few options so that they can celebrate this holy season in their own homes. All the resources listed here will be available to download and print from the Diocesan website. With regard to the liturgies, we have tried to host them at times that won't clash with liturgies you are running in your parish. We would like to take this opportunity to wish you all a very happy, healthy and peaceful Easter from the Diocese of Limerick Pastoral Outreach Team

PALM SUNDAY



Suggestions

- Many people will appreciate being able to collect some blessed palm after services on Palm Sunday. Please remember though when making palm available to take care to ensure that the palms are touched only by the recipient. Sanitisation should be readily available, especially as many people look for a better sprig. People could be encouraged to create a Palm Wreath for their front door.
- You could also consider having an Easter Pack ready for people to collect which contains some information about the streaming of Easter Services along with some printed liturgies or stations of the cross. You could also include a candle, and a prayer card which could be returned to the Church when filled in. This card could be placed on the seats in the Church during the Easter Season and those peoples' intentions remembered during Masses. You could also have information about your Church's Easter Garden and how you will make Easter water available to them after the Easter Ceremonies.
- In preparation for the day itself it could be a nice idea to ask children to make flags saying "Welcome Jesus" and ask them to wave their flags during the Mass in the way that people would have waved Palm leaves when Jesus arrived to Jerusalem. You could also ask children in school to colour these posters and drop them to the Church before Palm Sunday.
- If you have created an Easter Garden in your Church you could perhaps encourage people to create a miniature version at home. This could be a good project to involve children in as you can tell the Easter story as you create this sacred space together. You could use sand, rocks, foliage, moss, create a well with some holy water and make a cross.

Resources

These resources are all available on the Diocesan Website

- Holy Week Resources from the Irish Bishops
- Holy Week Family Retreat
- Easter Prayer Card for Churches
- Palm Sunday Flag Templates for Children
- Lent and Easter Ideas for Children
- Palm Sunday for Little Children



MONDAY



Suggestions

Monday of this week is usually associated with Alms Giving. This could be a good opportunity to remind parishioners about the Trócaire Lenten Campaign or other local causes which need support.

A Liturgy of Solidarity – Streamed on Diocesan Facebook 8pm

Fr Noel Kirwan, Sharon Collopy, Colm Hogan from Trócaire and Rose O'Connor will lead a liturgy online at 8pm. This liturgy will remind us of our call to walk in solidarity with those in need.

TUESDAY



Tenebrae Liturgy – Streamed on Diocesan Facebook 8pm

Tenebrae comes from the Latin meaning 'Darkness'. It is based on a twelfth-century liturgy that offers people a chance to meditate on the passion of Christ. Candles are extinguished as part of the liturgy as we reflect on both light and darkness. It is usually celebrated on Holy Thursday or Good Friday. To ensure that we don't cut across any parish liturgy we will celebrate it online on Tuesday at 8pm. You will need to have 7 tea-lights to participate in this liturgy at home. This liturgy will be lead by Fr Chris O'Donnell.

WEDNESDAY



A Liturgy of Forgiveness – Streamed on Diocesan Facebook 8pm

At Easter we usually get an opportunity to attend a reconciliation service and some parishes may be organising online versions. For those who won't be offering one, you might wish to let people know that there will be a Liturgy of Forgiveness available online. This liturgy prepared by Michael Kelly, in collaboration with Bishop Leahy, Fr Mike Cussen and Fr Frank O'Dea, will be streamed live online. People will need to have two stones that can be easily be held in your hand, a candle, a large plate, pens and paper.

HOLY THURSDAY

Suggestions

- On Holy Thursday we remember the Last Supper when Jesus washed the feet of his disciples. Maybe it could be suggested that people re-enact the last supper or have a version of it in their homes or ask them to wash each others hands.
- You could also encourage people to create a sacred space in their homes with some bread, grapes, a bowl of water and a towel, and candle.
- People will no doubt tune in to online Mass today but it could be a nice idea to encourage families to bless each other with holy water at the point of the ceremony where the washing of the feet might usually happen.
- Younger children could be invited to colour in some pictures or create an invitation to the last supper.
- The Dominican Sisters have provided some excellent ideas and resources relating to Holy Thursday which can be found on our website.

Resources

These resources are all available on the Diocesan Website

- Holy Thursday Resources
- Last Supper Re-enactment Booklet
- Rite to replace the washing of the feet
- Holy Thursday Invitation Activity for Children



*Bishop Leahy will celebrate the Chrism Mass from St John's Cathedral Webcam at 10.00am
Mass in celebration of the Lord's Supper will take place at 5.45pm*

GOOD FRIDAY

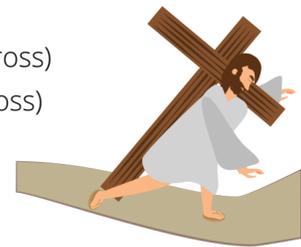
Suggestions

- On Good Friday people usually gather to pray the Stations and to venerate the Cross. If people are joining services online it could be helpful to remind them to have a cross to hand for veneration.
- With regard to the Stations of the Cross, parishes could facilitate the Stations happening by marking the stations on the grounds of the Church using little wooden crosses.
- People could then pray the Stations using the Stations of the Cross Podcast on the Diocesan Website or using the text version.
- For those living in the city David Bracken has created a wonderful version of the Stations which are focused on the Three Bridges Walk. There is also a version of this walk which can be personalised for your own parish so that you can complete it within your own 5k limit.
- We have also created a family friendly Stations of the Cross. This can be used on a family walk and is full of activities for children and it can also be completed within your 5k limit.

Resources

These resources are all available on the Diocesan Website

- Stations of the Cross Podcast
- Parish Prayer Walk (Stations of the Cross)
- Three Bridges Prayer Walk (Stations of the Cross)
- Family Easter Prayer Walk (Stations of the Cross)



*Bishop Leahy will celebrate the Passion of Our Lord at
3.00pm from St John's Cathedral Webcam*

EASTER SATURDAY

Suggestions

- Last year many Churches kept their lights on all night and encouraged parishioners to place a lighted candle in their windows to commemorate the Paschal fire. This is a simple idea but sends a clear message about our need for light in these dark times.
- Another simple thing to do would be to light the Paschal Fire outside at the time of the vigil.
- For some more ideas about liturgies, Dermot Cowhey has put together some more resources including a Liturgy of Light, a Liturgy of the Word and a reflection for children which might help to supplement what you are doing in your parish.
- Remember to tell people to have a candle when they are joining in the ceremonies online and it might be good too for them to have some holy water. At the point in the ceremony when the Easter Water is blessed you could ask people in their homes to bless each other with the holy water they have to hand.
- If children are watching the ceremony online they could be told in advance to have a bell which they could be directing to ring at the appropriate time in the ceremony, especially during the Gloria!

Resources

These resources are all available on the Diocesan Website

- Easter Saturday Resources - includes links to other resources, a liturgy of the word, a liturgy of light and a reflection for children.



Bishop Leahy will celebrate the Easter Vigil from St John's Cathedral Webcam at 8.30pm

EASTER SUNDAY

Suggestions

- On Easter Sunday we are reminded of the joy of the Easter season, and we could try to encourage parishioners to spread some joy today by doing something as simple as getting some flowers and decorating the table. Ask people to give thanks for their blessings by creating a gratitude list. Children could be encouraged to write a thank you letter to God which could be dropped to the Church after Easter when people are going to collect some Easter water and visit the Easter Garden.
- School children could be asked in advance of today to colour in some Easter pictures and drop them off to the Church. Decorate the church with their pictures and encourage them to tune in to your online Mass.
- If you are streaming Mass online on Sunday you could tell the Easter "Chocolate" Story as part of Mass.
- Parishes could perhaps ring Church Bells at midday today to celebrate the resurrection.
- In the days following Holy Week you could point people towards the Via Lucis or "The Way of Light". This is also know as the Stations of the Resurrection which focus on the resurrection appearances of Jesus.

Resources

These resources are all available on the Diocesan Website

- Easter Sunday Chocolate Story
- Easter Colouring Pages
- Children's Letter of Gratitude to God
- [Via Lucis \(Way of Light\) Stations of the Resurrection](#)

