

## ***Holy Week Reflections***

Glory to Jesus Christ! Glory forever!  
Слава Ісусу Христу! Слава на Віки!

In these times of self-isolation, it is important to take care of our health, by washing our hands and practicing social distancing. However, spiritual health is just as important. So as a way to connect, I thought I would put down some thoughts about this week in terms of spiritual matters. There will be a reflective sheet sent each day during Holy Week. There is an excellent resource on the Eparchial website that you may wish to reference put out by the Nuns of Christ the Bridegroom Monastery. Here is the link: (<https://www.skeparchy.org/wordpress/wp-content/uploads/2020/04/For-the-Domestic-Church-2020-Reduced-Size.pdf>)

### **Holy Week Prayer?**

During Holy Week we are still asked to pray but differently. We are not able to go to the Church, but we can still pray in our homes.

### **Where do we pray?**

Do you have an icon corner set up somewhere in your home? If not, now is a perfect time to make one!

Here are some points to consider

- It doesn't have to literally be a corner of a room...on a table or shelf, set up at least one icon, preferably of Christ. If you don't have an icon, you can find one online to print or colour.
- Place a candle in front of the icon and light it when you pray.
- You may wish to include: A Bible, a Cross, or holy objects that help you to pray

## What about communion?

When we are unable to physically attend, one can pray for spiritual communion. Here is a prayer for spiritual communion as found on the Eparchy of Saskatoon Website

### BYZANTINE ACT OF SPIRITUAL COMMUNION

O Lord, I believe and profess that you are truly Christ,  
The Son of the living God, who came into the world  
To save sinners of whom I am the first.  
Although I cannot now be a partaker of your mystical supper,  
O Son of God,  
Come at least spiritually into my heart by your Divine Grace  
For the healing of my soul and body.  
For I will not reveal your mystery to your enemies.  
Nor will I give you a kiss as did Judas, But like the thief I profess to you.  
Remember me, O Lord, when you come in your kingdom  
Remember me, O Master, when you come in your kingdom  
Remember me, O Holy One, when you come in your kingdom.  
O Lord, I also believe and profess that this  
Which I would receive, and which is now  
Here present with us in Mystery  
Is truly Your most precious Body, and your life-giving Blood.  
May I one day partake of your mystical supper again for the remission of  
All my sins and for life everlasting. Amen.  
O God, be merciful to be a sinner.  
O God, cleanse of my sins and have mercy on me.  
O Lord, forgive me for I have sinned without number.

## Here are some excellent videos created by the Eparchy of Saskatoon.

Lazarus Saturday and Palm Sunday

### ENGLISH

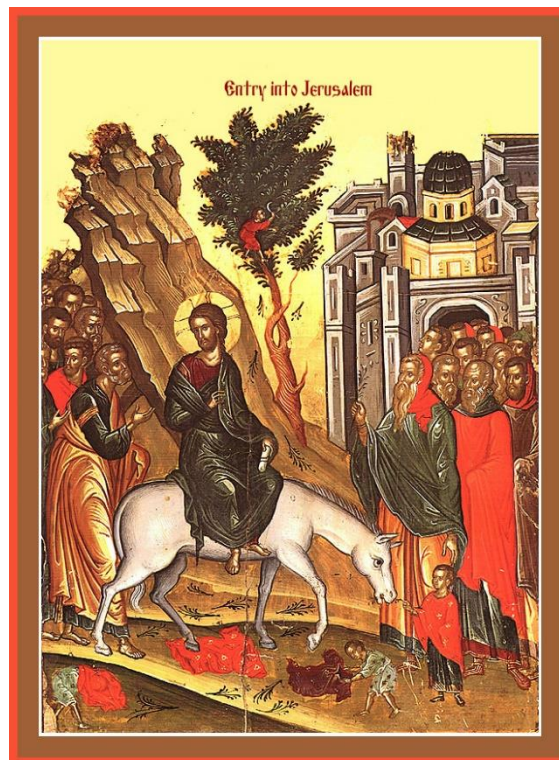
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### UKRAINIAN

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## Willow Sunday (Palm Sunday)

- The crowd shouted: 'Hosanna! Blessed is he that cometh in the name of the Lord'. If I can say these words with complete sincerity and submission, then, in that instant, I have turned away from my sins and have received Jesus Christ.
- Parents: Let your children know that this day is about acknowledging Jesus as King. Remind them that, according to St. Matthew, it was the children who cried, "Hosanna to the Son of David!" Encourage them to think about how they can be our example of welcoming Jesus
- In your yard, do you have pussy-willows or other branches that are beginning to flower or sprout leaves? Or, do you have evergreen branches? If it's possible to cut branches without damaging your tree, cut one branch for each member of the family. Bless them with Holy Water.
  - Place your branches in a vase in your icon corner for the duration of Holy Week, as a reminder of your welcome to Jesus.



(Image accessed from: <https://www.oca.org/saints/lives/2014/04/13/20-entry-of-our-lord-into-jerusalem-palm-sunday>)