

Good Friday

Look down upon me, good and gentle Jesus while before Your face I humbly kneel and, with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment.

While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones."

Amen.

Holy Saturday

Help me, dear Lord, to enter into the sorrow and the silence of this Holy Saturday. Today no Sacraments are celebrated. Today the world waits in mourning in anticipation of the glory of new life! As I keep vigil, awaiting the celebration of Your Resurrection, fill me with hope. Help me to look forward to the celebration of Your Resurrection, but also to look forward to the hope of my own share in the new life You won for the world. I entrust my whole being to You, dear Lord, as You lay lifeless and still. May Your rest transform the brokenness of my own soul, my weaknesses, my sin and my frailty. You are glorious and You bring the greatest good out of Your apparent defeat. I trust in Your power to do all things and I

Easter Sunday

Hallelujah! All glory, praise and honour to You Most Glorious Lord

Jesus! You have risen from the grave, You have conquered sin and death, You have opened the gates to

Heaven! Hallelujah! All praise and honour to You Most Glorious Lord

Jesus! Dear Lord, help

me to enter deeply into the mystery of Easter during this eight day celebration of the Octave of Easter. I pray that every day of this Octave will be a day of deepening trust and union with You in the glory of Your Resurrection. Hallelujah! All glory, praise and honour to You Most Glorious Lord Jesus! You have risen from the grave, You have conquered sin and death, You have opened the gates to Heaven! Hallelujah!





Our Lady Star of the Sea RC Church : Holy week

Holy Week is a very sacred time of the year, for it is now that we will commemorate and remember the last week of Jesus' life on earth. These are the days that are leading to the great celebration of Easter . The Lenten season of about to come to an end, and this week is extremely important for us all as Christians. The greatest focus of the week is the Passion (suffering) and Resurrection of Jesus Christ and the events that led up to it.



PALM SUNDAY

Palm Sunday signals the beginning of Holy week. It marks Christ's triumphant entrance into the holy city, Jerusalem. Here He is greeted as a King, the people are waving branches and laying them on the ground in front of Him, this was a customary practice for people of great respect. Let us pray:

Lord God,
I give you thanks, for you are good, and your mercy is endless. Here I stand, at the start of this holy week, this week in which your church remembers Jesus' passion and death, and I am distracted by many things. Turn my eyes now to the One who comes in your name the one who opens the gates of righteousness the one who answers when we call. May we praise him with a pure heart.



MAUNDY THURSDAY

My Most Precious Lord Jesus, this night You gathered with Your Apostles to share with them Your last meal. But this was no ordinary meal. This was the gift of Your most Sacred Body and Blood, soon to be broken and poured out on the Cross for the salvation of the world. Allow me, dear Lord, to spend this night in prayer and meditation with You. After the meal, You invited Your Apostles to join You for one hour, to stay awake and keep vigil as You prepared for Your arrest. The Apostles fell asleep, leaving You in Your bitter agony alone.

