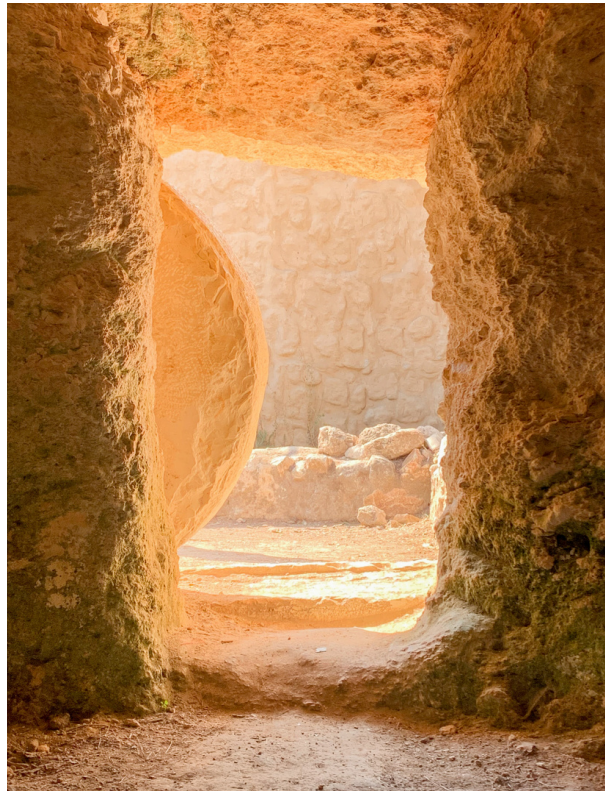


# HOLY WEEK AND EASTER RESOURCES

PRODUCED BY THE ARCHDIOCESE OF ARMAGH'S  
PASTORAL TEAM





SOCIAL  
MEDIA

Sample Social Media posts  
for Parishes - Palm Sunday,  
Holy Week and Easter

# Sample Social Media Posts for Holy Week and Easter

## **Palm Sunday and General posts as Holy Week begins.**

As we enter Holy Week, let us take time to reflect on the sacrifice that Jesus made for each of us. May this week be a time of prayer, reflection, and renewal.

May this Easter season be a time of renewal and growth for all of us. Let us embrace the hope and new life that Jesus' resurrection brings and may we each live our lives in a way that honours His sacrifice.

This Easter, may we be reminded of the power of love and sacrifice. Jesus' death and resurrection showed us that love conquers all, and that there is always hope for new beginnings.

## **Monday of Holy Week**

On this the first day of Holy Week, let us remember that Jesus' love for us is greater than any challenges we may face. May we find hope and strength in His sacrifice.

As we approach Easter, let us remember the significance of every day of Holy Week, continuing to seek the truth and wisdom of Christ and share His message of love and hope with others.

## **Tuesday of Holy Week**

Today marks the second day of Holy Week, a time of deep reflection and contemplation. Let us take a moment to pause and meditate on the meaning and purpose of Christ's sacrifice for each of us.

As we journey through Holy Week, may this Tuesday be a time of spiritual growth and renewal. Let us open our hearts and minds to the teachings of Christ and strive to live in a way that honours His sacrifice.

On this Tuesday of Holy Week, we remember the parables and teachings of Jesus. May His wisdom guide us as we seek daily to follow in His footsteps.

## **Wednesday of Holy Week**

This evening the Chrism Mass, will be celebrated in St. Patrick's Cathedral Armagh. This is a special time when the priests of the Archdiocese renew their commitment to serve God and His people. Let us pray for them and thank them for their selfless dedication.

As our Clergy gather in St. Patrick's Cathedral for the Chrism Mass, let us remember the power of the sacraments and the grace that they bring to our lives. May this Mass be a time of spiritual renewal and growth for all in the Archdiocese of Armagh.

Today the Archdiocese celebrates the Chrism Mass in St. Patrick's Cathedral Armagh, this is a beautiful tradition that reminds us of the importance of unity and community in our Catholic faith. Let us pray for all members of the Church and ask for God's guidance and grace.

On this special day, let us give thanks for the holy oils that will be blessed at the Chrism mass in St. Patrick's Cathedral Armagh and used throughout the year in our parish. May they be a source of healing, strength, and renewal for all who receive them.

## **Holy Thursday**

As we enter the Triduum, let us remember the humility and love that Jesus showed when He washed the feet of His disciples. May we each strive to follow His example and serve our community and others with a spirit of selflessness.

On this Holy Thursday, we remember the Last Supper and the institution of the Eucharist. Let us give thanks for this powerful sacrament and the grace that it brings to our lives.

Holy Thursday is a powerful reminder of the unity of the Church and the importance of community in our Catholic faith. Let us pray for all members of the Church and ask for God's blessings upon us.

On this Holy Thursday, we remember Jesus powerful teachings as He prepared for His passion and death. May His words inspire us to live with greater faith, hope, and love.

## **Good Friday**

On this Good Friday, let us reflect on the immense love that Jesus has for each one of us, a love so strong that He would lay down His life for us. May we always remember and be grateful for His sacrifice.

On Good Friday, we contemplate the profound suffering that Jesus endured for our sake. May His sacrifice inspire us to live our lives with greater compassion and empathy towards others. May we encounter Him through the lives of others who suffer.

As we reflect on the events of Good Friday, let us remember the importance of forgiveness and reconciliation. May we strive to extend God's mercy to others in our lives and seek renewal in all relationships that are broken.

## **Holy Saturday**

On this Holy Saturday, we remember the solemnity of the tomb and the profound mystery of Christ's death. Let us enter into this time of reflection and prayer with reverence and humility.

Holy Saturday is a time of waiting and anticipation, as we prepare to celebrate the joy of Christ's resurrection. May this time of waiting deepen our faith and bring us closer to God.

Holy Saturday is a reminder of the power of prayer and the importance of perseverance in our faith. Let us entrust ourselves and our loved ones to God's care and ask for His guidance and blessings.

## **Easter Vigil**

As we prepare for the Easter Vigil, let us remember the powerful message of hope and renewal that it brings to our lives. May this celebration inspire us to live with greater faith and purpose.

On this Easter Vigil, we give thanks for the many blessings that God has bestowed upon us, especially the gift of His Son and the promise of new life. Let us celebrate His love and grace!

On this Easter Vigil, we gather as a community of believers to share in the joy of Christ's resurrection. Let us give thanks for the fellowship and support that we find in our faith community.



## **Easter Sunday**

As we gather with family and friends this Easter Sunday, let us remember to give thanks for the many blessings in each of our lives, sharing the love and joy of Christ with those gathered around us.

He is risen! Happy Easter to all! Today we celebrate the resurrection of Jesus Christ and the hope and new life that it brings.

As we gather to celebrate Easter Sunday, let us remember the importance of love and compassion in our lives. May we be inspired by Christ's example to live with greater kindness and generosity.

### **Links to sites that offer copyright free images for use with the posts above:**

1. [www.unsplash.com](http://www.unsplash.com)
2. [www.pixabay.com](http://www.pixabay.com)
3. [www.pexels.com](http://www.pexels.com)
4. [www.freepik.com](http://www.freepik.com)

Some phrases and terms that may help you narrow down the search for images are:

- *Palm Sunday, Holy Week, Last Supper, Eucharist, Mass, Good Friday, Cross, Crucifixion, Religious Easter, Easter Sunday. Empty Tomb.*

Please be aware that some of the sites above do offer images that parishes will have to pay to use. Paid images are clearly identified as such and can also identify these images by the presence of a watermark in the image.

# HOLY WEEK AND EASTER

## RESOURCES FOR THE SICK AND HOUSEBOUND



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## Details of Holy Week and Easter Ceremonies

# Details of the Holy Week and Easter Ceremonies

## Wednesday of Holy Week - Chrism Mass

The Chrism Mass will be celebrated on Wednesday 5 April at 7pm in St Patrick's Cathedral.

This Mass will be celebrated by Archbishop Eamon with Bishop Michael and priests from across the Archdiocese of Armagh. Holy Oils which will be used in parishes across the Archdiocese over the coming year will be blessed by Archbishop Eamon.

## Easter Triduum Celebration

Holy Thursday: Mass of the Lord's Supper will be celebrated at 7.30pm in St Patrick's Cathedral

Good Friday: The Lord's Passion, 3pm St Patrick's Cathedral.

Holy Saturday: Morning prayer will be celebrated at 10am in St Patrick's Cathedral

## Easter Liturgies (Saturday Evening and Sunday)

Easter Vigil: Will be celebrated at 9pm in St Patrick's Cathedral at 9pm

Easter Sunday: Mass will be celebrated in St Patrick's Cathedral at 11am & 12.30pm

**All Liturgies and Ceremonies can be accessed via webcam using the following links:**

1. St Patrick's Cathedral Armagh  
<https://www.churchservices.tv/armaghcathedral>
2. St. Patrick's Church Dundalk  
<https://www.churchservices.tv/dundalkstpatrick>





## Links to Liturgy Resources

## Links to Scripture and Liturgy Resources

1. Mass and Liturgy readings to accompany all Holy Week and Easter liturgies can be accessed at Universalis via the following link:

<http://universalis.com/mass.htm>

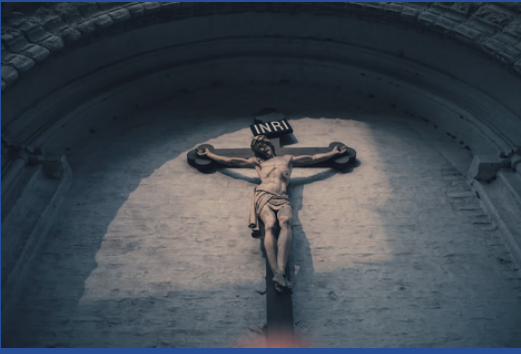
2. Reflections for each day of Holy Week can be found via the following link:

<https://mycatholic.life/books/catholic-daily-reflections-series/lent-and-easter-reflections/7-holy-week/>

3. Access to Holy Week and Easter Liturgies from The National Marian Shrine at Knock can be accessed throughout Holy Week and Easter via the following link:

[https://www.knockshrine.ie/rte-live-broadcasts-from-knock-shrine/?doing\\_wp\\_cron=1679840861.1141169071197509765625](https://www.knockshrine.ie/rte-live-broadcasts-from-knock-shrine/?doing_wp_cron=1679840861.1141169071197509765625)

*All Ceremonies will be streamed live the website, Facebook page and YouTube channel.*



## Virtual Stations of the Cross

## Virtual Stations of the Cross by Catholic Relief Services



Virtual Stations of the Cross offered by Catholic Relief Services give the opportunity, to those who are sick or unable to leave home, to Walk alongside Christ on the journey of his Passion and remember our brothers and sisters around the world who experience suffering and poverty each day.

- The virtual stations of the cross can be accessed by clicking the following link:

<https://www.crsricebowl.org/stations-of-the-cross>

- Guide to the Stations of the Cross can be accessed at the following link:

[www.crsricebowl.org/wp-content/uploads/2017/10/17US676-Stations-of-the-Cross-ENG.pdf](http://www.crsricebowl.org/wp-content/uploads/2017/10/17US676-Stations-of-the-Cross-ENG.pdf)





## Link's to Online Prayer Resources

## Online Prayer Resource Links

The following links will offer reflections during Holy Week and Easter:

- Sacred Space  
<https://www.sacredspace.ie/>
- The Pope's Worldwide Prayer Network and 'Click to Pray' Website and App  
<https://clicktopray.org/>
- Pray as you Go (Daily Meditations)  
<https://pray-as-you-go.org/>

# HOLY WEEK AND EASTER

## RESOURCES FOR CHILDREN



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# Resources for Children



## Resources for Children



Easter is the most important part of our Liturgical Year and it is important that we try to engage them in Holy Week and Easter, helping them to understand the truths of Good Friday and Easter in appropriate ways.

We are called to communicate the truth about this season in ways that are appropriate for children.

Find below some activities that may help families to share the message of Holy Week and Easter with children in parishes.

### **1. Palm Sunday for Children**

<https://www.armaghprays.com/palm-sunday-2>

### **2. Holy Thursday for Children**

<https://www.armaghprays.com/maundy-thursday-holy-thursday>

### **3. Good Friday for Children**

<https://www.armaghprays.com/good-friday-childrens>

### **4. Easter for Children**

<https://www.armaghprays.com/childrens-easter-sunday-1>