

# PRACTICAL PREPARATION SHEET

## MAUNDY THURSDAY

The celebration of this day will take place around a meal, at noon or in the evening, depending on your family constraints.

You will need to prepare a beautiful family table, a pretty tablecloth...

During the meal, ideally, there will be lamb, a little wine, bitter herbs (salad, horseradish, and unleavened bread to make yourself.)

The preparation time will therefore be a little longer, between the preparation of the meal and the decoration of the table.

### Equipment to prepare

A kitchen and the necessary utensils to prepare a meal!

### Preparing for the celebration

- Prepare the unleavened bread and other food for the meal
- Set the table as a feast table
- Read the celebration sheet carefully and allocate roles: the leader and the readers.
- and the readers.

### Unleavened bread recipes

200 g whole-meal flour - 120 g warm water - 2.50 g salt

1. **Add the salt to the whole-meal flour** and mix. Place the flour in the mixer or kneading machine or kneading machine, add half the water, place the corresponding whisk.
2. **Beat the dough by adding the warm water little by little**, you should obtain a ball that is not too sticky. Lightly flour the work surface, place the dough on it.
3. **Divide the dough into four equal parts**. Roll out into four rounds of 10 to 15 cm in width depending on how thick you want them to be.
4. **You can bake it for 3 to 5 minutes in a pan**, you will get a dough with darker rounds, a softer dough, or in the oven at 180°C.  
or in the oven at 180°C, to obtain a very crispy pastry.

### Or

700 g sifted flour - 300 g whole-meal flour - 2 teaspoons salt - 625 ml water

5 tablespoons of olive oil

1. **Put the two flours and the salt in a bowl**, make a well and pour in the water and one or two spoon full of olive oil.  
spoonful of olive oil. Knead for about 20 minutes to obtain a nice smooth dough.

2. **Leave to rest for an hour** and knead again for about five minutes. Leave to rest for another 30 minutes.
3. **Preheat the oven to 260°C** (gas mark 8-9). Divide the bread into 6 balls, and flatten them a bit like a pancake.
4. **Brush the balls with the remaining olive oil** and place in the oven for about 15/20 minutes turning them over halfway through the cooking time.

### **Hymn: Sweet Sacrament divine**

Sweet Sacrament divine,  
hid in thine earthly home;  
lo! round thy lowly shrine,  
with suppliant hearts we come;  
Jesus, to thee our voice we raise  
In songs of love and heartfelt praise  
sweet Sacrament divine.  
sweet Sacrament divine.

Sweet Sacrament of peace,  
dear home of every heart,  
where restless yearnings cease,  
and sorrows all depart.  
there in thine ear, all trustfully,  
we tell our tale of misery,  
sweet Sacrament of peace.  
sweet Sacrament of peace.

Sweet Sacrament of rest,  
ark from the ocean's roar,  
within thy shelter blest  
soon may we reach the shore;  
save us, for still the tempest raves,  
save, lest we sink beneath the waves:  
sweet Sacrament of rest.  
sweet Sacrament of rest.

<https://www.youtube.com/watch?v=5KtAraKlscI>

# GOOD FRIDAY

## Materials to be prepared

A crucifix to be displayed  
The printed booklet

## Preparation for the celebration

Read and distribute the readings and meditations. At least two readers are needed.  
Set up your crucifix, prominently displayed in the prayer corner.

## Anticipate Holy Saturday

On Holy Saturday, there will be a proposal for a short family prayer time in the morning, followed by a proposal for an Easter vigil.

Easter Vigil. During this vigil, you can light a candle that you have decorated like a candle. decorated as a Paschal candle. We suggest that you prepare it on Friday, to leave yourself time on Saturday if you wish to

We suggest that you prepare it on Friday, so that you have time on Saturday if you want to cook a festive dinner with your family after the vigil.

### **The Paschal Candle**

Take a large white candle or cream candle (even a large scented scented candle).

To decorate it, you can use red nail varnish or red paint paint, to draw a cross, and the alpha and omega, as on the model.



### **Hymn: At the Cross Her Station Keeping (Stabat Mater)**

At the cross her station keeping,  
Stood the mournful Mother weeping,  
Close to Jesus to the last.

Through her heart, His sorrow sharing,  
All His bitter anguish bearing,  
Now at length the sword had pass'd.

Oh, how sad and sore distress'd  
Was that Mother highly blest  
Of the sole-begotten One!

Christ above in torment hangs;  
She beneath beholds the pangs  
Of her dying glorious Son.

Is there one who would not weep,  
Whelm'd in miseries so deep  
Christ's dear Mother to behold?

Can the human heart refrain  
From partaking in her pain,  
In that Mother's pain untold?

Bruis'd, derided, curs'd, defil'd,  
She beheld her tender child  
All with bloody scourges rent.

For the sins of His own nation,  
Saw Him hang in desolation,  
Till His spirit forth He sent.

O thou Mother! fount of love!  
Touch my spirit from above;  
Make my heart with thine accord.

Make me feel as thou hast felt;  
Make my soul to glow and melt  
With the love of Christ our Lord.

Holy Mother! pierce me through;  
In my heart each wound renew  
Of my Saviour crucified.

Let me share with thee His pain,  
Who for all my sins was slain,  
Who for me in torments died.

Let me mingle tears with thee,  
Mourning Him who mourn'd for me,  
All the days that I may live.

By the cross with thee to stay,  
There with thee to weep and pray,  
Is all I ask of thee to give.

Virgin of all virgins best,  
Listen to my fond request  
Let me share thy grief divine.

Let me, to my latest breath,  
In my body bear the death  
Of that dying Son of thine.

Wounded with His every wound,  
Steep my soul till it hath swoon'd  
In His very blood away.

Be to me, O Virgin, nigh,  
Lest in flames I burn and die,  
In His awful Judgment day.

Christ, when Thou shalt call me hence,  
Be Thy Mother my defence,  
Be Thy cross my victory.

While my body here decays,  
May my soul Thy goodness praise,  
Safe in Paradise with Thee.

<https://www.youtube.com/watch?v=hR3JTmvX1M8>

# HOLY SATURDAY EVENING

## Materials to be prepared

- The candle transformed into a Paschal candle (see Good Friday sheet)
- A small candle for each member of the family
- Lighter or box of matches
- An icon or image of the risen Christ.
- A stack of books to support the icon during the celebration/bookrest
- Torches for the readers
- Booklets in sufficient quantity, if you cannot print provide at least 3 smartphones.

You can also read the texts in Magnificat, or any other monthly, liturgical magazines, Evangelizo app (in several languages, including English, Irish, Latin, French, Polish), universalis.com, etc.

- A small speaker to play the songs if necessary.
- Wood, newspaper, matches for a fire if you are making one
- Chocolates, cakes, sweets to share with the family after the celebration!

## Preparing for the celebration

Prepare the room where the celebration will take place: decorate the table where the icon will be placed, the decorated candle placed next to it. Place a pile of books on the table or bookrest, where you will place the icon at the beginning of the celebration.

Read the booklet and distribute the roles: the one who presides, and choose 2 readers. Prepare the smallest member of the family well, and have him/her repeat the words.

Do not forget the torches if the room is completely dark, for the readings.

Choose and rehearse the songs.

### **Hymn: O sons and daughters**

Alleluia!

O sons and daughters, let us sing!  
The King of Heaven, the glorious King,  
Over death today rose triumphing.  
Alleluia!

That Easter morn, at break of day,  
The faithful women went their way  
To seek the tomb where Jesus lay.  
Alleluia!

An angel clad in white they see,  
Who sat, and spake unto the three,  
"Your Lord doth go to Galilee."  
Alleluia!

That night th'apostles met in fear;  
Amidst them came their Lord most dear,  
And said, "My peace be on all here."  
Alleluia!

How blessed are they who have not seen,  
And yet whose faith has constant been;  
For they eternal life shall win.  
Alleluia!

On this most holy day of days  
Our hearts and voices, Lord, we raise  
To Thee, in jubilee and praise.  
Alleluia!

<https://www.youtube.com/watch?v=aEVqDBTphPw>