



Holy Week is a journey that engages our whole selves. As we celebrate Holy Week anew, we don't simply commemorate events that took place thousands of years ago. Rather, by entering into the full drama of this sacred week, these events becomes really present again - for us, in us, and through us. This week can open us up, making us vulnerable to God's spirit. Holy Week is a powerful time for experiencing real conversion of life. However you journey through Holy Week this year, come expecting God to speak to you, to change you, to renew you, and to transform you.

TRY THIS

However and wherever you worship this year, bring your whole body into the experience. If you are worshipping from home, make the liturgy come alive in your living room. Light a candle. Wash each other's feet. Stand or kneel as you are able when you feel so moved. Hold a prayer rope, a cross, a rosary, to ground and embody your prayer. Use your body to express your devotion and to invite God to move your heart this week. Challenge yourself to not simply watch television, but to fully participate in the liturgies.

Bring an intention to this Holy Week, to focus your experience. Br. Geoffrey compares Holy Week to Niagara Falls, and encourages us to find one small stream where we can fill our cup, rather than trying to drink in the whole experience. What do you thirst for? What do you need - especially this year? A deeper sense of being loved? A return of joy? Make clear your need - to yourself and to God. Then put your cup on the table before you as you pray Holy Week, asking God to fill it.

FOR REFLECTION

What do you remember from past Holy Weeks? When were most moved - in what places, with what friends, by which prayers? How did God meet you? Go back in your memory to those sacred touchstones, celebrating the power of memory as a way to enter and enrich this unusual Holy Week.

Br. James encourages us to "Come expecting miracles." When we expect a miracle, our eyes will be open to one. God always comes to us in unexpected ways. Come to the worship expecting it.

JOIN US

Holy Week | We Brothers have been amazed to learn how God can move through technology. We pray that this will be true as you join us for the grand liturgies of Holy Week: **Palm Sunday, Tenebrae, Maundy Thursday, Good Friday, Easter Vigil.** Visit ssje.org/comepray for details.