HOLY WEEK from HOME

A helpful guide as we approach the Resurrection of Christ!

“Draw near to God and He will draw near to you.” (James 4:8)
This publication is adapted for the community of Christ the Saviour Orthodox Church in Harrisburg, PA with the permission of the author (Fr. William Bennett) and the illustrator (Fr. Jonathan Bannon) – we owe them a debt of gratitude for their creativity and their generosity. May God grant them “Many Years”!

Publication: April 2020

Episcopal Authorization and Permission Granted
By His Eminence, Metropolitan Gregory of Nyssa

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A PUBLICATION OF THE
AMERICAN CARPATHO-RUSSIAN ORTHODOX
DIOCESE OF NORTH AMERICA
JOHNSTOWN, PENNSYLVANIA
Holy Week & Pascha 2020

NOTE: Updated April 13, 2020

Due to COVID-19 mitigation measures all services will only be Live-Streamed via YouTube & Facebook. Please visit www.CTSHBG.org for details.

Friday, April 10 - Lazarus
Readers Matins at 6:30pm

Saturday, April 11 - Palm Sunday
Readers Vespers at 5pm

Sunday, April 12 - Palm Sunday
Sunday Prayers/Typica at 9:30am

Holy Tuesday, April 14
Bridegroom Matins at 6:30pm

Holy Thursday, April 16
Passion Gospels at 6:30pm

Holy Friday, April 17
Vespers & Matins at 4pm

"Virtual" Vigil at the Tomb (via Zoom) – sign up to read appointed Psalms. If you are not assigned to read, you can still sign-on, but please be sure to "mute" yourself. Please avoid the temptation to "chat" with other viewers.

Holy Saturday, April 18
Vespers & 3 Readings at 9:30am

Holy Saturday, April 18
Nocturns & Paschal Matins at 8:30pm
As you prepare for this service, begin reading the Acts of the Apostles with your family.

Sunday, April 19 - Pascha
Paschal Divine Liturgy at 9:30am

* Pascha Basket Blessing & Vehicle Procession
from 12pm – 1:30pm

* DIRECTIONS: Bring your Pascha Basket (if you wish) in your vehicle, wait in line, and stop at the front doors of the church. Fr. Stephen will greet you and your family, and bless your basket. We ask that you remain in your vehicle and follow directions to exit the parking area. If you miss your allotted time, please come anyway - we are just trying to avoid having too many vehicles in the lot at the same time.

• A-D from 12 - 12:15pm
• E-H from 12:15 - 12:30pm
• I-L from 12:30 - 12:45pm
• M-P from 12:45 - 1:00pm
• Q-U from 1:00 - 1:15pm
• V-Z from 1:15 - 1:30pm

Click the schedule above to be taken to our parish website –
www.CTSHBG.org
“This is not the Lent we had intended, but it is the Lent that we are now challenged to live. With the grace of God, our daily prayers and the support of each other, we will prevail.” - Very Reverend Protopresbyter James Dutko

Like most things in Orthodox Christianity, new practices often come out of necessity. This current publication comes to you in a time of great sickness and uncertainty in our communities. For a time, we are asked to trade the open air of our Father’s House for the sanctuary of our homes.

What you hold in your hands at this moment is an at-home guide for a time when we cannot carry out the blessed Holy Week traditions together in our churches; and yet, there are some elements of this guide which may be carried out every year. It is a simple but organized effort to better engage our bodies and souls in the symphony of worship of our Lord. The practices you find within are illumined by some of the most beautiful traditions passed down before us. They assume only yourself in your home and call for materials that may be common to most households. Some of you will be able to access church services online, some of you will not. While this book will never hope to replace the Holy Mysteries or the organized worship of our Lord in His Holy Temple, a ‘strange book for a strange time’, we hope it will supplement you and nourish you as you approach the saving Resurrection of our Lord, the Joy of joys, the Feast of feasts!
PREPARE A PLACE

“Everywhere, wherever you may find yourself, you can set up an altar to God in your mind by means of prayer.” - Saint John Chrysostom

Make the sign of the Cross and choose an area in your home to dedicate to celebrating your Holy Week. Be creative! It may be in a corner or a small table along an open wall. Make it an open place everyone in the home can visit all week long.

Here’s what you can do:

CLEAN IT

• Take the time to clear it, spray it, wipe it, and make it shine.

SET IT

• Hang up a Cross from your home in the middle. Fill the space around the Cross with icons if you have them, maybe Christ and His Mother Mary, maybe a patron saint.
• Keep a copy of the Bible there. Plan to read from it and follow along with the readings in the Holy Week services.
• Place a candle there that can burn safely during services.
• Other items: prayer book, prayer rope, incense burner w/ incense, a visible computer or television if you are streaming available church services, and a spot to put turned off devices.

DEDICATE IT

• Make the sign of the Cross again and thank the Lord for it.
LIVE-STREAMING LINKS: Make sure to visit the following websites and prepare for the services by “subscribing” or setting reminders/alerts.

- Service Schedule on our parish website – [HERE](#)
  - You can also print a copy - [HERE](#)
- Parish YouTube Channel – [HERE](#)
- Parish Facebook Page - [HERE](#)
PALM SUNDAY

“Hosanna! ‘Blessed is He who comes in the Name of the Lord!’ The King of Israel!” (John 12:13)

Well done! You have made it to the Feast of the Entrance of our Lord into Jerusalem! On this day, the people took up branches in celebration and decorated the road with their own cloths and robes as Christ entered on a colt. To them, he arrived to become their king. To us? He arrives right now in order to save mankind from our sins.

How will YOU celebrate your Lord’s arrival to Holy Week?

YOU CAN READ
• Go to your prayer corner and open up the Bible to the Gospel according to St. John, Chapter 12, verses 1 through 18 (click HERE). If you’re streaming Divine Liturgy online, then follow along.
• Vespers on Saturday, April 11th starts at 5pm and Typica/Morning Prayers on Sunday, April 12th starts at 9:30am at our parish – click HERE

YOU CAN DECORATE
• If you have palms or pussy willows from last year bring them out; or you can choose some blooming branches from your yard.

YOU CAN SING
• As you decorate, sing or listen to “Holy, Holy, Holy!” a hymn sung in every Divine Liturgy. It contains many of the same words the people sang for Christ at His entrance into Jerusalem. Share your joy.
“Hosannah in the Highest!”
BRIDEGROOM SERVICES
Holy Monday, Tuesday, and Wednesday

“Behold, the Bridegroom is coming; go out to meet Him!” (Matthew 25:6)

Your Holy Week now begins. You will see many services. Bridegroom Matins is one unique service done in this time. It is often prayed at the start of each of the first three days in the presence of the icon of “Christ the Bridegroom”, a copy of which you will find in Appendix A of the back of this booklet. You may choose to remove it and place it in your prayer corner.

Look closely at the icon. In it, you see Christ getting ready for His Bride, the Holy Church. His wedding suit is the robe the soldiers gave Him. His wedding crown is the crown of thorns. His head is bowed low and his arms are crossed in humility, laying down His life for His Bride. The wedding will be His Crucifixion on the Cross just behind Him. Later this week, we will be invited guests to the wedding. We must prepare as well.

How will YOU prepare for the wedding?

YOU CAN DO IT EACH MORNING & EVENING

Stand at your prayer corner and venerate the Cross and icon(s). Light the candle and, if you have it, the charcoal and incense. Open the Bible and mark the appropriate Gospel passages (to the right). Follow an online streaming service and if you cannot, read these Gospel passages out loud with the morning and evening prayers in your prayer book.
**Note:** Click on the readings to open them online!

**MONDAY (April 13th) GOSPEL READINGS**

*Morning*  
Matthew 21:18-43

*Evening*  
Matthew 24:3-35

**TUESDAY (April 14th) GOSPEL READINGS**

This service will be streamed from our parish at 6:30pm – click [HERE](#)  

*Morning*  
Matthew 22:15-23:39

*Evening*  
Matthew 24:36-26:2

**WEDNESDAY (April 15th) GOSPEL READINGS**

*Morning*  
John 12:17-50

*Evening*  
Matthew 26:6-16
UNCTION
Holy Wednesday Evening

“And the prayer of faith will save the sick, and the Lord will raise him up!” (James 5:15)

Performing the Sacrament of Holy Unction at the halfway point of Holy Week has been a long-standing tradition. It is a special time of forgiveness and healing, including in times of great sickness among the people. This year, we will not be able to gather in the Church, but we can still ask for God’s healing.

How will you look to God for healing?

YOU CAN ADD TO YOUR PRAYER CORNER

- Lay down a special cloth in your prayer corner. On it, place a bowl from your household, fill it up with either flour, rice, or wheat, then light a candle in it for your Wednesday night prayers. If you have holy oil from a Saints reliquary or even olive oil, say the prayer below and anoint one another.

YOU CAN CREATE A LIST FOR THE SICK

- Who do you know that is injured or sick? These are times of great sickness, no doubt you can come up with some. Write as many as you can think of. Use them in your evening prayers when you say the following prayer. You can also include a list of the sick from our parish bulletin – click HERE.

A Prayer for the Sick

O Christ, You alone are prompt to defend us; quickly visit Your suffering servants (say their names). Through the prayers of the Mother of God, deliver them from sickness and bitter pain. Heal them so that they may sing to You and always praise you – for You alone love us.
THE LAST SUPPER
Holy Thursday Morning

“And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” (Matthew 26:26)

Blessed morning! On this day, the Church commonly celebrates the Vesperal Divine Liturgy (a combined service of Vespers and Liturgy) and in it, we read the Gospel of the Last Supper, the foundation for Holy Communion. For this special occasion, the Priest prepares the Body & the Blood of Christ as usual but then sets Communion aside and reserves it for the sick and the shut-in. In Appendix B, after your Bridegroom icon, you will find an icon of the Last Supper you can remove and have visible in your prayer corner.

How will you celebrate the Last Supper of our Lord?

YOU CAN READ
• Go to your prayer corner this morning and in your morning prayers, open up the Bible to the Gospel according to St. Matthew, Chapter 26, verses 21 through 39 (click HERE).

YOU CAN BAKE OR COOK A SPECIAL MEAL
• Do this as an act of devotion, sing hymns or play the hymns of the Church while you do it. If you used flour or wheat in your bowl the night before for prayers, use it to bake bread! If you used rice, use it in your supper for the day. You can also make the holy bread, like we use in Church.
• Click HERE for our parish recipe (adjust to make a smaller batch, don’t worry if you don’t have a stamp/seal)!

Consider washing one another’s feet as well, as Christ did!
THE PASSION GOSPELS

Holy Thursday Evening

“Truly this was the Son of God!” (Matthew 27:54)

On Holy Thursday evening, the Church celebrates the reading of the Twelve Passion Gospels, where the faithful experience the Passion, Crucifixion, & Death of Christ together. Below are the Gospel passages. You can mark them and have candle(s) lit for the reading. If there is more than one member in the household, perhaps take turns reading aloud to one another.

- Passion Gospels on April 16th starts at 6:30pm at our parish – click HERE and follow along through the live-stream.

Click on the readings to open them online!

1) John 13:31-18:1
2) John 18:1-28
3) Matthew 26:57-75
4) John 18:28-19:16
5) Matthew 27:3-22
6) Mark 15:16-32
7) Matthew 27:33-54
9) John 19:25-37
10) Mark 15:43-47
11) John 19:38-42
12) Matthew 27:62-66

May you make this a quiet, blessed evening.
THE BURIAL OF CHRIST
Great and Holy Friday

“When Joseph had taken the body, he wrapped it in a clean linen cloth, and laid it in his new tomb which he had hewn out of the rock; and he rolled a large stone against the door of the tomb, and departed.” (Matthew 27:59-60)

It is a time of great sorrow, for our Lord has died. Like Joseph of Arimathea, let us take His Body and set Him in a new tomb.

YOU CAN ARRANGE A NEW TOMB

• Clear a surface in the prayer corner. Take the cloth from Holy Unction, drape it over your arms, and place a proper icon of Christ onto it. In absence of this, there is a removable image of the Plaschenitsa (Burial Shroud) in Appendix C, located in the back of the book, that could be used reverently.

YOU CAN JOIN THE PROCESSION FROM HOME

• Vespers (Burial) & Matins (Lamentations) will be served together on Friday, April 17th and starts at 4pm. Click HERE for the live-stream.
• You can have your candle(s) lit and your shroud ready. When the procession begins in Church, process around the room where you are three times. If there is more than one member in the household, one can carry the shroud and the other(s) lead with candles or icons. Follow the hymns and place the shroud onto the cleared surface at the end of the procession. Kneel and venerate the icon of Christ at the end.
• If you are unable to stream online services, you can do all of this during your evening prayers. Include the Gospel Reading from St. Matthew, Chapter 27, verses 1 through 61 (click HERE). Then you can process around the room three times, singing hymns or, if hymns are unknown, quietly. Kneel and venerate at the end.
YOU CAN KEEP WATCH

• You might choose an hour of the day to stand by the tomb. Read aloud from the Book of the Acts of the Apostles or from the Book of Psalms. Let a candle burn by the tomb while you stand guard.

• You can also join the “Virtual Vigil” (aka Grave-watch) that will be taking place this year from Friday, April 17th at 7pm until Saturday, April 18th until 9am. You can join by clicking HERE. Please be sure to keep yourself “muted” and avoid the temptation to “chat” with other viewers.
THE BLESSED SABBATH
Holy Saturday Morning

“Come, see the place where the Lord lay.” (Matthew 28:6)

It is a solemn day, a day of mourning but great promise. In the Vespers this morning, the Priest and those celebrating with him begin the service in dark vestments. And yet, in reading several Old Testament passages, we get hints of the Resurrection: The passing through the Red Sea, the three youths in the fiery furnace, and Jonah’s three days in the great fish, to name a few. The vestments change from dark to light. We read the Gospel lesson (Matthew 28:1-20) and inside, hear the words of the Resurrection by the angel! Yet we wait.

How will YOU wait for our Lord’s Resurrection?

YOU CAN DO MORNING PRAYERS AT THE TOMB

• When you rise in the morning, let the first thing you do is go to the tomb, kneel, and venerate the shroud. You may say your usual morning prayers at this time.

• Holy Saturday Vespers on April 18th starts at 9:30am — click HERE for the live-stream.

YOU CAN GET READY

• Use this time to prepare your paschal foods, if you have not yet. Fill the home with good smells.
PASCHAL MATINS
Holy Saturday Evening

“He is risen! He is not here.” (Mark 16:6)

It has arrived. The Joy of joys; the Feast of feasts; Pascha.

How will YOU celebrate our Lord’s Resurrection?

THE EMPTY TOMB

• You can remove the icon from the tomb and raise it back onto the wall. If you are using the Plaschenitsa/Shroud from the appendix of this book, you may simply replace the image on the cloth with Appendix D, which reads “He is risen! He is not here” from the Gospel message for the service.

YOU CAN JOIN THE PROCESSION FROM HOME

• Paschal Matins starts at 8:30pm on April 18th – click HERE to follow on live-stream. (Note: Liturgy will be celebrated tomorrow morning at 9:30am this year.) Take up your lit candle(s) when the Priest comes out with the holy light and stand ready to hear the Holy Gospel message when it comes. Join in the singing of the troparion “Christ is Risen!” and all the hymns you can. Let the joy of the Resurrection fill your heart and home!

If you are unable to stream online services, you can chant or read the Gospel message (Mark 16:1-8) just outside the front door of your home, make the sign of the Cross, and enter your fully lit home with candle(s) in hand singing “Christ is Risen!”, and process around the inside of your home with hymns. Do not stop until every room has been filled with the song.
If any man be devout and love God, let him enjoy this fair and radiant triumphal feast.

If any man be a wise servant, let him enter rejoicing into the joy of his Lord.

If any have labored long in fasting, let him now receive his recompense.

If any have worked from the first hour, let him today receive his just reward.

If any have come at the third hour, let him with thankfulness keep the feast.

If any have arrived at the sixth hour, let him have no misgivings, because he shall in no-wise be deprived.

If any have delayed until the ninth hour, let him draw near, fearing nothing.

If any have tarried even until the eleventh hour, let him also be not alarmed at his tardiness;

For the Lord, who is jealous of His honor, will accept the last even as the first; He gives rest unto him who comes at the eleventh hour, even as unto him who has worked from the first hour.

And He shows mercy upon the last, and cares for the first; and to the one he gives, and upon the other he bestows gifts.

And he both accepts the deeds, and welcomes the intention, and honors the acts and praises the offering.

Wherefore, enter ye all into the joy of your Lord, and receive your reward, both the first and likewise the second.

You rich and poor together, hold high the festival.

You sober and you heedless, honor the day.

Rejoice today, both you who have fasted, and you who have disregarded the fast.
The table is fully laden; feast ye all sumptuously.
The calf is fatted; let no one go hungry away.
Enjoy the feast of faith; receive all the riches of His loving-kindness.
Let no one bewail his poverty, for the universal kingdom has been revealed.
Let no one weep for his iniquities, for pardon has shone forth from the grave.
Let no one fear death, for the Savior’s death has set us free:
He that was held prisoner of death - has annihilated death.
By descending into hell, He made hell captive. He embittered it when it tasted of his flesh.
And Isaiah, foretelling this, cried: "Hell was embittered when it encountered Thee in the lower regions."
It was embittered, for it was abolished.
It was embittered, for it was mocked.
It was embittered, for it was slain.
It was embittered, for it was overthrown.
It was embittered, for it was fettered in chains.
It took a corpse, and met God face to face.
It took earth, and encountered heaven.
It took that which was seen, and fell upon the unseen.
O Death, where is your sting? O Hell, where is your victory?
Christ is risen, and you are overthrown.
Christ is risen, and the demons are fallen.
Christ is risen, and the angels rejoice.
Christ is risen, and life reigns.
Christ is risen, and not one dead remains in the grave.

For Christ, being risen from the dead, is become the first-fruits of those who have fallen asleep. To him be glory and dominion unto ages of ages. Amen.
You ran the course of the fast and made it to the ‘Great Day’. Now complete the joy of our Lord and bring it home. If you can stream the service online or call in, be there. Be dressed for your Lord, be bright, and shine. Do not start or end the day without singing “Christ is Risen!” Only once services are over, open the basket and table for celebration, singing “Christ is Risen!” when it’s time to bless the food. Reach out and contact both loved and unloved ones, the first breath carrying the Paschal greeting. Death now only limps on, Hades is conquered, and the hope of the Resurrection of our Lord lifts us all!

**Pascha Basket Blessing & Vehicle Procession**

**Sunday, April 19th from 12pm – 1:30pm**

* DIRECTIONS: Bring your Pascha Basket (if you wish) in your vehicle, wait in line, and stop at the front doors of the church. Fr. Stephen will greet you and your family, and bless your basket. We ask that you remain in your vehicle and follow directions to exit the parking area. If you miss your allotted time, please come anyway – we are just trying to avoid having too many vehicles in the lot at the same time.

- **A-D** from 12 - 12:15pm
- **E-H** from 12:15 - 12:30pm
- **I-L** from 12:30 - 12:45pm
- **M-P** from 12:45 - 1:00pm
- **Q-U** from 1:00 - 1:15pm
- **V-Z** from 1:15 - 1:30pm
APPENDIX A: CHRIST THE BRIDEGROOM (CUT ALONG LINE)
APPENDIX B: THE LAST SUPPER (CUT ALONG LINE)
APPENDIX C: PLASCHENITSA/SHROUD (CUT ALONG LINE)
He is risen!
He is not here.
APPENDIX E: THE PASCHA BASKET

HOW TO PUT TOGETHER A TRADITIONAL EASTER BASKET

“Text adapted from an article by Fr. Basil Kravnyak, GCC Messenger, April 1979” Illustrated by Fr. Jonathan Bannon

HORSERADISH
A sweet yeast bread rich in eggs, butter, etc. Symbolic of Christ Himself who is our True Bread. Usually round loaves baked with a golden crust decorated with a symbol indicative of Christ. Sometimes a cross (*) of dough is placed on top encrusted by a plait given it a crowned effect or Greek.

KOLBASI
A custard type cheese shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. Also creamed cheese is placed in a small dish and both are decorated with symbols (see Pascha) out of cloves or pepper balls.

HAMS (Rusyn: Šunka - pron. shoon-ka) The flesh meat popular with the Slavs as the main dish because of its richness and symbolic of the great joy and abundance of Easter. Some may prefer Lamb or Veal. This is usually well roasted or cooked as well as other meats so the festivity of the day will not be burdened with preparation and all may enjoy the Feast.

BUTTER (Rusyn: Mašlo - pron. ma-slo) This favorite dairy product is often shaped into a figure of a Lamb or small cross and decorated as the cheese. This reminds us of the goodness of Christ that we should have toward all things.

PASCHA BREAD
Hamsterish mixed with grated red beets (optional) symbolizes the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bitter-sweet red colored mixture reminds us of the sufferings of Christ.

SALT (Rusyn: Sol’ - pron. sol’) A condiment necessary for flavor reminding the Christian of his duty to others.

Eggs (Rusyn: Psaanik - pron. psaanik) Hard boiled eggs brightly decorated with symbols and markings made with beeswax, indicative of new life and resurrection. Red eggs are also traditional date back to a story with St. Mary Magdalen. Having been dyed with onion skins saved over the past year, red shows the color of life and victory that came through Christ’s blood.

Sausage (Rusyn: Kolbas - pron. kol-bas) A spicy garlic sausage of pork products indicative of God’s favor and generosity.

Cheese - (Rusyn: Hruška or Sič) A piece of uncooked bacon cured with spices. Symbolic of the overabundance of God’s mercy to us.

CHRIST IS RISEN!

Indeed He Is Risen!
MAY GOD GRANT TO ALL THE SICK AND THE SUFFERING OF COVID-19 AND ALL MANNER OF AFFLICTION, TO ALL THE DOCTORS, NURSES, RESEARCHERS, ALL MEDICAL PROFESSIONALS, AND ALL EARTHLY AUTHORITIES EMBATTLED FOR OUR HEALTH, PEACE, HEALTH, AND LONG LIFE FOR MANY BLESSED YEARS!

AND GRANT ETERNAL REST O LORD TO ALL OF YOUR DEPARTED SERVANTS AND MAKE THEIR MEMORIES TO BE ETERNAL!

CHRIST IS RISEN!

INDEED HE IS RISEN!