

## Holy Week for Adults

Dear Holy Trinity Community,

This Sunday, we enter Holy Week—the holiest time in the Christian year. Together, we walk the path Jesus traveled: from his entry into Jerusalem, to the Last Supper, to the cross, to the tomb, and finally to the joy of the resurrection on Easter morning.

These sacred days invite us into the full range of human experience—love, loss, grief, silence, and hope. While it can be tempting to skip ahead to Easter joy, Holy Week calls us to slow down and move through each moment, trusting that God is present in all of it.

### **Maundy Thursday**

We remember Jesus' final meal with his disciples, where he washed their feet and shared bread and wine. In worship, we also strip the altar, removing all decoration from the church. This act reflects Christ's self-emptying love and invites us to consider what remains when everything else is taken away.

**Contemplation & Preparation:** Try clearing a space—a table or room—and notice what the simplicity and emptiness stir within you. The practice strips away not just physical objects but our assumptions about what we need for “proper” worship. We discover whether we worship the symbols or the God they point to.

### **Good Friday**

We remember the trial, crucifixion, and death of Jesus—a day marked by darkness and solemn reflection.

**Contemplation & Preparation:** Our technological dependencies parallel the disciples' false securities. They thought their Messiah would triumph politically, militarily, immediately. We think our phones, our connectivity, our constant information streams give us control, security, and meaning. Choosing to fast from our technology on Good Friday disrupts our certainties and exposes our dependencies. In a world full of noise and distraction, this practice can help us enter more deeply into the stillness and gravity of the day.

### **Holy Saturday**

Often overlooked, Holy Saturday is a day of waiting. Jesus is in the tomb, and his followers

sit in uncertainty and grief. It is a space between endings and new beginnings—a reminder that God is present even when we cannot yet see what is coming.

**Contemplation & Preparation:** Spend a few moments in prayer or with scripture (Luke 23:55–24:3). What word or phrase catches your attention? What prayer arises from this text? Consider where God's presence is in the last few days as you walked through Holy Week. How might you carry the insights you have had into Easter and beyond.

### **Easter Vigil & Easter Morning**

From darkness, light begins again with the lighting of the Paschal candle. Drawn from the new fire, it recalls the pillar of fire that guided God's people to freedom and reveals Christ as the Light of the World. The candle reminds us that Christ is present in all times and places. As it enters the darkened church, we follow its light and proclaim: "The Light of Christ."

**Contemplation & Preparation:** You can make your own Paschal Candle by taking a large white pillar candle and decorate with a permanent marker and five whole cloves. Place the candle in a prominent location and light it for the Easter Season (until Pentecost, May 24). After Pentecost, move the candle to a place where it can be lit at baptisms, funerals, or during times of darkness and need.

We invite you to join us for these sacred services and walk this holy journey together as a community. May this Holy Week draw us more deeply into the mystery of Christ's love and prepare our hearts to celebrate the joy of the resurrection.