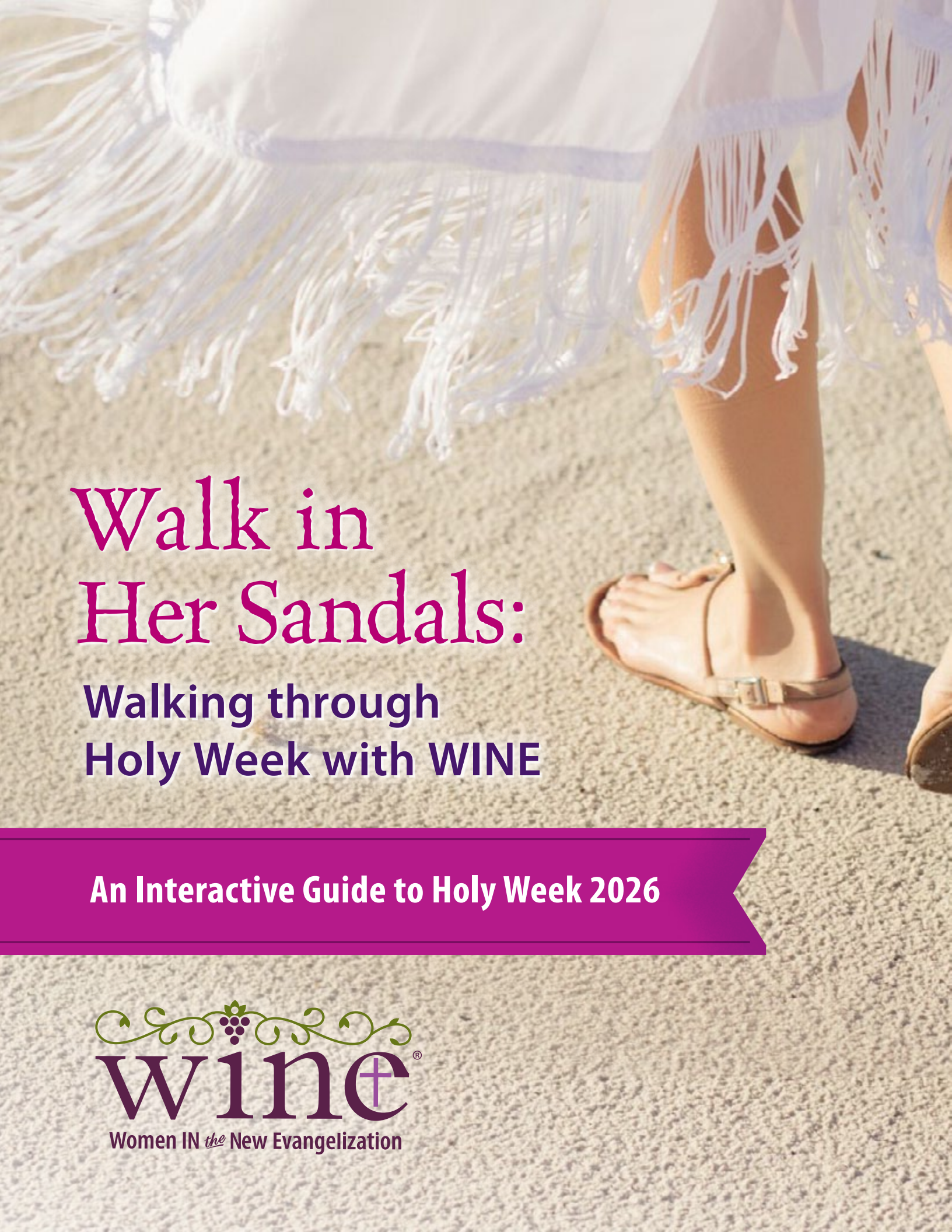

Walk in Her Sandals:

Walking through Holy Week with WINE

An Interactive Guide to Holy Week 2026

wine®

Women IN *the* New Evangelization

WELCOME

Dear Friends,

Thank you for journeying with us into Holy Week in this unique time in the history of the world. Though we are indeed living in an unprecedented time, for us Christians, this time is truly a beautiful opportunity to walk closely with our Lord and to enter into his Passion.

At **WINE: Women In the New Evangelization,** we enter into each Lent with the intention to relate to Jesus in the way in which we were created to—as women. We focus on the beautiful gifts we have been given in our womanhood; the gifts St. John Paul II referred to as the *feminine genius.* We embrace our gifts of receptivity, sensitivity, generosity, and maternity, and thus uniquely experience Christ's Passion, death, and Resurrection together. That experience, my friends, is the result of reading the book *Walk in Her Sandals: Experiencing Christ's Passion through the Eyes of Women* with women in our homes or parishes, with women around the country in our Virtual Vineyard, and thanks to our many military WINE groups, with women around the world.

We all know that Lent is a time of fasting, but we sometimes forget about the feasting – feasting in a way of which you may not be aware. This Holy Week, we want to fast and feast – fast from the things that take us from Christ, and feast on our relationship with Him.

We don't need to enter into Holy Week alone. We can enter into Jesus' Passion and death with him and with each other like never before. But, most importantly, our sorrow will turn to joy; we will also enter into his Resurrection like NEVER before. As our Lord tells us, though we have sorrow now, he will see us again, and our hearts will rejoice, and no one will take that joy from us! (John 16:22)

Thank you for walking with us into Holy Week 2026! Together may we abide in peace and joy in the heart of Jesus!

Your Sisters in Christ,

Alyssa Bormes & Kelly Wahlquist,

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WHO WE ARE

wine®
Women IN the New Evangelization

WINE: Women In the New Evangelization is a non-profit national ministry that inspires women to joyfully work in their God-given gifts to nurture and build the body of Christ.

OUR MISSION:

INVITE women into relationships that lead to a deeper more personal relationship with the Lord!

CONNECT with women like you at events, book clubs, and online – together we will build up the body of Christ!

GROW as a vibrant disciple, sharing your faith with renewed confidence, conviction & hope!

Join Us in the Virtual Vineyard

* Webinars
* Online Book Clubs
* Weekly Blogs

DONATE NOW!

HELP support and encourage women growing in faith and expanding God's Vineyard.

CONNECT with WINE:

CatholicVineyard.com

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@WINE_Ministry

wine_ministry

WINE@CatholicVineyard.com

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This is an interactive pdf – giving you the ability to click on **colored links** that will navigate you to other pages within this guide and allow you to access online web content.

We encourage you to print this pdf and use it as a daily journal and guide to help you enter more fully into Holy Week.

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UNITY PRAYER

My adorable Jesus,

May our feet journey together,

May our hands gather in unity,

May our hearts beat in unison,

May our souls be in harmony,

May our thoughts be as one,

May our ears listen to the silence together,

May our glances profoundly penetrate each other,

May our lips pray together to gain mercy from the Eternal Father.

Amen.

LECTIO DIVINA

Lectio Divina, a Latin term meaning "Divine Reading" is an ancient form of slowly, meditatively, and prayerfully praying the Scriptures. This form of prayer allows us to let go of our own agenda and open ourselves to what God wants to say to us. The process of *lectio divina* was described centuries ago by a monk named Guigo the Carthusian as the steps of a four-rung ladder that lifts us up from earth to heaven. Those four steps are: *Lectio* (reading), *Meditatio* (meditation), *Oratio* (prayer), and *Contemplatio* (contemplation).

To enrich your prayer life with *lectio divina*, use it to pray with a portion of a Gospel or one of the other readings of the day. Many people use it to great benefit when reading the Psalms, which are meant to be prayed. Here's a simple way to start:

PRAYING WITH SCRIPTURE:

1. Read a Scripture (a verse or specific verses) and read it a second time more slowly. Then read it for a third time, noting the words or thoughts that jump out at you.
2. Now, ask yourself, "What do I hear?" (Write down the words or phrases that stand out to you as you read.)
3. What does it mean? (Write down what you think about those words, or why you think they're important.)
4. What is Jesus saying to me? (Write what you hear Jesus saying into your heart, and respond to him.)

VISIO DIVINA

Visio Divina, which is Latin for "divine seeing," is a method of praying with an image. *Visio Divina* raises our awareness of the beauty that surrounds us and draws us deeper into the beauty of truth. As we gaze in awe upon the beautiful creations, we contemplate spiritual truths and in turn grow closer to the Creator. In his book Meditations on Vatican Art, Fr. Mark Haydu puts it this way: "If we learn to look with the eyes of an artist—the eyes of a prayerful wonderer—we can learn to see the love of our Creator at every turn."

Focus your attention on the painting and pray, "Come, Holy Spirit, help me to look with the eyes of a prayerful wonderer and gaze upon Jesus anew.

CHAPLET OF DIVINE MERCY

Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times) O Blood and Water,
which gushed forth from the Heart of Jesus
as a fountain of Mercy for us, I trust in You!

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. AMEN.

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. AMEN.

The Apostle's Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. AMEN.

The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

On the Ten Small Beads of Each Decade

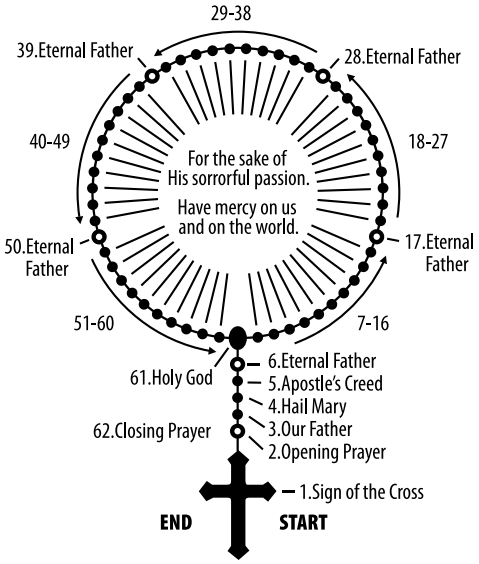
For the sake of His sorrowful Passion,
have mercy on us and on the whole world.

Holy God *(Repeat three times)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



PALM SUNDAY

Suggestions

Enter into the Scriptures: Both the Old Testament and New Testament readings are provided. You can choose one for *Lectio Divina,* or both.

Participate in Palm Sunday Mass: Join in solidarity with the Church around the world by putting palm branches on your front door. If you would like, we have provided a palm leaf - on the next page. Color away and display.

Read Walk in Her Sandals: If you have the book, read Chapter 1 and enter into Palm Sunday.

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Pray the Unity Prayer: [Page 5]

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read the readings of the day, Isaiah 50:4-7 and John 12:12-29—Jesus' triumphal entry into Jerusalem. Choose one of the two readings, and slowly read it three times.

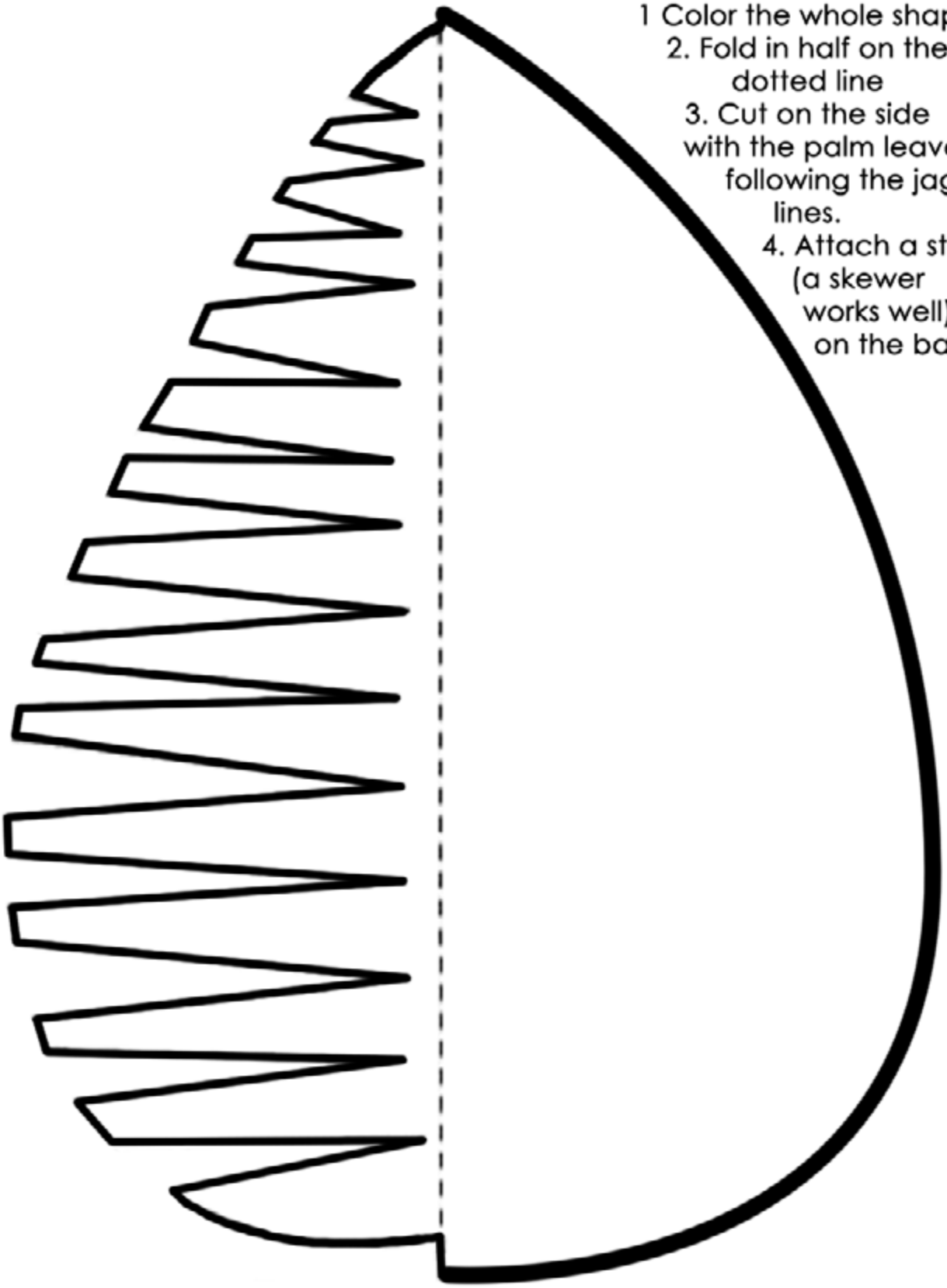
What do I hear? _____

What does it mean? _____

What is Jesus Saying to me? _____

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

Palm Frond



1 Color the whole shape
2. Fold in half on the dotted line
3. Cut on the side with the palm leaves, following the jagged lines.
4. Attach a stick (a skewer works well) on the back!

HOLY MONDAY

Suggestions

Enter into the Scriptures: Both the Old Testament and New Testament readings are provided. You can choose one for *Lectio Divina,* or both.

Participate in Daily Mass.

Spend Time Meditating with Sacred Art: Take a moment to enter into *VIsio Divina,* meditating and praying with Rapheal's ***"Christ Falling on the Way to Calvary"– on the next page.*** For it's history, **click here.** Also, ***on page 12,*** is a coloring illustration of ***The Virgin Of The Grapes*** for you to color and prayerfully meditate over. Pierre Mignard's Eucharistic painting is ***on the next page,*** to learn it's history, **click here.**

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Pray the Unity Prayer: [Page 5]

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read the readings of the day, Isaiah 42:1-7 and John 12:1-11. Choose one of the two readings, and slowly read it three times.

What do I hear? _____

What does it mean? _____

What is Jesus Saying to me? _____

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

SACRED ART for Meditation

Christ Falling on the Way to Calvary
by Raphael

The Virgin Of The Grapes
by Pierre Mignard

COLORING PAGE

Adalee Hude
Artist & Illustrator
Brightlyhude.com

HOLY TUESDAY

Suggestions

Enter into the Scriptures: Both the Old Testament and New Testament readings are provided. You can choose one for *Lectio Divina,* or both.

Participate in Daily Mass.

Read the Holy Father's Urbi et Orbi Meditation: Urbi et Orbi is Latin for "to the city and to the world." It is a papal address and apostolic blessing given by the pope on certain solemn occasions. Take time today to read and meditate on the words of the Holy Father from March 27, 2020 ***– found on next two pages.***

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Pray the Unity Prayer: [Page 5]

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read the readings of the day, Isaiah 49:1-6 and John 13:21-33, 36-38. Choose one of the two readings, and slowly read it three times.

What do I hear?

What does it mean?

What is Jesus Saying to me?

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

POPE FRANCIS' URBI ET ORBI:
— Meditation —

"When evening had come" (Mk 4:35). The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat… are all of us. Just like those disciples, who spoke anxiously with one voice, saying "We are perishing" (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this.

It is easy to recognize ourselves in this story. What is harder to understand is Jesus' attitude. While his disciples are quite naturally alarmed and desperate, he stands in the stern, in the part of the boat that sinks first. And what does he do? In spite of the tempest, he sleeps on soundly, trusting in the Father; this is the only time in the Gospels we see Jesus sleeping. When he wakes up, after calming the wind and the waters, he turns to the disciples in a reproaching voice: "Why are you afraid? Have you no faith?" (v. 40).

Let us try to understand. In what does the lack of the disciples' faith consist, as contrasted with Jesus' trust? They had not stopped believing in him; in fact, they called on him. But we see how they call on him: "Teacher, do you not care if we perish?" (v. 38). Do you not care: they think that Jesus is not interested in them, does not care about them. One of the things that hurts us and our families most when we hear it said is: "Do you not care about me?" It is a phrase that wounds and unleashes storms in our hearts. It would have shaken Jesus too. Because he, more than anyone, cares about us. Indeed, once they have called on him, he saves his disciples from their discouragement.

The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed to become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly "save" us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity.

In this storm, the façade of those stereotypes with which we camouflaged our egos, always worrying about our image, has fallen away, uncovering once more that (blessed) common belonging, of which we cannot be deprived: our belonging as brothers and sisters.

"Why are you afraid? Have you no faith?" Lord, your word this evening strikes us and regards us, all of us. In this world, that you love more than we do, we have gone ahead at breakneck speed, feeling powerful and able to do anything. Greedy for profit, we let ourselves get caught up in things, and lured away by haste. We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did we listen to the cry of the poor or of our ailing planet. We carried on regardless, thinking we would stay healthy in a world that was sick. Now that we are in a stormy sea, we implore you: "Wake up, Lord!".

"Why are you afraid? Have you no faith?" Lord, you are calling to us, calling us to faith. Which is not so much believing that you exist, but coming to you and trusting in you. This Lent your call reverberates urgently: "Be converted!", "Return to me with all your heart" (Joel 2:12). You are calling on us to seize this time of trial as a time of choosing. It is not the time of your judgement, but of our judgement: a time to choose

– *Continued on next page*

– *Continued*

what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others. We can look to so many exemplary companions for the journey, who, even though fearful, have reacted by giving their lives. This is the force of the Spirit poured out and fashioned in courageous and generous self-denial. It is the life in the Spirit that can redeem, value and demonstrate how our lives are woven together and sustained by ordinary people – often forgotten people – who do not appear in newspaper and magazine headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time: doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women and so very many others who have understood that no one reaches salvation by themselves. In the face of so much suffering, where the authentic development of our peoples is assessed, we experience the priestly prayer of Jesus: "That they may all be one" (Jn 17:21). How many people every day are exercising patience and offering hope, taking care to sow not panic but a shared responsibility. How many fathers, mothers, grandparents and teachers are showing our children, in small everyday gestures, how to face up to and navigate a crisis by adjusting their routines, lifting their gaze and fostering prayer. How many are praying, offering and interceding for the good of all. Prayer and quiet service: these are our victorious weapons.

"Why are you afraid? Have you no faith"? Faith begins when we realise we are in need of salvation. We are not self-sufficient; by ourselves we flounder: we need the Lord, like ancient navigators needed the stars. Let us invite Jesus into the boats of our lives. Let us hand over our fears to him so that he can conquer them. Like the disciples, we will experience that with him on board there will be no shipwreck. Because this is God's strength: turning to the good everything that happens to us, even the bad things. He brings serenity into our storms, because with God life never dies.

The Lord asks us and, in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith. We have an anchor: by his cross we have been saved. We have a rudder: by his cross we have been redeemed. We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love. In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side. The Lord asks us from his cross to rediscover the life that awaits us, to look towards those who look to us, to strengthen, recognize and foster the grace that lives within us. Let us not quench the wavering flame (cf. Is 42:3) that never falters, and let us allow hope to be rekindled.

Embracing his cross means finding the courage to embrace all the hardships of the present time, abandoning for a moment our eagerness for power and possessions in order to make room for the creativity that only the Spirit is capable of inspiring. It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity. By his cross we have been saved in order to embrace hope and let it strengthen and sustain all measures and all possible avenues for helping us protect ourselves and others. Embracing the Lord in order to embrace hope: that is the strength of faith, which frees us from fear and gives us hope.

"Why are you afraid? Have you no faith"? Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: "Do not be afraid" (Mt 28:5). And we, together with Peter, "cast all our anxieties onto you, for you care about us" (cf. 1 Pet 5:7).

HOLY WEDNESDAY

Suggestions

Enter into the Scriptures: Both the Old Testament and New Testament readings are provided. You can choose one for *Lectio Divina,* or both.

Participate in Daily Mass.

Pray the Tenebrae Service: The word Tenebrae means "darkness" in Latin. The Tenebrae is a prolonged meditation on Christ's suffering, which still anticipates the joy of his victory over death. This is illustrated by the extinguishing of candles, except for the last candle which is only hidden for a time ***– found on next page.***

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Pray the Unity Prayer: [Page 5]

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read the readings of the day, Isaiah 50:4-9A and Matthew 26:14-25. Choose one of the two readings, and slowly read it three times.

What do I hear?

What does it mean?

What is Jesus Saying to me?

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

THE TENEBRAE SERVICE

What is it? Seen as the "Gateway to the Triduum", the Tenebrae service is a celebration of the Divine Office readings from Holy Thursday, Good Friday, and Holy Saturday, on the Wednesday before the Triduum. It used to signify the extinguishing of the lights in the Church.

The Church understands that the Old and New Testaments are united. Jeremiah's lamentations over the fall of Jerusalem point to our sorrow over the crucifixion of Christ. In the same way that the sins and unfaithfulness of the Israelites led to the destruction of the Temple, so to have our sins and unfaithfulness led to the death of the Redeemer.

You will see the Hebrew alphabet - Aleph, Beth, Ghimel, etc. These were placed in the Tenebrae. Each lesson, which would have been in Hebrew, begins with the corresponding alphabet letter. This is usually sung but can be read with participants taking turns reading the lessons. At the end of the Tenebrae service, participants leave the church in silence.

FIRST READER

First Lesson:

The beginning of the Lamentation of Jeremiah the Prophet:

Aleph (allef):

How doth the city sit solitary that was full of people! How is the mistress of the peoples become as a widow: the Princes of provinces made tributary!

Beth (bet)

Weeping she hath wept in the night, and her tears are on her cheeks: there is none to comfort her among all them that were dear to her: all her friends have despised her, and are become her enemies.

Ghimel (gimel)

Juda hath removed her dwelling place because of her affliction, and the greatness of her bondage: she hath dwelt among the nation, and she hath found no rest: all her persecutors have taken her in the midst of straits.

Daleth (dahlet)

The ways of Sion mourn, because there are none that come to the solemn feast: all her gates are broken down: her priests sigh her virgins are in affliction, and she is oppressed with bitterness.

He (hay)

Her adversaries are become her lords, her enemies are enriched: because the Lord hath spoken against her for the multitude of her iniquities: her children are led into captivity: before the face of the oppressor.

Jerusalem, Jerusalem, return to the Lord your God.

SECOND READER

First Responsory:

He prayed to His Father on Mount Olivet: Father! If it is possible let this chalice pass from me. The spirit is indeed willing but the flesh is weak.

Response: Watch and pray that you enter not into temptation.

FIRST READER

Second Lesson:

Vau (vahv)

And from the daughter of Sion, all her beauty is departed; her princes are become like rams that find no pastures; and they are gone away without strength before the face of the pursuer.

– Continued on next page

– Continued

Zain (zI inn)

Jerusalem hath remembered the days of her affliction, and prevarication of all her desirable things, which she had from the days of old, when her people fell in the enemy's hand, and there was no helper; the enemies have seen her, and have mocked at her Sabbaths.

Heth (het)

Jerusalem hath grievously sinned, therefore is she become unstable; all that honored her, have despised her, because they have seen her shame; but she sighed, and turned backward.

Teth (tet)

Her filthiness is on her feet, and she hath not remembered her end; she is wonderfully cast down, not having a comforter: behold, O Lord, my affliction, because the enemy is lifted up.

Jerusalem, Jerusalem, return to the Lord your God.

SECOND READER

Second Responsory:

My soul is sorrowful even unto death; stay you here and watch with me. Now ye shall see a multitude that will surround me. Ye shall run away and I will go to be sacrificed for you.

Response: Behold the hour is at hand, and the Son of Man shall be betrayed into the hands of sinners.

FIRST READER

Third Lesson:

Jod (yuud)

The enemy hath put out his hand to all her desirable things: for she hath seen the Gentiles enter into her sanctuary, of whom thou gavest commandment that they should not enter into thy church.

Caph (cahf)

All her people sigh, they seek bread: they have given all their precious things for food to relieve the soul: see, O Lord, and consider, for I am become vile.

Lamed (lah med)

O all ye that pass by the way, attend, and see if there be any sorrow like to my sorrow: for he hath made a vintage of me, as the Lord spoke in the day of his fierce anger.

Mem (mem)

From above he hath sent fire into my bones, and hath chastised me: he hath spread a net for my feet, he hath turned me back; he hath made me desolate, wasted with sorrow all the day long.

Nun (nuun)

The yoke of my iniquities hath watched: they are folded together in his hand, and put upon my neck: my strength is weakened: the Lord hath delivered me into a hand, out of which I am not able to rise.

Jerusalem, Jerusalem, return to the Lord your God.

SECOND READER

Third Responsory:

Behold we have seen him having neither beauty nor comeliness; there is no sightlines in him; he hath borne our sins and suffered for us; and he was wounded for our iniquities, and by his bruises we are healed.

Response: He hath truly borne our iniquities and carried our sorrows.

HOLY THURSDAY

Suggestions

Enter into the Scriptures: For the Triduum, focus on the Gospel readings for *Lectio Divina*.

Participate in Holy Thursday Mass.

Read Walk in Her Sandals: If you have the book, read Chapter 2 and enter into the Last Supper.

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Visit Seven Churches, an ancient tradition: From your car, meditate on the "Seven Last Expressions of Christ", one at each church – *on the right*. Say an Our Father, Hail Mary, and Glory Be at each church. This too can be done virtually, click here, for the 7 Pilgrim Churches in Rome.

Pray the Unity Prayer: [Page 5]

Entering the Scriptures

Read about Jesus washing the disciples' feet prior to the Passover celebration, in John 13:1-20, slowly read it three times.

What do I hear? _____

What does it mean? _____

What is Jesus Saying to me? _____

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

THE LAST SEVEN EXPRESSIONS OF CHRIST

1. "Father, forgive them, for they know not what they do." (Luke 23:34)
2. "Truly, I say to you, today you will be with me in Paradise." (Luke 23:43)
3. "Woman, behold, your son. . . .Behold, your mother." (John 19:26–27)
4. "My God, my God, why hast thou forsaken me?" (Matt. 27:46; Mark 15:34)
5. "I thirst." (John 19:28)
6. "It is finished." (John 19:30)
7. "Father, into thy hands I commit my spirit!" (Luke 23:46)

GOOD FRIDAY

Suggestions

Enter into the Scriptures: For the Triduum, focus on the Gospel readings for *Lectio Divina*.

Participate in Good Friday Service.

Read Walk in Her Sandals: If you have the book, read Chapter 3 and enter into the Passion of the Lord.

Pray the Chaplet of Divine Mercy at 3 pm: [Page 7]

Pray a Scriptural Rosary for Good Friday: Located on the **next page** or **click here** and view online – created by Dr. Mary Healy.

Venerate the Cross: Using a crucifix from your home (or an image of one), spend time contemplating Jesus' salvific work on the cross. Listen to and sing along with Annie Karto's "Come to the Cross." **Audio Link.** *Lyrics on the right.*

Pray the Unity Prayer: [Page 5]

Entering the Scriptures

Read Luke's account of Jesus' Death in Luke 23:44-49, slowly read it three times.

What do I hear? _____

What does it mean? _____

What is Jesus Saying to me? _____

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

"COME TO THE CROSS"
by Annie Karto

Come to the cross. Come stand by me. I who am your Mother, love you tenderly.

I see your tears, I know your pain, in my pierced heart, I felt the same.

Sorrowful Mother, will you take away my fears? My concerns for my family, the heartaches of these years? Sometimes I want to turn away… then I hear you gently say….

Come to the cross, come stand by me. I who am your Mother love you tenderly. I see your tears… I know your pain. In my pierced heart, I felt the same.

Sorrowful Mother, will you take me by the hand. Give me courage and wisdom to know and understand. This journey of love requires one thing… I surrender my life and so I sing…

I'll come to the cross, I'll stand by You. I who am your child, tenderly love You too.

I"I dry your tears. I'll share your pain, and in my own heart, I'll feel the same.

I'll come to the cross……

SCRIPTURAL ROSARY for Good Friday

Below are five mysteries for contemplating the inner anguish that Jesus experienced in his passion, climaxing in his human experience of feeling forsaken even by the Father. **Click here, to listen and view the Ascension Press online version.**

FIRST MYSTERY OF ABANDONMENT:

Judas' Betrayal

Our Father…

As they were eating, he said, "Truly, I say to you, one of you will betray me." (Matthew 26:21)

Hail Mary…

And they were very sorrowful, and began to say to him one after another, "Is it I, Lord?" (Matthew 26:22)

Hail Mary…

He answered, "He who has dipped his hand in the dish with me will betray me." (Matthew 26:23)

Hail Mary…

"The Son of man goes as it is written of him, but woe to that man by whom the Son of man is betrayed!" (Matthew 26:24)

Hail Mary…

"It would have been better for that man if he had not been born." (Matthew 26:22)

Hail Mary…

Judas, who betrayed him, said, "Is it I, Master?" He said to him, "You have said so." (Matthew 26:25)

Hail Mary…

Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me. (Psalm 41:9)

Hail Mary…

But you, O Lord, be gracious to me, and raise me up. (Psalm 41:10)

Hail Mary…

By this I know that you delight in me: my enemy will not shout in triumph over me. (Psalm 41:11)

Hail Mary…

But you have upheld me because of my integrity, and set me in your presence forever. (Psalm 41:12)

Hail Mary…
Glory be to the Father…

SECOND MYSTERY OF ABANDONMENT:

The Apostles' Desertion and Peter's Denial

Our Father…

They all forsook him, and fled. (Mark 14:50)

Hail Mary…

Peter followed at a distance. (Luke 22:54)

Hail Mary…

When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. (Luke 22:55)

Hail Mary…

Then a maid… said, "This man also was with him." But he denied it, saying, "Woman, I do not know him." (Luke 22:56-57)

Hail Mary…

Someone else saw him and said, "You also are one of them." But Peter said, "Man, I am not." (Luke 22:58)

Hail Mary…

Still another insisted, saying, "Certainly this man also was with him; for he is a Galilean." But Peter said, "Man, I do not know what you are saying." (Luke 22:59-60)

Hail Mary…

And immediately, while he was still speaking, the cock crowed. (Luke 22:60)

Hail Mary…

And the Lord turned and looked at Peter. (Luke 22:61)

Hail Mary…

Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times." (Luke 22:61)

Hail Mary…

And he went out and wept bitterly. (Luke 22:62)

Hail Mary…
Glory be to the Father…

THIRD MYSTERY OF ABANDONMENT:

Condemnation by the Sanhedrin

Our Father…

The chief priests and the whole council sought testimony against Jesus to put him to death; but they found none. (Mark 14:55)

Hail Mary…

– Continued on next page

– *Continued*

Many bore false witness against him, and their witness did not agree. (Mark 14:56)

Hail Mary…

More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. (Psalm 69:4)

Hail Mary…

The high priest stood up in the midst, and asked Jesus, "Have you no answer to make? What is it that these men testify against you?" (Mark 14:60)

Hail Mary…

But he was silent and made no answer. (Mark 14:60)

Hail Mary…

Again the high priest asked him, "Are you the Christ, the Son of the Blessed?" (Mark 14:61)

Hail Mary…

And Jesus said, "I am." (Mark 14:62)

Hail Mary…

"And you will see the Son of man seated at the right hand of Power, and coming with the clouds of heaven." (Mark 14:62)

Hail Mary…

The high priest tore his garments, and said, "Why do we still need witnesses? You have heard his blasphemy." (Mark 14:63)

Hail Mary…

And they all condemned him as deserving death. (Mark 14:64)

Hail Mary…
Glory be to the Father…

FOURTH MYSTERY OF ABANDONMENT:

Condemnation by Pilate

Our Father…

They bound Jesus and led him away and handed him over to Pilate. (Mark 15:1)

Hail Mary…

Pilate went out to them and said, "What accusation do you bring against this man?" (John 18:29)

Hail Mary…

They answered him, "If this man were not an evildoer, we would not have handed him over to you." (John 18:30)

Hail Mary…

Pilate said to them, "Whom do you want me to release for you, Barabbas or Jesus who is called Christ?" … And they said, "Barabbas." (Matthew 27:17)

Hail Mary…

Pilate said to them, "Then what shall I do with the man whom you call the King of the Jews?" (Mark 15:12)

Hail Mary…

And they cried out again, "Crucify him!" (Mark 15:13)

Hail Mary…

And Pilate said to them, "Why, what evil has he done?" (Mark 15:14)

Hail Mary…

But they shouted all the more, "Crucify him!" (Mark 15:14)

Hail Mary…

Pilate took water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." (Matthew 27:24)

Hail Mary…

And having scourged Jesus, he handed him over to be crucified. (Mark 15:15)

Hail Mary…
Glory be to the Father…

FIFTH MYSTERY OF ABANDONMENT:

The Father's Absence

Our Father…

When the sixth hour had come, there was darkness over the whole land until the ninth hour. (Mark 15:33)

Hail Mary…

And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lama sabachthani?" which means, "My God, my God, why hast thou forsaken me?" (Mark 15:34)

Hail Mary…

Why are you so far from saving me, from the words of my groaning? (Psalm 22:1)

Hail Mary…

O my God, I cry by day, but you do not answer, and by night, but I find no rest. (Psalm 22:2)

Hail Mary…

All who see me mock me; they make mouths at me; they wag their heads. (Psalm 22:7)

Hail Mary…

For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet. (Psalm 22:16)

Hail Mary…

I can count all my bones—they stare and gloat over me. (Psalm 22:17)

Hail Mary…

They divide my garments among them, and for my clothing they cast lots. (Psalm 22:18)

Hail Mary…

But you, O Lord, do not be far off! O you my help, come quickly to my aid! (Psalm 22:19)

Hail Mary…

I will tell of your name to my brothers; in the midst of the congregation I will praise you. (Psalm 22:22)

Hail Mary…
Glory be to the Father…
Hail Holy Queen….

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HOLY SATURDAY

Suggestions

Enter into the Scriptures: For the Triduum, focus on the Gospel readings for *Lectio Divina*.

Pray the Liturgy of the Hours for Holy Saturday: Pay particular attention to the Office of Readings, including the beautiful ancient homily. **Click here,** for the homily.

Read Walk in Her Sandals: If you have the book, read Chapter 4 and enter into the Passion of the Lord.

Participate in the Easter Vigil.

Pray the Unity Prayer: [Page 5]

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read John 19:40-42, slowly read it three times.

What do I hear?

What does it mean?

What is Jesus Saying to me?

Pray again, thanking the Lord for his word and asking him to speak to you as you go deeper and take it into your heart.

EASTER SUNDAY

Suggestions

Enter into the Scriptures: Focus on the Gospel readings for *Lectio Divina*.

Read Walk in Her Sandals: If you have the book, read Chapter 5 and enter into the Passion of the Lord.

Participate in the Easter Mass.

Pray the **Unity Prayer: [Page 5]**

Rejoice and Be Glad…. He Is Risen!

LECTIO DIVINA STEPS:

1. Read a Scripture verse.
2. Read it a second time *– more slowly.*
3. Read it for a third time *– respond noting the words or thoughts that jump out at you.*
4. Contemplate and write.

   What do I hear? *Write words or phrases that stand out.*

   What does it mean? *Write thoughts or importance of the words.*

   What is Jesus saying to me? *Write what Jesus is saying in your heart and respond to him.*

Entering the Scriptures

Read John 20:1-9, slowly read it three times.

What do I hear?

What does it mean?

What is Jesus Saying to me?

"Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Phil 4:4-7).

APPENDIX

Saint Teresa of Avila:
In the Hands of God
Saint Teresa of Avila (1515-1582), Carmelite, Doctor of the Church Poem "

I am Yours and born for you,
What do You want of me?
Majestic Sovereign,
Unending wisdom,
Kindness pleasing to my soul;
God sublime, one Being Good,
Behold this one so vile.
Singing of her love to you:
What do You want of me?
Yours, you made me,
Yours, you saved me,
Yours, you endured me,
Yours, you called me,
Yours, you awaited me,
Yours, I did not stray.
What do You want of me?
Good Lord, what do you want of me,
What is this wretch to do?
What work is this,
This sinful slave, to do?
Look at me, Sweet Love,
Sweet Love, look at me,
What do You want of me?
In Your hand I place my heart,
Body, life and soul,
Deep feelings and affections mine,
Spouse – Redeemer sweet,
Myself offered now to you,
What do You want of me?
Give me death, give me life,
Health or sickness,
Honor or shame,
War or swelling peace,
Weakness or full strength,
Yes, to these I say,
What do You want of me?...
Yours I am, for You I was born:
What do You want of me?

SCRIPTURES IN TIMES OF TROUBLE

Psalm 91

He who dwells in the shelter of the Most High,
who abides in the shadow of the Almighty,
will say to the LORD, "My refuge and my fortress;
my God, in whom I trust."
For he will deliver you from the snare of the fowler
and from the deadly pestilence;
he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
nor the arrow that flies by day,
nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand;
but it will not come near you.
You will only look with your eyes
and see the recompense of the wicked.
Because you have made the LORD your refuge,
the Most High your habitation,
no evil shall befall you,
no scourge come near your tent.
For he will give his angels charge of you
to guard you in all your ways.
On their hands they will bear you up,
lest you dash your foot against a stone.
You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.
Because he cleaves to me in love,
I will deliver him;
I will protect him,
because he knows my name.
When he calls to me,
I will answer him;
I will be with him in trouble,
I will rescue him and honor him.
With long life I will satisfy him,
and show him my salvation.

Listen to the recording of Be Not Afraid by Kitty Cleveland

Psalm 34

I will bless the LORD at all times;
his praise shall continually be in my mouth.
My soul makes its boast in the LORD;
let the afflicted hear and be glad.
O magnify the LORD with me,
and let us exalt his name together!
I sought the LORD, and he answered me,
and delivered me from all my fears.
Look to him, and be radiant;
so your faces shall never be ashamed.
This poor man cried, and the LORD heard him,
and saved him out of all his troubles.
The angel of the LORD encamps around those who fear him,
and delivers them.
O taste and see that the LORD is good!
Happy is the man who takes refuge in him!
O fear the LORD, you his saints,
for those who fear him have no want!
The young lions suffer want and hunger;
but those who seek the LORD lack no good thing.
Come, O sons, listen to me,
I will teach you the fear of the LORD.
What man is there who desires life,
and covets many days, that he may enjoy good?
Keep your tongue from evil,
and your lips from speaking deceit.
Depart from evil, and do good;
seek peace, and pursue it.
The eyes of the LORD are toward the righteous,
and his ears toward their cry.
The face of the LORD is against evildoers,
to cut off the remembrance of them from the earth.
When the righteous cry for help, the LORD hears,
and delivers them out of all their troubles.
The LORD is near to the brokenhearted,
and saves the crushed in spirit.
Many are the afflictions of the righteous;
but the LORD delivers him out of them all.
He keeps all his bones;
not one of them is broken.
Evil shall slay the wicked;
and those who hate the righteous will be condemned.
The LORD redeems the life of his servants;
none of those who take refuge in him will be condemned.

Psalm 16:8-9

I have set the LORD always before me;
because he is at my right hand, I shall not be shaken.
Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

2 Chronicles 7:14

If my people who are called by my name humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

Isaiah 43:1-5

But now thus says the LORD,
he who created you, O Jacob,
he who formed you, O Israel:
"Fear not, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the LORD your God,
the Holy One of Israel, your Savior.
I give Egypt as your ransom,
Ethiopia and Seba in exchange for you.
Because you are precious in my eyes,
and honored, and I love you,
I give men in return for you,
peoples in exchange for your life.
Fear not, for I am with you."

Isa 49:15-16

Can a woman forget her nursing child,
that she should have no compassion on the son of her womb?
Even these may forget, yet I will not forget you.
Behold, I have engraved you on the palms of my hands.