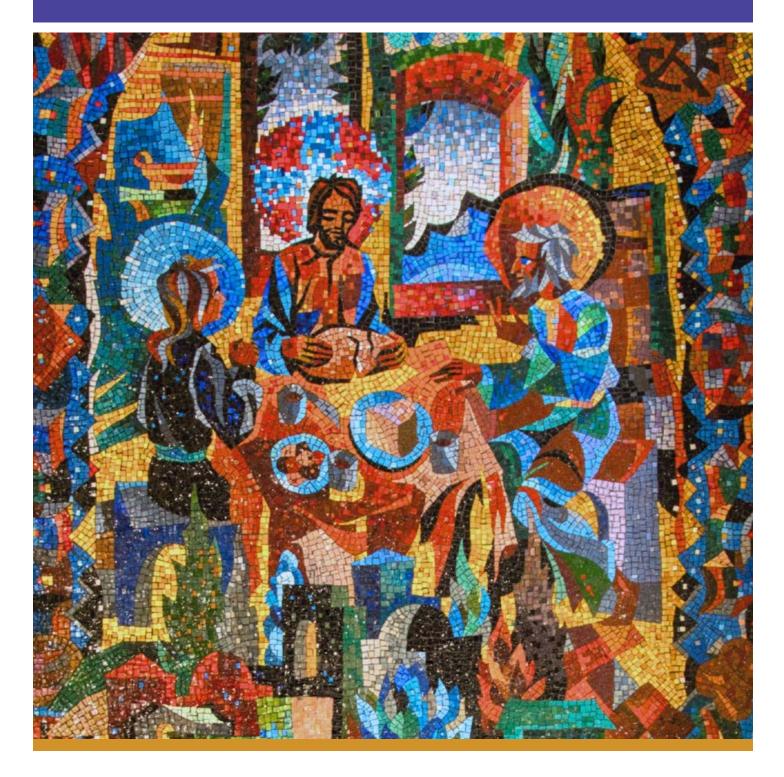
Pray, Reflect, Rejoice

A Journey through Lent, Holy Week, and Easter for Children and Families



WASHINGTON NATIONAL CATHEDRAL

Sing to the Lord a new song, for he has done marvelous things. – PSALM 98:1

Dear friends,

The seasons of Lent and Easter are central to our Christian faith. They are also very special times in the life of Washington National Cathedral. Though we cannot gather with you in person this year, we hope you will join us for online services.



This short booklet will help you and your family mark this meaningful period of the year. It also describes some of the things you will see if you join our services. There are prayers that you can say with each other and fun activities that you can use to explore the stories and traditions that bind us together.

We may be physically separated from one another this year but Lent and Easter have just as much to offer us now as they do in other years. In the quiet times of Lent and the celebrations of Easter we remember the great gift of love given to us through the life, death, and resurrection of Jesus Christ.

May you and your family feel that love at this time and always.

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THE REVEREND CANON ROSEMARIE LOGAN DUNCAN, DMIN PHD CANON FOR WORSHIP

Information about all Cathedral Lent, Holy Week, and Easter services is available at cathedral.org/easter.

COUNTING THE DAYS: Forty Days of Lent

The Gospels of the Bible tell us that Jesus was alone in the wilderness for forty days as he got ready for his ministry in the world. In the same way, we use the forty days of Lent to journey with Jesus toward the joyful day of Easter. Looking at a calendar, this may be confusing because there are 46 days between the start of Lent and Easter. That is because Sundays are always a time to celebrate Jesus' resurrection, even during the quiet of Lent, so we do not count those days.

SUN	MON	TUE	WED	THUR	FRI	SAT				
			2/17 Ash Wednesday	2/18 2	2/19 <i>3</i>	2/20 4				
2/21	2/22	2/23	2/24	2/25	2/26	2/27				
<i>1st</i> SUNDAY IN LENT	5	6	7	8	9	10				
2/28	3/1	3/2	3/3	3/4	3/5	3/6				
2nd SUNDAY IN LENT	11	12	13	14	15	16				
3/7	3/8	3/9	3/10	3/11	3/12	3/13				
3rd SUNDAY IN LENT	17	18	19	20	21	22				
3/14	3/15	3/16	3/17	3/18	3/19	3/20				
<i>4th</i> SUNDAY IN LENT	23	24	25	26	27	28				
3/21	3/22	3/23	3/24	3/25	3/26	3/27				
5th SUNDAY IN LENT	29	30	31	32	33	34				
Holy Week										
Sunday 3/28 of the Passion	^{3/29}	3/30 <i>36</i>	3/31 37	38	39 4/2	4/3 40				
Palm Sunday				Maundy Thursday	Good Friday	Holy Saturday				
4/4	4/5	4/6	4/7	4/8	4/9	4/10				

COLORS OF THE SEASON: Purple

Faster Day

If you pay attention to the altars and ministers' vestments over the coming weeks, you will see the colors change.

During most of Lent, you see lots of purple! Purple is associated with sorrow and suffering. It reminds us of how Jesus suffered while he was in the desert and it anticipates the pain of his crucifixion and death. It also reflects Lent's focus on prayer and the importance of asking for forgiveness for things we have done wrong.

COLORS OF THE SEASON: Red

Red is the color of the Holy Spirit. It reminds us of the flames that descended upon the Church at the Day of Pentecost. During Holy Week, red recalls the work of the Holy Spirit at Jesus' triumphal entry into Jerusalem and in his final days.

COUNTING THE DAYS: Fifty Days of Easter

After the forty days of Lent, comes the Great Fifty Days of Easter. This festive period gives us time to first remember the forty days Jesus walked the earth visiting his disciples after he was raised from the dead. He then went up to heaven on Ascension Day. He promised to send the Holy Spirit to comfort his followers. They waited anxiously for the next ten days until the Holy Spirit descended on the Day of Pentecost.

4/4 Easter Day 4/11	4/5 2 Monday N EASTER WEEK 4/12	4/6 3 Tuesday an EASTER WEEK	4/7 4 Wednesday	4/8 5	4/9 6	4/10
IN	<i>Monday</i> N EASTER WEEK	Tuesday	•	5	6	7
IN	N EASTER WEEK		W/ednesday			·
4/11	4/12		IN EASTER WEEK	<i>Thursday</i> IN EASTER WEEK	<i>Friday</i> IN EASTER WEEK	<i>Saturday</i> IN EASTER WEEK
		4/13	4/14	4/15	4/16	4/17
8	9	10	11	12	13	14
2nd SUNDAY IN EASTER						
4/18	4/19	4/20	4/21	4/22	4/23	4/24
15	16	17	18	19	20	21
<i>3rd</i> SUNDAY IN EASTER						
4/25	4/26	4/27	4/28	4/29	4/30	5/1
22	23	24	25	26	27	28
<i>4th</i> SUNDAY IN EASTER						
5/2	5/3	5/4	5/5	5/6	5/7	5/8
29	30	31	32	33	34	35
5th SUNDAY IN EASTER						
5/9	5/10	5/11	5/12	5/13	5/14	5/15
36	37	38	39	40	41	42
<i>6th</i> SUNDAY IN EASTER				Ascension Day		
5/16	5/17	5/18	5/19	5/20	5/21	5/22
7th SUNDAY IN EASTER: THE SUNDAY AFTER ASCENSION DAY	44	45	46	47	48	49



COLORS OF THE SEASON: White

White is the color of Jesus' burial garments. For Christians, white represents joy, light, and purity. It is a wonderful reminder to us that Easter is a time of celebration.

LENT: A Journey with Jesus

Bless the Lord, () my soul and all that is within me, bless his holy Name. – PSALM 103:1



Lent is the time we take to get ready for the celebration of Jesus' resurrection. It is a quiet, thoughtful time that should feel different from other times of the year.

Lent gives us a chance to think about things we have done wrong and to ask God for forgiveness. It is also a time to make a special effort to be kind to others and to think about ways that we can show others the love that Jesus shows us.

Lent is an old English word meaning "lengthen." Lent comes in the spring when daylight is getting a little longer each day.

★ Why Are the Crosses Covered during Lent?

We make changes inside the Cathedral to reflect the solemn spirit of the Lenten season. The most visible change is that the crosses are covered. Christians have covered crosses during Lent for many centuries. The simple coverings are known as veils.

We may be sad when we can't see the crosses, just like we may be sad when we don't keep the love of Jesus in our hearts. When Easter arrives, the veils are removed to reveal the beauty of the crosses. Seeing the crosses again reminds us of the Kingdom of God and the beauty that is always in our lives, but sometimes hidden from view.



★ ACTIVITY: Cover Crosses at Home

If you have a cross or crosses at home, you can join in. On Ash Wednesday, cover your cross with fabric. You can use purple like we do, or another color is fine. On Easter morning uncover your cross as you begin your Easter celebration!



Lenten Litany for Children

During Lent, we use different types of prayer. A litany is a group of short prayers or requests that we make to God. You can say this litany alone or ask others to say it along with you. Often prayers take on a special meaning when we say them out loud with others, especially those we love.

Dear God, you bless us all with life and shower us with your love. Hear the prayers offered to you from my heart.

Silence.

When I fail to thank you for each new day. *I am sorry, God.*

When I am not kind or loving to my family or friends. *I am sorry, God.*

When I don't tell the truth about my actions or about someone else. I am sorry, God.

When I make fun of or use unkind names for anyone who is different from me. *I am sorry, God.*

When I forget to love my neighbor as you love me. *I am sorry, God.*

When I am afraid and the world seems frightening. *Help me, God.*

When I don't think that I can try something new. *Help me, God.*

When I feel alone and lonely. *Help me, God.*

For loving family and friends, and thoughtful neighbors. *Thank you, God.* For a safe home that is warm in cold weather. *Thank you, God.*

For my school and caring teachers. *Thank you, God*.

For doctors, nurses, and hospital workers who take care of the sick. *Thank you, God.*

For the gift of your Son Jesus Christ. *Thank you, God.*

And now I pray for the needs of others:

For children who are hungry, thirsty, unwanted, unloved, abused, or alone. *We pray to you, O God.*

For all who are sick. We pray to you, O God.

For all who are hurting. *We pray to you, O God.*

For all who are mistreated because of the color of their skin. *We pray to you, O God.*

For those who are poor or have no jobs. *We pray to you, O God.*

For those who have no homes. *We pray to you, O God.*

Loving God, through your Son Jesus Christ you have showed us how to live. Help us follow his example that with open hearts we may serve you and one another. In your holy name we pray. Amen.



The Lord is full of compassion and mercy, slow to anger and of great kindness. — PSALM 103:8

Ash Wednesday is the first day of Lent. It is the beginning of our journey with Jesus to the cross. Before this service, we burn the palms we used last year at Palm Sunday to make ashes. During the service, someone—usually clergy—puts those ashes on our forehead in the shape of a cross to remind us of the meaning of Lent.

At the very beginning of the Bible, the book of Genesis tells the story of how God created everything. When God created humans, God scooped up some dust and breathed life into it. Ashes help us remember that we were all created by God from the earth and we will return to it. The ashes remind us that the breath of God is in all living things, including you!

Ashes at the Cathedral

Join us for Ash Wednesday services to see how the ashes are used to remind us of our connection to the cycle of life.

Wednesday, February 17, noon ET Ash Wednesday Holy Eucharist with Imposition of Ashes



Farewell to "Alleluia"

Alleluia is a joyful word that means "Praise the Lord!" At church, we say "alleluia" during very happy times. Lent is a quiet time so we say goodbye to the "Alleluia" and don't' say it during all of Lent. We will start to say it again on Easter, the happiest day of the year!

ACTIVITY: Bury the "Alleluias"

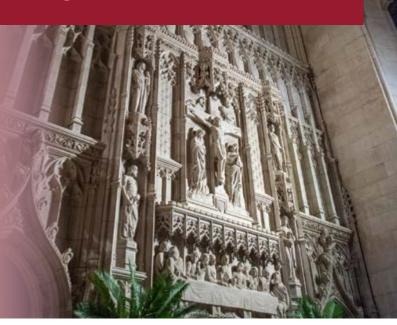
You can say good-bye to Alleluia at the beginning of Lent and welcome it back at Easter. Create and decorate a sign or banner with "Alleluia" in big letters. Make it is as beautiful and joyful as you can. You can use bright colors, sequins, glitter, ribbons ... whatever you have on hand to make it festive—just like the word! Ask everyone in your home to join in.

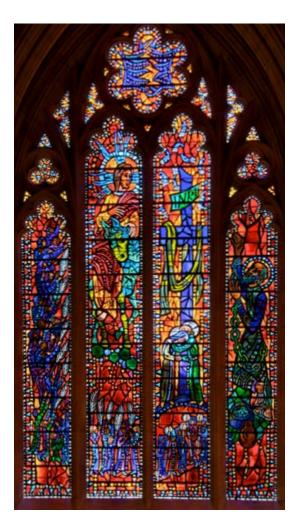
Once it's finished you can hide your Alleluia in a closet or bury it outdoors. (If you do bury it, put it in a waterproof bag or container so it will be nice and safe until Easter.)



HOLY WEEK: Walking with Jesus to the Cross

Every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. – PHILIPPIANS 2:11





Holy Week is the final week of Lent, and the most important week of the year for Christians. For seven days we journey with Jesus and his disciples from the joyful entry into Jerusalem to the sorrow and pain of the cross and the tomb.

The events that occurred during this week are central to our life as Christians. By revisiting them each year, we are reminded of the love and sacrifice at the heart of our faith.

A Holy Week Prayer

To you, O Lord, I lift up my soul; O my God, in you I trust. You are the God of my salvation; To you, O Lord, I lift up my soul. In you I hope all the day long. O my God, in you I trust. Remember, Lord, your compassion and love, for they are from everlasting. To you, O Lord, I lift up my soul. Amen.

PHOTO BRIAN KUTNER

PALM SUNDAY: Jesus Enters Jerusalem

"Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!"

— MATTHEW 21:9

On Palm Sunday we remember when Jesus came to Jerusalem before his crucifixion. Jesus entered Jerusalem following travels where he preached and healed the sick.

When he arrived, Jerusalem was full of people who came for the religious celebration of Passover. Many had heard the stories of Jesus' miracles and were excited about his arrival in Jerusalem. He entered town on a donkey and was welcomed with great celebration.

Many believed Jesus to be a typical king who could help them defeat their cruel leaders. They waved palm branches and greeted him with joyful cheers.

Jesus knew that he was a different type of king. He was not a political ruler. He came as a savior of souls whose kingdom was in heaven, not on earth. Jesus also knew that his time on earth was coming to an end. He had told his disciples that he would be put to death by rulers who were afraid of his powers. He also told them that after he died, he would rise again three days later.

Palm Sunday at the Cathedral

Watch as we bless the palms and enter the service waving palms just like Jesus' followers did in Jerusalem.

Sunday, March 28, 11:15 am ET Sunday of the Passion: Palm Sunday Holy Eucharist

A Prayer for Palm Sunday

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen.

★ Why Palm Branches?

There were lots of palm trees in the Holy Land in the time of Jesus. Pictures of palm branches were found on coins and important buildings, including the temple where Jesus preached. The branches represented goodness and victory. When kings arrived in a new place they were welcomed with palm branches that were laid in their path and waved in the air, as they were for Jesus when he arrived in Jerusalem.



MAUNDY THURSDAY: A New Commandment

Jesus said, "| give you a new commandment, that you love one another. Just as | have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

- JOHN 13:34-35



Maundy Thursday is the last day that Jesus spent with his disciples before his death. It was the day of the Passover feast. Jesus asked his disciples to prepare the meal. Jesus knew that his time with his disciples was coming to an end because the rulers in Jerusalem were very jealous of him.

Before the meal, Jesus did something that surprised his followers very much. He washed their feet because he wanted to show them the importance of serving other people.

During the meal, Jesus blessed a loaf of bread and gave pieces to his disciples. He said to them, "This is my body, which is given for you. Do this in remembrance of me." He did the same with the cup of wine, saying, "This cup that is poured out for you is the new covenant in my blood."

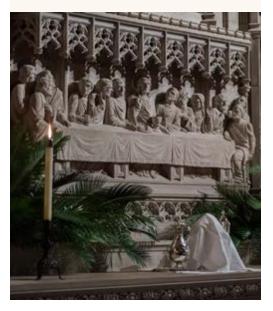
With these words, Jesus created the Communion that we celebrate at church. Each time we take the bread and wine we remember this meal. We remember the sacrifice Jesus made for us because he loves us so much.

After they finished their meal, Jesus and his disciples went to a garden called Gethsemane. Jesus felt great sorrow and prayed to God that his life might be spared. He was also willing to accept the fact that he would die if that was God's will for him.

The rulers sent their soldiers to the garden to find Jesus. They knew he was there because one of his disciples, named Judas, told them so. After Jesus was arrested, he was taken away and questioned by the rulers. There was great fear about the power of Jesus' words and actions, so the rulers decided that he was to die on the cross.

What does "Maundy" mean?

Maundy comes from a Latin word, *mandatum*, which means "commandment." On Maundy Thursday, Jesus gave a command to his disciples to love and serve one another, just as he had loved and served them.



Maundy Thursday at the Cathedral

In this special service we remember Jesus' final meal with his disciples. At the end of the service, we take everything off of the altar as we prepare for Jesus' death and burial.

Thursday, April 1, 7 pm ET Maundy Thursday Holy Eucharist



A Prayer for Maundy Thursday

God our Father, your Son Jesus Christ was obedient to the end and drank the cup prepared for him: may we who share his table watch with him through the night of suffering and be faithful. Amen.

GOOD FRIDAY: The Day that Jesus Died on the Cross

Then Fesus, crying with a loud voice, said, "Father, into your hands / commend my spirit." Having said this, he breathed his last. — LUKE 23:46

Good Friday is the saddest day of the year. It is the time when we remember how Jesus died for us on the cross. On this day, we read the story of Jesus' last days from the Bible, called the Passion. It is a quiet day. A time to remember that Jesus made a great sacrifice because he loved us so much.

It can be confusing that a sad day is called "good." Long ago, the word "good" also meant "holy," and this a holy day.

Good Friday at the Cathedral

Hear the story of the last days of Jesus.

Friday, April 2, noon ET Solemn Liturgy of Good Friday

A Prayer for Good Friday

Eternal God, in the cross of Jesus we see the cost of our sin and the depth of your love: in humble hope and fear may we place at his feet all that we have and all that we are, through Jesus Christ our Lord. Amen.

HOLY SATURDAY: the Silent Tomb

/ wait for the Lord; my soul waits for him; in his word is my hope. — PSALM 130:4

On this day we remember the burial of Jesus in the tomb. In the Bible we read that a man named Joseph of Arimathea asked for permission to bury Jesus after he died. He took Jesus' body down from the cross, wrapped him cloth, and placed him in the tomb. Women who had been friends of Jesus followed along and saw the tomb. They placed spices in the tomb, as was the custom at the time. The tomb was closed up with a large rock.

A Prayer for Holy Saturday

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

★ St. Joseph's Chapel

Did you know that the Cathedral has a chapel in honor of Joseph of Arimathea, the man who helped bury Jesus? According to the Bible, Joseph asked permission to bury Jesus in a new tomb made of rock.

The Cathedral's St. Joseph's Chapel is built in the form of a tomb. It has a low ceiling and big stone pillars. It is also home to a columbarium (burial space). A large mural behind the altar depicts the burial of Jesus. When it was painted in 1939, a student at St. Albans School, located next door to the Cathedral, served as a model for one of the figures!



PHOTO BRIAN KUTNER

EASTER: Christ is Risen!

"Do not be afraid; / know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said." — MATTHEW 28:4

Easter is the most important day of the year for Christians. It celebrates the day that Jesus rose from the dead, known as the Resurrection.

Matthew's Gospel tells the extraordinary story. Early in the morning after Jesus' death, two women went to the tomb where he was buried. When they arrived, they were shocked. An angel descended from heaven and an earthquake shook the tomb open. The angel declared, "He is not here; he has risen!"

In a change from the mood of Lent, Easter services are happy celebrations. They usually include festive music and bright flowers.

It's a joy to remember that Easter is a season that lasts more than just one day! It lasts fifty days. During this time, we hear Gospel stories about how Jesus visited and spoke to his disciples after the Resurrection. Easter Season ends on Pentecost Sunday. By that time, Jesus had already gone back to heaven and, on that special day, his disciples and new believers received the Holy Spirit.

Easter Day Meal Blessing

This is a prayer that you can say with your family before you begin your Easter meal.

Blessed are you, O Lord our God; you have given us the risen Savior to be the Shepherd of your people: Lead us, by him, to springs of living waters, and feed us with the food that endures to eternal life; where with you, O Father, and with the Holy Spirit, he lives and reigns, one God for ever and ever. Amen.

Resurrection Chapel

The Cathedral has a chapel dedicated to Jesus' resurrection. This chapel was finished in 1925. It is decorated with colorful symbols of new life, including flowers, insects, animals, and birds.

The chapel's walls are decorated with bright, colorful mosaics (artwork made from small pieces of colored stone and glass). The mosaic above the altar in this chapel shows Jesus moments after leaving the tomb (pictured above!). The other walls tell stories about the visits Jesus made to his disciples after his resurrection.

We hope you will be able to explore this beautiful space when we reopen!



PHOTO BRIAN KUTNER

The High Altar Cross

The cross is the main symbol of Christianity. It has many meanings, including Jesus' death, resurrection, and the hope of eternal life. The Cathedral's main cross on the High Altar is almost six feet tall and weighs three hundred pounds. At the center is the Lamb of God with a banner of victory, representing Jesus' resurrection. The arms of the cross end with symbols of the four Gospel writers: the eagle for Saint John; winged ox for Saint Luke; the winged lion for Saint Mark; and winged man for Saint Matthew.

Easter Symbols

PASCHAL LAMB

A lamb is a baby sheep, an innocent little animal. We often see pictures of lambs during Easter. They remind us that Jesus is the Lamb of God, the innocent one who gave himself for us.

PASCHAL CANDLE

Candles bring light and help us see in the darkness. A special candle, called the Paschal or Easter candle, is very tall and reminds us of Jesus. We light this big candle during the fifty days of Easter to remember that Jesus is the light that shines in the darkness. A light that no one can put out.

Blessing and Lighting of the Paschal Candle

On Easter morning the light of Christ burns bright as we bless and light the Paschal candle. It will burn for fifty days.

Sunday, April 4, 11:15 am ET Easter Day: Festival Holy Eucharist

★ ACTIVITY: Make a Paschal Candle for Home

Bring the light of Christ into your home.

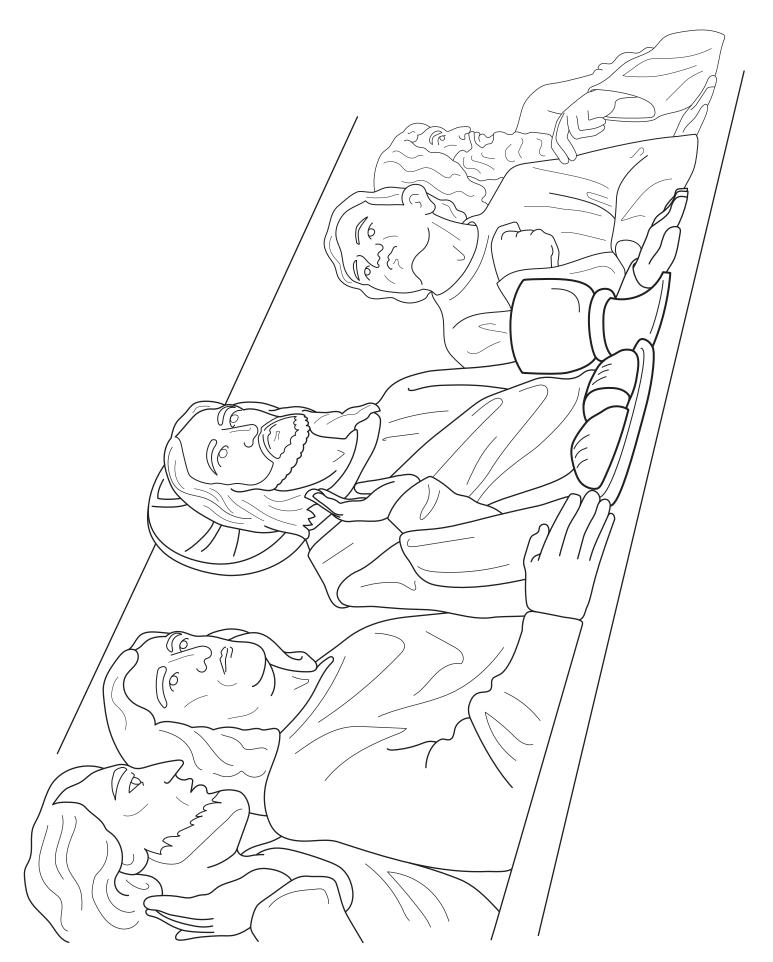
Start with a simple white prayer candle in a glass container. You can decorate the candle using bright fabric or paint. If you use fabric, you can attach the fabric with a glue stick or glue gun and use buttons to make a cross.







COLORING: Cathedral Palm Sunday Procession



COLORING: Maundy Thursday, the Last Supper

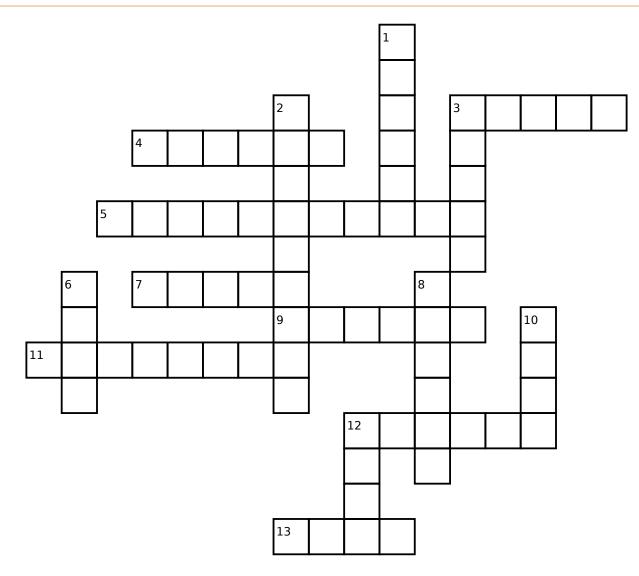
ST. JOHN'S CHAPEL CARVING



COLORING: Easter Morning

RESURRECTION CHAPEL MOSAIC

LENT, HOLY WEEK, AND EASTER Crossword



DOWN

- 1. We light one of these to remind us that Jesus is the light that shines in the darkness.
- 2. The first day of Lent is on Ash____
- 3. Number of days in Lent, not including Sundays.
- 6. _____ Week is the final week of Lent.
- 8. Jesus spent forty days in the _____.
- 10. Jesus blessed the bread and ______ during his final meal with his disciples.
- 12. Jesus was greeted in Jerusalem by followers waving ______ branches.

ACROSS

- 3. Number of days in the Easter season.
- 4. Jesus went to the ______of Gethsemane after the final meal with his disciples.
- 5. Jesus gave his disciples a new _____on Maundy Thursday.
- 7. During Lent churches place these over crosses.
- 9. Jesus was riding a _____ when he entered Jerusalem on Palm Sunday.
- 11. We say good-bye to this word during Lent.
- 12. The color of Lent.
- 13. Joseph of Arimathea brought the body of Jesus to this place.

CROSSWORD ANSWER KEY 9. DONKEY 1. ALLELUIA 12. PURPLE 13. TOMB 9. DONKEY 11. ALLELUIA 12. PURPLE 13. TOMB Here are books that are valuable companions at this time of year.

CHILDREN AND FAMILIES

- *Bless this Day: Toddler Prayers* by Anne E. Kitch and illustrated by Joni Oeltjenbruns *Book of prayers for toddlers*
- The Easter Story by Brian Wildsmith Children's book about Jesus' last days through the view of the donkey
- The Empty Pot by Demi Book for all ages on telling the truth
- *The Giving Tree* by Shel Silverstein *A parable for those of all ages*
- *He is Risen* by Elizabeth Winthrop *Children's book about the crucifixion and resurrection*
- Hope for the Flowers by Trina Paulas Book for all ages about life through change
- ADULTS
 - *My Soul in Silence Waits* by Margaret Guenther *Meditations on Psalm 62 and appropriate for Lenten discipline.*

- Jesus by Brian Wildsmith Children's book on life of Jesus through ascension
- The Runaway Bunny by Margaret Wise Brown and illustrated by Clement Hurd Children's book based on Psalm 139
- Stories that Jesus Told by Patricia St. John and Tony Morris Storybook for children recounting parables told by Jesus
- The Tale of Three Trees by Angela Elwell Hunt and illustrated by Tim Jonke Traditional folktale for young children about three small trees that become important items in Jesus' life.
- *Kneeling in Jerusalem* by Ann Weems *Lenten poems, prayers, and meditations*



Lent, Holy Week, and Easter Services

Wednesday, February 17, noon ET Ash Wednesday Holy Eucharist with Imposition of Ashes

Sunday, February 21, 28 and March 7, 14, 21 11:15 am ET: Holy Eucharist 6 pm ET: Lenten Vespers

Sunday, March 28, 11:15 am ET Sunday of the Passion: Palm Sunday Holy Eucharist

Thursday, April 1, 7 pm ET Maundy Thursday Holy Eucharist

Friday, April 2, noon ET Solemn Liturgy of Good Friday

Sunday, April 4, 11:15 am ET Easter Day: Festival Holy Eucharist

Additional information at cathedral.org/easter



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CREDITS: Photos by Danielle E. Thomas; cover photo by Brian Kutner.



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