



How can we make Holy Week truly Holy?

Dear Brothers and Sisters,

God is good all the time... All the time God is good!

As we begin the celebration of Holy Week with Palm Sunday, I invite you to reflect on how we can make this sacred time a true journey of hope and faith in the Paschal Mystery of our Lord—one that leads us step by step to the joy of the Resurrection.

Holy Week is the center of salvation history and the most important liturgical time in the life of the Church, for it is when we remember and relive the central mysteries of our faith: the Passion, Death, and Resurrection of Jesus Christ. Its culmination is Easter, which is not simply one feast among others, but the “Feast of feasts” and the “Solemnity of solemnities” (CCC, 1169). Holy Week is a journey: from suffering to glory, from death to life.

We are invited to enter this mystery personally through prayer, faithful participation in the liturgy, and genuine conversion. What makes Holy Week truly “holy” is not merely its rituals, but the saving events we commemorate—the final moments of Jesus Christ’s life, through which God reveals His love and brings salvation. The Cross stands as a sign of both human suffering and God’s transforming power, revealing His self-giving love and mercy. Through it, God enters our suffering, heals our wounds, and conquers death. We are invited to enter the mystery of Easter and make this Holy Week truly holy in three ways:

Personal prayer: Holy Week invites us to refocus, reflect, and renew our faith as we journey toward Easter. Live it well by setting aside time each day for prayer and meditation—personally and with others—reflecting on Scripture and the meaning of Christ’s Passion and Resurrection.

Active Participation in the Liturgy: Take part in the celebrations of the Paschal Triduum with attention and devotion, allowing the rites and symbols to draw you more deeply into the mystery of Christ. From the washing of feet and the Last Supper on Holy Thursday, to the Cross on Good Friday, the silence of Holy Saturday, and the joy of Easter, these sacred moments invite us not just to observe, but to enter fully into the mystery we celebrate.

Works of Mercy: Holy Week calls us to renew our commitment to serving others—especially those in need—reflecting God’s generosity in giving His only Begotten Son. It is also a time to set personal intentions to live these sacred mysteries more deeply in our hearts.

Finally, some simple ways to live this out: go to confession and prepare your soul for Easter, fast on Good Friday, choose prayerful music or spiritual content to listen to, reflect on the Passion with family or friends, pray the Sorrowful Mysteries of the Rosary or the Stations of the Cross, and read and/or listen to Holy Week reflections through podcasts, radio or Catholic books.

I invite you to embrace the Holy Week Discipleship Challenge by bringing or inviting a friend or family member to join in the celebrations of this sacred time, particularly the Paschal Triduum. This is a wonderful opportunity to share the profound experience of Christ's passion, death, and resurrection, and to deepen our faith together as a community.

Let us walk with the Lord to Calvary, die to sin with Him, and rise with Him in the joy of Easter.

May this Holy Week bring you closer to the love and grace of Christ!

In Christ,

Fr. Deo

