



# 40 Ideas for 40 Days

from Joe Paprocki

## Holy Week Basket

This Lenten activity is an opportunity for catechists to connect Holy Week and the end of Lent to the celebration of Easter.



- We are all familiar with Easter Baskets. This activity takes the Easter Basket and transforms it into a Holy Week Basket in preparation for the celebration of Easter.
- Place a traditional Easter Basket (filled with that fake green grass!) in the center of the room.
- In the basket, place a number of plastic eggs that you have filled with slips of paper that have suggestions for how to make Holy Week more holy. Suggestions:
  - Each day of Holy Week, read the [Gospel for the day](#).
  - Spend 15 minutes in silence each day.
  - Pray the [Sorrowful Mysteries of the Rosary](#).
  - Get to church early for each of the Holy Week services and spend some quiet time in prayer.
  - Rent an inspirational film such as [Jesus of Nazareth](#), [King of Kings](#), [The Greatest Story Ever Told](#), [The Passion of the Christ](#), Fr. Barron's [Catholicism](#), etc.
  - Listen to some inspirational music.
  - Fast from one meal each day.
  - Fast from watching TV.
  - Fast from surfing the Internet, spending time on Facebook, etc.
  - Fast from your iPod.
  - Gather up loose change and donate it to a charity.
  - Volunteer to work at a soup kitchen or shelter.
  - Volunteer to help at a parish activity.

# Holy Week Basket

- Volunteer to participate in a special role at one of the Holy Week services.
  - Go through your closet and drawers and gather up some clothes to donate to charity.
  - Begin some spring cleaning in and around the house, starting with your own room.
  - Make Easter cards for your family and godparents and for anyone you know who is ill.
  - Visit someone who is sick or lonely.
  - Plant some flowers.
  - Help your parents do the Easter food shopping and preparation of Easter meals.
  - Keep a quiet atmosphere on Good Friday: no TV, radio, or computer for a few hours in the afternoon.
  - Pray the [Stations of the Cross](#).
  - Other ideas? PLEASE SHARE THEM!
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- Have each young person take one of the eggs and open it to get their Holy Week suggestion.
  - Go around the group and ask them to read aloud the Holy Week suggestion they received.
  - Announce the times of Holy Week services at your parish and encourage the young people to attend and participate.
  - Play some quiet instrumental music and invite the young people to come forward one at a time to place their egg back in the basket in preparation for the celebration of Easter.
  - Remind them that the egg is a symbol of the tomb of Jesus from which he arose.