



Faith Formation

Preparing for Holy Week/Palm Sunday

Trivia Question: Traditionally, how many Stations of the Cross are there?

Answer:

There are 14 Stations of the Cross commemorating the Passion and death of our Lord Jesus Christ. Each of the fourteen stations represents an event which occurred during Jesus' Passion and death at Calvary on Good Friday. However, in recent years, some variations have been introduced in the traditional devotion. One of these is the addition of a 15th station – the Resurrection of Jesus.

The Stations were originally performed many centuries ago by Christian pilgrims who visited the Holy Land and the sites of Jesus' Passion. Promotion of the devotion to the Stations began in earnest with the Franciscans, who were given custody of the Holy Places in the Holy Land in the 1300s. Countless Catholics have all enriched their spiritual lives with this powerful devotion.

Devotion to the Stations of the Cross spread rapidly throughout the Roman Catholic world in the 18th century, largely as a result of the preaching of the Franciscan, St. Leonard of Port-Maurice, who erected stations and promoted the devotion in over five hundred churches and places throughout Italy. His work was supported by the popes of his time, who saw the devotion as a means of strengthening faith.

Another 18th century saint, St. Alphonsus Liguori, wrote a brief work on the stations that is still in use today. Religious communities like the Jesuits and the Passionists made the devotion part of their missions and retreats. By the 19th century, the Stations of the Cross had become a staple in Catholic prayer books and in churches throughout England, Ireland and North America.

<https://ccatuga.org/stations-of-the-cross-history>

Activity for Kids:

Here is a great version of stations of the cross to keep kids engaged and for them to understand the journey Jesus took to Calvary.

[Brother Francis: Stations of the Cross](#)



How to sign up for Formed

1. Go to: <https://formed.org/>
2. Select the box that says "Sign Up"
3. Select the option that says "I belong to a Parish or Organization"
4. Type in "Morrlilton" in the search bar
5. Select the option "Sacred Heart 506 E Broadway St Morrlilton AR"
6. Type in your name and your email address
7. Start using Formed

Holy Week is next week! With Father Mike Schmitz, find out how the Franciscan Sisters of the Eucharist pray during Holy Week, and maybe discover something you can use in your prayer life as we walk with Jesus from his entry into Jerusalem, to Calvary and the Resurrection. The unique prayer commitment Fr. Mike suggests in this video follows Jesus through all of his experiences—from suffering to celebration—in this the holiest week of the year.

[Praying Through Holy Week](#)



Activity for Kids:

Check out these 10 fun things to do with Palms from the Catholic Icing website

[Catholic Icing: 10 Things to do with Palms for Palm Sunday](#)



This Sunday is Palm Sunday, the beginning of Holy Week, and commemorates the triumphant arrival of Christ in Jerusalem, days before he was crucified.

In the Gospels, Jesus entered Jerusalem riding a young donkey, and to the lavish praise of the townspeople who threw clothes, or possibly palms or small branches, in front of him as a sign of homage. This was a customary practice for people of great respect. The use of a donkey instead of a horse is highly symbolic, it represents the humble arrival of someone in peace, as opposed to arriving on a steed in war.

During Palm Sunday Mass, palms are distributed to parishioners who hold/carry them in a ritual procession in church. The palms are blessed and are therefore sacramentals. Because the palms are blessed, they may not be discarded as trash. They may be returned to the church, kept for the year, and/or later burned or buried. Many enjoy fashioning crosses, roses and spirals from their palms to display on their home altars, crucifixes, etc. Here is a link that has ideas of how to display, or dispose of old palms properly.

[Nativity Catholic Church: What Should I Do With Blessed Palms?](#)