



How can we benefit from Holy (Pascha) Week at home?



PREPARE A PRAYER CORNER FOR PASCHA WEEK

Set up these few things for prayer:

- A photo of the cross or wooden cross
- A candle
- A black cloth
- Pascha Book

*"But as for me and my house, we will serve the Lord."
Joshua 24:15*



LEARN THE ORDER OF THE HOURS OF PASCHA PRAYERS:

We have 5 morning prayer hours
+ 5 evening prayer hours:

Morning prayers: 1st, 3rd, 6th, 9th, and 11th

Evening prayers: 1st, 3rd, 6th, 9th, and 11th

Each hour takes about 30 minutes and includes:
Prophecies, "Thok tati gom" (12 times), a Psalm,
Gospel, and exposition

STAY FOCUSED

- Try to eliminate and fast from screen time and all digital distractions.
- Read spiritual book (preferable related to the Pascha Week)
- It is also advised for you to have a notebook for your own reflection.



READ THE GOSPELS & PSALMS

Through the week try to finish reading these books from the bible:

- Monday: Matthew
- Tuesday: Mark
- Wednesday: Luke
- Friday: Psalms
- Saturday: John



MORE TIPS

- During the Holy Week it's best to learn hymns that are sung regularly.
- Have prayer lists ready, and try to pray for everything and everyone.

SCAN THIS QR CODE FOR VERY HELPFUL RESOURCES:



PRAY WITH YOUR FAMILY

During Holy Week (Pascha) it is important to pray with your families each and everyday.

You can follow the diocese live streaming at:

www.lacopts.org

www.logoschannel.com

