

# TAKE OUT

Family Faith on the Go



## Christ Is Risen

Talk to your kids about the meaning of Easter

## A Guide to Holy Week

A kid-friendly guide to understanding the events leading up to Christ's resurrection



KIDS QUESTION

## Where Did Jesus Go?

**ALSO:** Confessions of a Catholic Dad, Page 6



## From the Editor

### Thankful for Easter

Seven years ago, my husband entered into the Catholic Church at the Easter Vigil while I held our two-month-old son in the pew. The years prior to that day had continuously led him to the Church, and when we found out after two years of trying to have a baby that we were expecting, he figured that it was probably a good time to just make it official already.

Today, I'm so thankful for the time he took to attend RCIA. I'm thankful he came to the decision on his own and that his non-Catholic family didn't call him crazy and try to talk him out of it. And I'm so very thankful we can raise our kids together in the Faith.

This issue has some great resources for teaching about Holy Week and Easter. On Page 3 Joseph White offers a good overview of what Easter really means to Catholics. And the poster has an easy-to-follow walk-through of Holy Week for kids.

I hope you have a wonderful Easter!

*Lindsey*

### Join our online community!



Sign-up for our email list at <http://bit.ly/TCKprayer> to receive great emails with resources and downloads from Teaching Catholic Kids AND a free prayer flow chart!

Follow **teachingcatholickids** for a positive Catholic online community sharing inspiration and information.



Celebrate!

# April

#### April 5 | Palm Sunday

Just days before he was crucified, Jesus was hailed with "Hosannas" as he rode into Jerusalem on a donkey. The crowd waved palms during his procession through the streets. Take the palms home that are distributed at Mass today and place them in an important place.

#### April 10 | Good Friday

Many churches pray the Stations of the Cross today. If you can't make it at the scheduled time, use this link ([bit.ly/StationsforKids](http://bit.ly/StationsforKids)) to pray them in your house.

#### April 12 | Easter Sunday

Christ is risen! Celebrate with family, food and fun.

#### April 22 | Earth Day

Enjoy the outdoors today.

#### April 23 | St. George

Portrayed as a knight and a dragon slayer, there is some speculation about whether he really existed. Nevertheless, the stories about him portray him as a defender of people. Are there ways you can help people who don't have a defender or somebody to help them?



#### April 28 | International Astronomy Day

The cosmos is so vast and big that it shows the wonderfulness of God's hand. If you know somebody with a telescope, ask if you may use it tonight and then make up stories about what you see.

April 2020 • Volume 14 Number 8 • \$2.50

**Publisher:** Scott P. Richert

**Editorial Director:** Gretchen R. Crowe

**Presentation Editor:** Lindsey Riesen

**Editorial Team:** Tyler Ottinger, Marla Overholt,  
Scott Warden, York Young

**Gospels:** Sister Janet Schaeffler, O.P.

**Chief Marketing Officer:** Jim Weigert

**Production Manager:** Christopher Rice

**Chairman of the Board:** Bishop Kevin C. Rhoades

Copyright © 2020, Our Sunday Visitor, Inc. Editorial address: Take Out, 200 Noll Plaza, Huntington, IN 46750. Take Out® is published monthly, September-June, to support Catholic families grow in faith. To order call 1-800-348-2440.



# Jesus' Death and Resurrection

By Joseph White

The story of Holy Week is a symphony of highs and lows. It is at one moment exhilarating, and at another terrifying. From the intensity of Holy Thursday to the profound sadness of Good Friday and then to the triumphant joy of Easter Sunday, the Triduum itself feels a bit like an emotional roller coaster. Knowing this, parents are sometimes unsure how to talk to their children about Jesus' death and resurrection. This mystery is central to our faith, and we are certain to encounter it as we celebrate with our parish this time of year. But children grow in their ability to understand the Easter story. What should we tell them, and when? Here's a short guide to talking about Holy Week and Easter for children at various ages.

**Preschool and Kindergarten (ages 3-5):** When children are very young it is best to help them avoid too much blood and violence in images or videos depicting the Crucifixion. Hearing and seeing too many details about Jesus' passion can be overwhelming and scary for children this age, and we don't want them to become overly focused on the morbid details. Rather, we want them to know Jesus as a loving and powerful friend who is also God. When discussing Jesus' suffering and death with children this age, we can say: "Even though Jesus was very kind and good, there were some people who didn't like him. They were mean and hurt Jesus, and he died. But that wasn't the end of the story. Because Jesus was God's Son he could even beat death! He came back and saw his friends again before going to his Father in heaven."



**Elementary Age (ages 6-12):** In addition to the explanation above, we can explain to children this age that many people in Jesus' time misunderstood who Jesus was. Some thought he might be trying to start a war against the Romans. Others thought he claimed to be someone he wasn't. Some of the religious leaders were afraid of losing their power if too many people listened to Jesus. But when the Romans unfairly arrested Jesus and prepared to crucify him, he was willing to give his life, because he loved us enough to give his whole self to us. Children this age can experience a simplified version of the Stations of the Cross, as long as they have some developmentally appropriate way to experience this devotion — for

example, a child's guidebook. It's important to keep the Resurrection in mind and foreshadow this even as we are talking with kids about Jesus' death, to continually reassure them that this story has a happy ending!

**Adolescence (ages 13-17):** Teens can handle even more information about the Good Friday story, because they are better able to understand the context. A more traditional version of the Stations of the Cross and similar depictions of Jesus' suffering are appropriate for this age group, particularly if we can relate Jesus' own suffering back to their everyday lives. It's important that teens know that doing good sometimes involves sacrifice and suffering. God is with us and understands suffering because he became a human being who suffered also. And the Resurrection teaches us that, with God, there is an Easter Sunday for every Good Friday.

One of the wonderful things about being Catholic is the way in which we are called to experience again the stories of our faith through the liturgical year, each time growing in our understanding and seeing our own lives of faith with a fresh perspective. May God bless you and your family as you embrace the mysteries of this sacred season.

*Dr. Joseph White is national catechetical consultant for Our Sunday Visitor.*

# Celebrating Holy Week and the Paschal Triduum

By Michael R. Heinlein

The week leading up to Easter Sunday is the most significant time in the Church's year. Gather your family, reflect upon these great events and prepare your hearts for the Resurrection of Our Lord!

## Palm Sunday of the Lord's Passion

The Sunday before Easter is known as Palm Sunday, which begins Holy Week. It sets the stage for a week of reflection on the events and reality of Jesus' passion and death.

We remember how, amid great celebration and fanfare, Jesus entered Jerusalem on the first Palm Sunday. Palms were laid down by the people to honor Jesus as king. At Mass, we usually commemorate this with a procession in which we carry palms. Though we begin by rejoicing, the tone shifts quickly when we turn our focus to Jesus' suffering and crucifixion in the Gospel reading.

## Monday through Wednesday

The Gospel readings for the first three weekdays of Holy Week focus on the events leading up to Jesus' passion and death. We are reminded of Jesus' great love for mankind despite our sins. We are introduced to Judas' jealousy and greed, as well as his own cooperation with Satan in betraying Jesus. And we even learn that St. Peter would deny Jesus three times.



How does Jesus reign in our hearts? Do our thoughts, words and deeds mirror Jesus in our lives?

In what ways do we betray Jesus and fail to recognize him as Lord? How can we love him more?

## Holy Thursday

The Evening Mass of the Lord's Supper begins the Paschal Triduum, which is the shortest liturgical season of the Church year. We commemorate the night when Jesus instituted the holy Eucharist as a sign of his presence among us and his great love for us. Jesus washed the feet of his disciples at the Last Supper. In this act of humble service Jesus shows us how we can imitate his great love for us as he hung upon the cross. The night ends in silent adoration of the Blessed Sacrament.

How can we better bring Jesus to others?



## Good Friday

It might seem strange to call this somber day “good,” while we mourn the death of Jesus on the cross. But it is “good” because God’s Son, in the greatest act of love known to mankind, overcame the power of sin and death for our salvation. According to the Church’s tradition, the Mass is not celebrated on this day. The liturgy of the day allows us to meditate on Jesus’ crucifixion, adore his holy cross and receive him in holy Communion. Good Friday is a day of fasting and abstinence from meat.

## Holy Saturday

Holy Saturday is a day of silence and waiting. We might imagine the experience of Jesus’ loved ones and friends on this day. They knew he promised he would rise from the tomb, but the reality of his death must have been overwhelming. Though dead in the flesh, the Church commemorates that Jesus “descended into hell” on this day and brought life to those souls who awaited salvation from the beginning of time.

## Easter Vigil

This most holy of nights is the greatest celebration of the Church year. We sing Alleluias again and rejoice at Christ’s passing from death to life. At the Easter Vigil Mass, which is filled with symbols, the Church recalls how all of history pointed to Jesus’ resurrection. By rising from the dead in glory, Jesus made new life possible for all who believe. And so, this also is the night when those preparing to become Christians are initiated by baptism, confirmation and the holy Eucharist.

Although the Paschal Triduum ends on Easter Sunday evening, the Church’s Easter joy is celebrated throughout a 50-day Easter season.

*Michael Heinelein, the father of two, writes from Indiana.*

Take some time to reflect on Jesus’ passion and death. Does his death shape how we live?

How can we be more attentive to God’s action in the world and in our lives?

How are our lives different because Jesus rose from the dead?





# How Easter Food Can Bring Us Together

By Brian Fraga

The distinct smell of freshly baked Portuguese sweetbread is an indelible feature of Easter morning in the Fraga family.

Whether Mom baked it in the oven or Dad made a quick early-morning run to the corner bakery, sweetbread was one of those Easter traditions my family members brought with them when they immigrated from the Azorean Portuguese islands in the early 1970s.

Some relatives call it *foliar de páscoa* (Easter bread), while others, depending on what village they grew up in back in the old country, insist on *pão doce* (sweet bread) or *massa sovada* (kneaded dough). Regardless, Easter morning would not be complete without a slice on your breakfast plate, perhaps accompanied by a hearty slice of Queijo do São Jorge, a cheese imported from the Azores.

This may, so far anyway, sound more like a pretentious foodie column than a faith-filled reflection on Easter traditions. But it was through everyday life, food included, that generations of my relatives, most of whom were illiterate peasant farmers, passed on the Catholic faith.

Living in a remote archipelago in the middle of the Atlantic Ocean, those ancestors had tough lives. For centuries, they survived through subsistence farming. My parents' village, with a population of about 350 people, did not have electricity until the late 1950s. The nights were dark, but the Catholic faith, in the simple yet profound ways my ancestors learned it, illuminated their lives.

In the sweetbread's center is a hard-boiled egg, which is inserted to be a symbol of new life in the Resurrection. The bread is available year-round, but for Easter demand skyrockets so that virtually any Portuguese neighborhood you walk through smells like a *padaria* (Portuguese for bakery).

In my mind, sweetbread is also interwoven with the day's liturgy, because no sooner had I finished my plate as a kid — usually after serving myself a second helping — than my parents had my siblings



and me begin getting ready for Easter Mass later that morning. That meant wearing the brand-new Sunday-best clothes my mother had bought for us a few days earlier — a colorful dress for my sister and, for the boys, dress shirts, ties and freshly ironed slacks with creases so sharp I could have probably shaved with them.

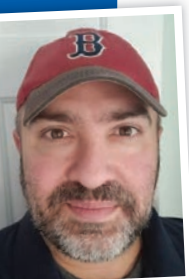
Keeping with the morning's culinary theme, after Mass my parents would take us to our grandparents' house, where our aunts, uncles and cousins also gathered for a multi-course meal that included kale soup, glazed ham, roasted lamb, turkey, roast beef with potatoes and linguica (a spicy Portuguese sausage), rice pudding and bread. Lots of bread.

There were also plenty of desserts, including a cheesecake with a strawberry topping that my grandmother baked, which to this day I have never found its equal. After dessert, while the adults drank port wine, smoked — it was the 1980s — and played cards, the kids played outside.

Simple food, bread and wine gathers us all as a family of faith around the Eucharistic table every Sunday. In my family, food on Easter communicates the love and communion with one another that are distinct features of the Christian life. It also provides a channel for us to celebrate the joy of the Resurrection with one another. That is a lesson my wife and I hope to pass on to our three-year-old daughter, Hope.

Happy Easter, everybody.

Brian Fraga writes from Massachusetts.



# Sunday Specials

## Loving during Suffering

On Palm Sunday, we hear the story of the suffering of Jesus as he carried his cross, was mocked (laughed at), was physically hurt and then crucified. When we suffer because other people are mean to us, hurt us, laugh at us, Jesus asks us to continue to love others like he did on this most horrible of days for him.

If you are suffering, pray to Jesus, talk to people like your parents who can help, and think about how important it is to still love everyone.

If you see friends or family suffering, reach out to them and ask how you can help, so they can see Jesus' love in action.



Shutterstock

Reflecting on the Gospels with

## Sister Janet

### APRIL 5 | PALM SUNDAY OF THE PASSION OF THE LORD

*Matthew 27:11-54:* The story of Jesus' suffering tells us that his friends left him, he carried his cross, he was laughed at and was beaten. Yet, he continued to love everyone. | **Are there times it is hard for you to love some people? What might you do during those times?**

### APRIL 12 | EASTER SUNDAY OF THE RESURRECTION OF THE LORD

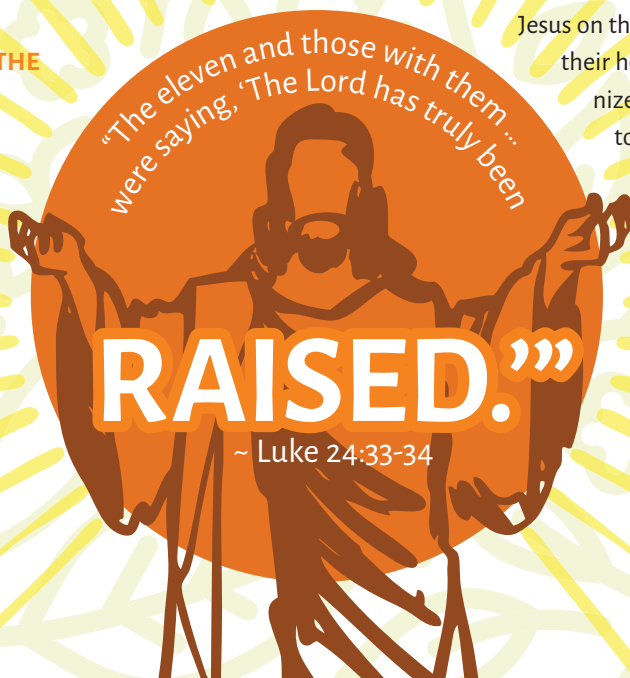
*John 20:1-9:* Mary Magdalene was the first to discover that the tomb where Jesus was buried was empty. Peter and John later realized, too, that Jesus is risen! | **Easter lasts fifty days. How will you celebrate it for that length of time?**

### APRIL 19 | SECOND SUNDAY OF EASTER

*John 20:19-31:* The first time the Risen Christ appears to his disciples, one of them is missing. When Thomas hears what happened, he does not believe; he wants proof. In his great love, Jesus helped Thomas believe and understand. | **Have you ever been like Thomas and had lots of questions and doubts?**

### APRIL 26 | THIRD SUNDAY OF EASTER

*Luke 24:13-35:* Two discouraged disciples are joined by Jesus on the road to Emmaus. They pour out their hearts to him, but they do not recognize him. Jesus explains the Scriptures to them. It is only when Jesus takes bread, blesses it, breaks it and gives it to them that they recognize him. | **Was there a time this past week in which Jesus was close but you missed him because you were too busy going about other things, or perhaps too upset or too angry about something?**





## KIDS QUESTION

# If Jesus Came Back to Life, Where Is He Now?

After Jesus rose from the dead, he spent 40 days on Earth teaching and visiting with his followers. After 40 days, he ascended into heaven. This means Jesus' body and soul, reunited when he rose from the dead, went up into heaven as one. This event was part of God's plan to show us the power of God and the eternal rewards we can share if we live our lives for Christ.

Before Jesus rose into heaven, he instructed the disciples to pray and wait. Nine days after the Ascension, the Holy Spirit was sent down at Pentecost. Even though Jesus left the world, he sent us help to live as Christians in the form of the Holy Spirit.



## 3 Places to Find Jesus Today



Jesus is all around us. He's in your neighbor, in the poor, in your friends, in your family and in you! As Christians we are called to treat others as Jesus, and to represent Jesus back to them.



Jesus is also present in the Eucharist. At Mass, we take Jesus into our bodies so that he can strengthen us. We are so close to heaven when we participate in the Eucharist!



Jesus is in all of creation. The Earth and all its creatures were created by God. We are entrusted with caring for it so that people can see God in the beauty that is creation.