



*“Create in me a clean heart, O God,  
and put a new  
and right spirit within me.  
Cast me not away  
from Thy presence,  
and take not Thy Holy Spirit from me.  
Restore to me the joy  
of Thy salvation,  
and uphold me  
with a willing spirit.”* – Psalm 51: 10 – 12

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## A Catholic Family Tradition: “Spring Cleaning”

The first part of Holy Week has traditionally been cleaning time in the lives of Catholic families in preparation for the celebration of the greatest feast of the year – Easter. The custom derived from ancient Jewish practice, for Jews in the Old Testament deep cleaned their homes in preparation for the great feast of Passover. Ancient Christian tradition holds that the three days after Palm Sunday be devoted to a thorough cleaning of the house, the most vigorous of the whole year. Not so long ago, carpets, couches, and mattresses were carried outside and beat with sticks to remove dust. Today we more often use vacuums, but the idea is the same – a thorough cleaning is done to make the house fresh. Parents and children work together to scrub floors, sweep patios, tidy messy drawers, launder curtains, wash windows, and clean out closets, refrigerators, pantries, and garages. Unusable articles are thrown out. Items in good condition that the family no longer needs are donated. For these three days less time is devoted to meal preparation so one can focus on house cleaning. Therefore, meals are kept simple and light – maybe a big pot of soup is made from items found when the refrigerator and freezer are cleaned out! By Wednesday night the home is spic and span, just in time for the family to fully participate in the Triduum in eager anticipation of a joyful Easter Sunday.



This spring cleaning restores homes to cleanliness for the greatest feast of the year, but it also has special significance in other ways as well. These final days leading up to the Triduum are meant to be a final Lenten time of “spiritual cleaning” -- an internal cleansing of the heart and soul. Changing up the home activity also serves as a good reminder to everyone in the family that Holy Week is different from all other weeks. And it provides a few final sacrifices for each family member to offer during Lent in honor of the Lord’s passion.



### Happy Spring Cleaning!!



## OUR FAMILY SPRING CLEANING LIST:

Go through this list together as a family and check which activities you’ll do this week to prepare your home for the greatest feast of the year:

- |                                    |                                  |
|------------------------------------|----------------------------------|
| _____ Wash the kitchen floor       | _____ Clean out the refrigerator |
| _____ Sweep the patio              | _____ Dust furniture & shelves   |
| _____ Vacuum the carpets           | _____ Wash all the sheets        |
| _____ Scrub sinks, showers, & tubs | _____ Wash the dog               |
| _____ Vacuum the couches           | _____ Dust ceiling fans          |
| _____ Wash windows                 | _____ Wash bathroom floors       |
| _____ Clean out closets            | _____ Tidy messy drawers         |
| _____ Sweep the garage             | _____ Clean the oven             |
| _____ Clean the microwave          | _____ Clean the coffee pot       |
| _____ Dust windowsills & blinds    | _____ Dust / wash light fixtures |
| _____ Clean out the pantry         | _____ Fold & put away laundry    |
| _____ Clean under the kitchen sink | _____ Sweep front/ back porch    |
| _____ Empty garbages               | _____ Wash out garbage cans      |
| _____ Clean toilets                | _____ Clean out the garage       |
| Other _____                        | Other _____                      |

# Spring Cleaning Chore List

As a family, prepare Spring Cleaning Chore Lists for every member of the household to do in these final days before Easter. Happy Spring Cleaning!!

NAME: \_\_\_\_\_

1.

2.

3.

4.

5.



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