

Triduum (TREE-doo-oom)

- The summit of the Liturgical Year is the Easter Triduum
- The single celebration of the Triduum marks the end of the Lenten season
- Stretches over three days—from the evening of Holy Thursday to the evening of Easter Sunday
- One liturgy, celebrated over three days, it unfolds the unity of Christ's Paschal Mystery
- Paschal Mystery=Christ's suffering, death and resurrection
- Leads to the Mass of the Resurrection of the Lord at the Easter Vigil
- The liturgical services that take place during the Triduum:
 - Mass of the Lord's Supper
 - Good Friday of the Lord's Passion
 - Mass of the Resurrection of the Lord



Holy Thursday

Mass readings

Exodus 12:1-8, 11-14

1 Corinthians 11:23-26

John 13:1-15



Prayer

**In our prayer today, we let our Lord wash our feet
- love us unconditionally -**

and we let Jesus be broken and given for us.

**We pray that we might be faithful to the one
commandment of Jesus -**

**that we might love others in the same way
that we have been loved.**

**Where charity and love are found,
there is God.**

Amen



**Although the Masses of Holy Week
are familiar in nature,
as you travel through the Triduum this weekend,
there are always new insights and discoveries,
new ways we can look
at what Jesus and his disciples experienced.
For while Holy Week acknowledges
events that took place 2,000 years ago,
our faith is truly about what God is doing now.**

What is God calling you to experience at this time?

Reflections

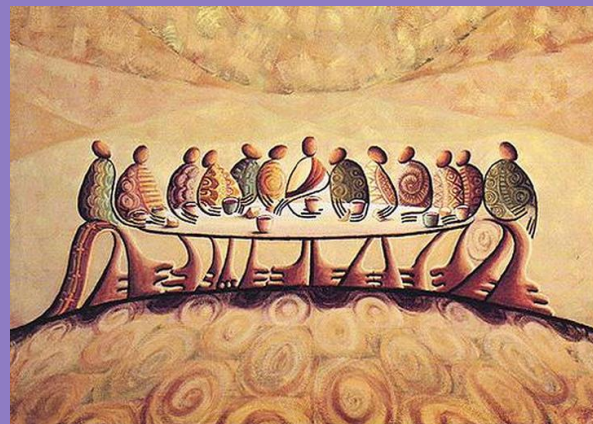
Do I let Jesus accept me for who I am,
“dirty feet” and all?

Who are the people in my life whose “feet”
need to be washed?

How can I accept Jesus’ call to follow his
example of service?

When Jesus said, “Do this in
remembrance of me,” what do you think
he meant by “this”?

What does the sacrament of the Eucharist
mean to me?



Good Friday

Mass Readings

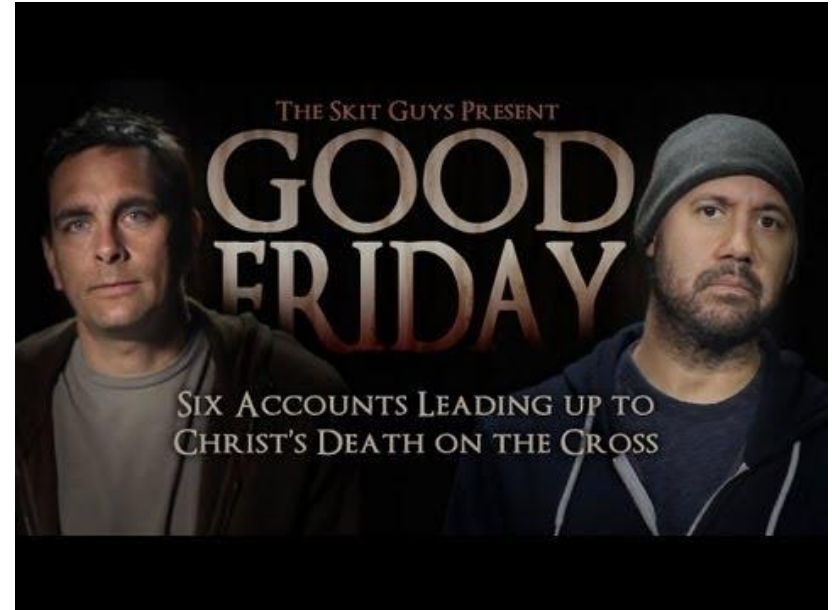
Isaiah 52:13-53

Hebrews 4:14-16, 5:7-9

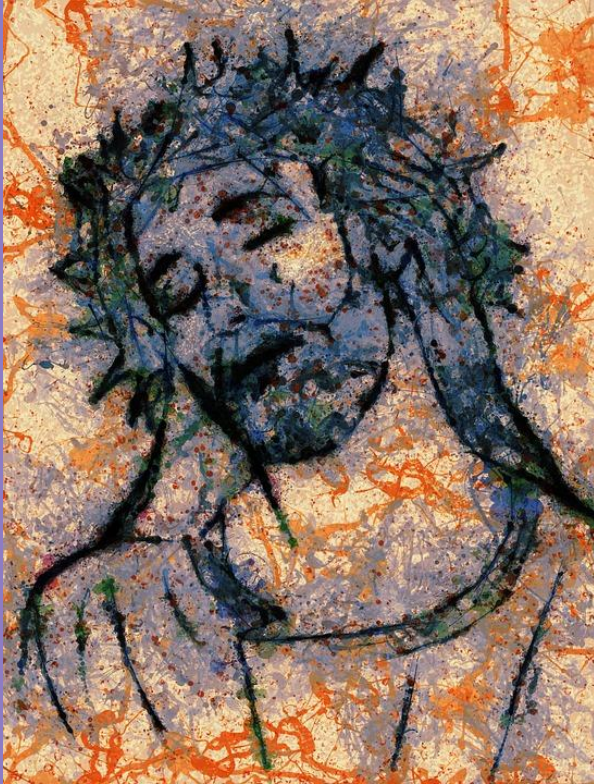
John 18:1-19, 42

Prayer

Today we pause to remember your sacrificial love
That shone light into the darkness
That bore life from such emptiness
That revealed hope out of devastation
That spoke truth through incrimination
That released freedom in spite of imprisonment
And brought us forgiveness instead of punishment.
Thank you that we can now walk in the light of your life,
Hope, truth, freedom and forgiveness,
This day and everyday.
Amen



Reflections



- What does the death of Jesus mean to me?
- Why is today NOT a day of unrelieved sorrow?
- Do you take time, on a regular basis, to confess your sins so that you might enjoy the freedom of forgiveness?
- Do you need to experience God's forgiveness in a fresh way today?
- What does Mary's presence at the cross evoke in you?
- Why do you think was it necessary for Jesus to suffer physical pain as he died?
- How do we give our sins to Jesus?
- How do you feel about what Jesus has done for you?

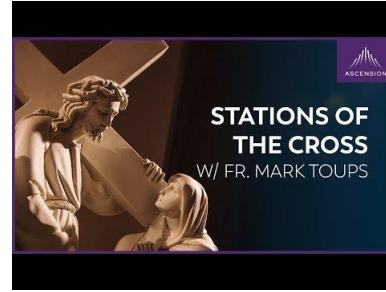
Links for your family to pray the *Stations of the Cross* Usually done on Good Friday. Here are four options.



This one is 18 minutes, nicely read and role played by small children.



This video is 10 minutes and teenagers act out the stations, thoughtfully reflective and ends with song.



Ascension Presents shares a prayerful, 30 minute *Way of The Cross* using Psalms.



A favorite of many, this is a 50 minute spiritual reflection on the stations, by Bishop Barron

Holy Saturday

Mass Readings

Genesis 1:1-2:2

Genesis 22:1-18

Exodus 14:15-15:1

Prayer

I surrender to you today with all my heart and soul.

Please come into my heart in a deeper way.

Fill me with hope, Lord Jesus.

Teach me that death is not my end,

to hope always in you

And in the resurrection,

which is the making of all things new.

Graciously grant

to those you wash clean in the waters of Baptism

the assurance of your unfailing protection.

Through Christ our Lord.

Amen



Reflections

- How has God interceded in my life?
- After hearing the Resurrection story, what events do I see in my own life that are in need of new life, in need of resurrection?
- Spend time in silence today. Try to enter into a conversation with God.
- Let divine hope grow within you, knowing that hope, new life, joy and life in Christ, are the messages of Easter Season.



*Write down your answers
and revisit them each
Sunday during Easter Season.*

A note about Easter Season



- **The season of Easter, a 50-day period, begins at sunset on the eve of Easter and ends on Pentecost, the day we celebrate the gift of the Holy Spirit and the birth of the Church. Pentecost will be celebrated on May 23, 2021.**
- **The word "Easter" comes from Old English, meaning simply the "East." The sun which rises in the East, bringing light, warmth and hope, is a symbol for the Christian of the rising Christ, who is the true Light of the world.**
- **The entire Easter season celebrates the Resurrection of Christ. It is a period of joy and hope, as Jesus Christ has saved us from ourselves.**

Links to Easter reflections

[4 Ways to Spread the Word: Jesus Is Risen](#)

[Easter Sunday](#)

[Catholic Q&A: The Meaning and Effects of the Resurrection of Jesus](#)

