

## Trending: Triduum

If you haven't yet discovered the Paschal Triduum, its treasures await you and your family. This gem is a three-day observance that begins Holy Thursday at sunset and concludes at sunset on Easter Sunday. Paschal refers to the passion, death, and resurrection of Jesus Christ; Triduum means three days. Lent prepares us for the Triduum and Eastertime continues our celebration. The Church observes the Triduum as one three-day liturgy with several movements. These three days of rituals invite us into the heart of the mystery of faith. They tell our story of salvation and engage all our senses through foot-washing and oil-pouring, fasting and savoring the Body and Blood of Christ, listening in silence and singing jubilant Alleluias, incense, darkness, fire, and an Easter Candle that spreads light to every corner. This is what it means to be Catholic!

The other side of this page tells how Palm Sunday and the Triduum are observed in the church building. This side shows how households—domestic churches—can keep Holy Week and the Triduum in ways that deepen adult faith, spark interest in children, and arouse imagination for all. Choose what works for you and your family from the suggestions below.

Begin Holy Week by creating a “sacred space,” a family place of honor. Set your Bible on a pretty cloth where the family gathers regularly and open it to the day’s Scripture. Add a crucifix and candle. Light the candle as the family reads Scripture and prays. Set a bowl in the center of your dinner table and place in it money you saved through Lent’s fasts and sacrifices.

	Scripture	Ways to Imitate Jesus
<b>Holy Thursday</b>  and  <b>Mass of The Lord’s Supper</b>	<b>John 13:1–15</b>  Read this Scripture slowly and deliberately. Try to use all your senses as you imagine yourself in the Upper Room with Jesus and the apostles.	<ul style="list-style-type: none"> <li>• Trace your hand on a piece of construction paper and cut out the shape. On the hand write, “I serve others by ____.” Place it in your sacred space.</li> <li>• Serve someone in a special way and sacrifice for him/her.</li> <li>• Eat a family meal, saying grace and breaking a special loaf of bread.</li> <li>• Take your “rice bowl” money to church for the collection for the poor.</li> <li>• Stay after the service to pray before the Blessed Sacrament for as many minutes as the age of your children allows.</li> <li>• Visit other churches during the evening to adore Jesus.</li> </ul>
<b>Good Friday of the Lord’s Passion</b>	<b>John 18:1–19:42</b>	<ul style="list-style-type: none"> <li>• In silence, or one person aloud to the rest of the family, read the entire Gospel that tells the story of Jesus’ passion.</li> <li>• From noon until three o’clock, fast from all electronics and focus on prayer, Scripture, and good deeds.</li> <li>• Pray the Stations of the Cross as a family (<a href="http://loyolapress.com-Stations of the Cross for Children">loyolapress.com-Stations of the Cross for Children</a>).</li> <li>• Trace your foot on paper and cut it out. Write, “I walk with Jesus by _____.” Place this in your sacred space.</li> </ul>
<b>Holy Saturday</b>  and  <b>Easter Vigil</b>	<b>Luke 24:1–12</b>	<ul style="list-style-type: none"> <li>• Take Easter foods in a basket to church for blessing.</li> <li>• Over lunch or dinner, share stories about grandparents and their families. Tell the children how Easter Vigil Scriptures will relate stories of our ancestors in faith.</li> <li>• Find brightly colored flowers to decorate the candle in your sacred space and place them there just before bedtime.</li> <li>• Create a little banner that says, “Christ is Risen! Alleluia!!” and add it to your sacred space at bedtime.</li> <li>• Take an empty Holy Water bottle, or other small bottle, to church and after Mass fill it with the newly blessed Holy Water.</li> <li>• If you cannot go to church, sit for a moment in darkness, light the newly decorated Easter candle, and read the Scripture.</li> </ul>
<b>Easter Sunday</b>	<b>John 20:1–9</b>	<ul style="list-style-type: none"> <li>• Place the Holy Water in your sacred space. At mealtime take it to the table for one person to sprinkle over everyone as the sign of the cross begins your table blessing. Continue this blessing throughout the 50 days of Eastertime (through Pentecost).</li> <li>• Place flowers on your dinner table throughout Eastertime.</li> </ul>