



Triduum

The word Triduum means “three days.” We mark the days from sundown to sundown, so we actually celebrate Holy Thursday, Good Friday, Easter Saturday, and Easter Sunday.

On Holy Thursday, we recall the Last Supper, the first Eucharist ever. We feel privileged to carry on this sacred tradition. The next day, we meet during the sacred hours of the afternoon. We remember Jesus’ death and honor the cross that led to our salvation.

The Easter Vigil begins on Holy Saturday evening. We hear our family history of salvation. We welcome new members into the Church. We learn of Jesus’ new life. We know that we, too, share in salvation. Our journey ends happily.

Family Celebration

During Triduum, meals take on a special significance as we recall the Last Supper and its lasting gift to us.

Gather for a family dinner prior to attending the evening Mass on Holy Thursday. Be certain to have a loaf of bread for all to share. As the meal ends, pray together:

Jesus, Son of God, thank you for the time we share together. As we commemorate your suffering, death, and rising, help us recognize your gifts to us. Help us appreciate the Eucharist. Help us appreciate the Church. Help us appreciate the companionship of family and friends. We ask this through the Holy Spirit. Amen.

Family Activity

Observe the solemnity of the Triduum with your child. Center your activities around the theme for each day. Make these experiences part of the family holiday preparations.

- On Holy Thursday, bake bread together, and talk about the Eucharist. Point out that your child will be sharing this special meal in a few years.
- On Good Friday, read the story of the Passion from a children’s Bible. Talk about how much Jesus must have loved us to suffer for us.
- On Holy Saturday, color eggs together. Talk about how the egg is like Jesus’ tomb because it is like a rock. It also gives us life and sustenance because it is food. Use a crayon to draw religious symbols on the eggs before they are dyed, or put religious stickers on them after the dye has dried.