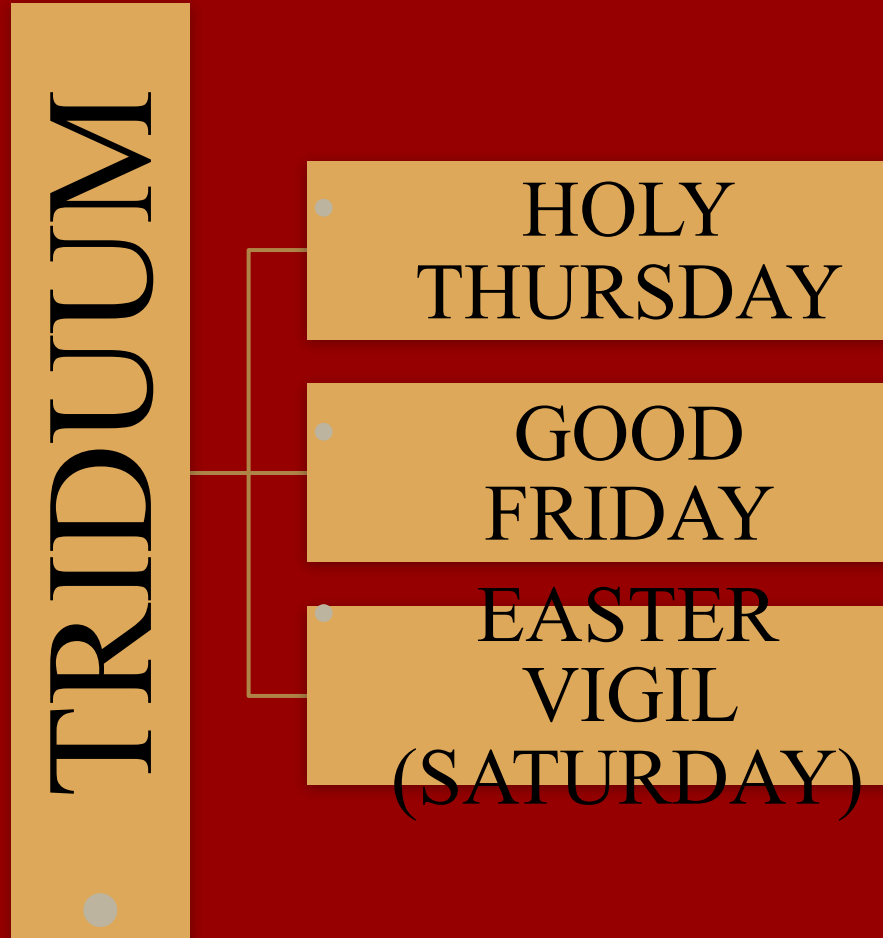


THE TRIDUUM

Three Holy Days

THE EASTER TRIDUUM



HOLY THURSDAY

- Lent ends at the beginning of Mass on Holy Thursday in the evening.
- This Mass is called Mass of the Lord's Supper.
- We sing the Gloria and the bells ring. Bells won't ring until Easter Vigil.
- We commemorate the night that Jesus instituted TWO sacraments: the Priesthood and the Eucharist
- During the Mass a special part is added: washing of the feet to commemorate Jesus's gesture of washing the apostles' feet at the Last Supper.
- There is no ending: no final blessing, no dismissal



HOLY THURSDAY

- At the end of the celebration, the Blessed Sacrament is carried to the altar of repose for adoration, but the tabernacle left opened and empty.
- Stripping of the Altar - all decorations, altar cloth and flowers are taken down from the altar – a period of mourning and sadness begins.
- Faithful are encouraged to spend time by the Blessed Sacrament to fulfill Jesus' request of his disciples, "Stay with me. Keep watch with me. Pray that you may not give in into temptation."



Empty tabernacle

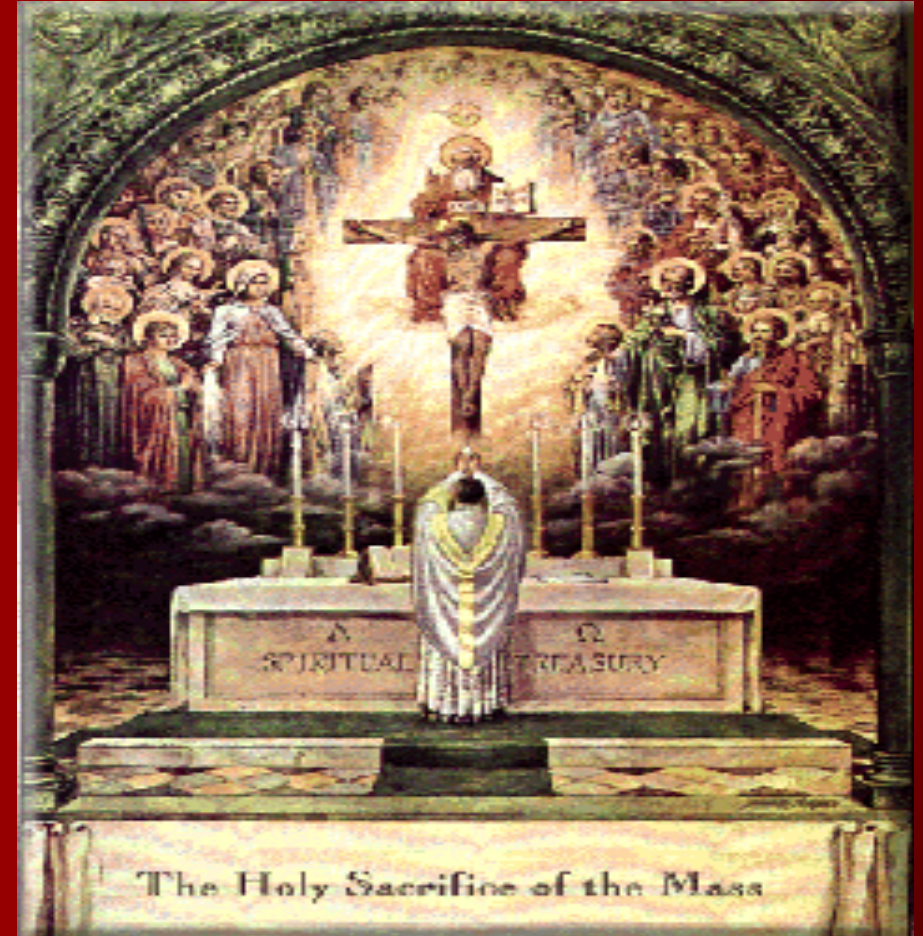
Altar of
Repose for all
night
adoration at
Epiphany
(2015)

Decorated
with flowers
to resemble
the Garden



GOOD FRIDAY

- This is the one day in the year that the Church does not celebrate Mass.
- Why not?
- Mass is a bloodless sacrifice – it makes the Sacrifice of Jesus on the Cross present under the species of bread and wine – REPRESENTATION OF JESUS' SACRIFICE
- On Good Friday, Jesus shed his blood for our sins – so on this day we celebrate the reality of Jesus' Passion (suffering) without the representation of that reality (Mass)



NO MASS ON GOOD FRIDAY - SO WHAT HAPPENS ON GOOD FRIDAY?

- Liturgy of the Word

- Entrance in complete silence
no singing

- Readings – including Passion Narrative from the Gospel of St. John

- Longer and often sung Intercessions

- Adoration of the Cross

- The Cross is unveiled

- People come up to adore the Cross by kissing it, kneeling before the Cross, bowing their heads, etc.

- Holy Communion

- The Blessed Sacrament is brought to the altar from yesterday's celebration

- We pray the Lord's Prayer – the Our Father

- Faithful received Holy Communion

GOOD FRIDAY – PRACTICES

- Good Friday is a day of deep mourning for Jesus.
- Faithful may gather to celebrate Stations of the Cross or other forms of devotion that focus on Jesus' suffering and death.
- This should not be a day of celebration.
- There should not be any parties or loud, joyous music played. Turn off TV unless you're watching church services.
- And of course – GOOD FRIDAY IS A DAY OF STRICT FASTING – NO MEAT AND ONLY 1 FULL MEAL AND 2 SMALLER ONES.



HOLY SATURDAY – MORNING AND AFTERNOON

- Nothing happens in the morning and afternoon.
- In some places, people visit the churches and pray by Jesus' tomb. But that's not a universally practiced custom.
- In some places, people bring Easter food baskets to church to be blessed. But again it may not be a universally practiced custom.
- Most of the time is spent preparing for Easter.



HOLY SATURDAY – EASTER VIGIL – AT SUNSET

- The celebration begins at sunset on Saturday evening.
- This is known as the Mother of All Liturgies – the longest, most elaborate celebration in the entire Church Year – THE EASTER VIGIL
- It begins with the blessing of the fire and the Easter Candle.
- The Easter Candle or the Paschal Candle is brought into a pitch dark church – the symbol of Jesus being in the tomb.



THE EASTER CANDLE

- The Easter Candle, also known as the Paschal Candle (from *Paschal Mystery*- the mystery of Jesus' passion, death, and resurrection) is the candle that is a symbol of the Risen Lord.
- The Easter Candle has three distinct symbols:
 - 5 grains of incense (or wax nails) are placed in form of the cross to represent the wounds of Jesus
 - The Greek Letters Alpha and Omega are placed on top and bottom of the cross to represent Jesus as the Alpha and Omega – the Beginning and the End.
 - The Current year is written

The Easter Candle will be lit throughout 50 days of Easter. It is also lit at Baptisms and at Funerals.



Alpha- the first letter of the Greek Alphabet

The wounds of Jesus

The current year

The Omega the last letter of the Greek Alphabet

HOLY SATURDAY

- Here are some pictures from 2015 Easter Vigil celebration at Epiphany.
- We sit in a dark church for the first part of the Mass – the Liturgy of the Word.
- This Liturgy of the Word is unlike any other – there are 7 readings from the OLD TESTAMENT, 2 readings from the New Testament and responsorial psalms in between the readings.



HOLY SATURDAY – EASTER VIGIL

- After the Liturgy of the Word, we celebrate Baptism and Confirmation of adults who haven't been baptized and confirmed.
- If there are no baptisms, then we renew our baptismal vows.



THE EASTER VIGIL

- Then the Mass proceeds as usual with the celebration of the Eucharist.
- Keep in mind that the adults, who were just baptized and confirmed, will also receive the Holy Communion – all three sacraments of initiation at one celebration!
- We are now celebrating Easter. This three hour celebration ends with joyful singing and the priest gives a blessing with the solemn dismissal:

“Go in peace, Alleluia, Alleluia”

“Thanks be to God, Alleluia, Alleluia”

All throughout Lent we did not say or sing Alleluia, but now it's time to rejoice at Jesus' victory of death.

EASTER DUTY

- On an end note, Catholics are obligated to receive Holy Communion at least once a year during the Easter season.
- This year, it's different, because public celebration of Masses and other Sacraments is suspended.
- So what are we supposed to do?
- If you are unable to go to Confession, you can still make an act of perfect contrition with the understanding that you will go to Confession when you will be able.
- If you are unable to receive Holy Communion, you can still make "Spiritual Communion."

ACT OF CONTRITION

- O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

ACT OF SPIRITUAL COMMUNION

- My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.