



CELEBRATING THE TRIDUUM & EASTER

Lent concludes on the evening of Holy Thursday at which time Triduum begins. The word *Triduum* means "three days." The Easter Triduum begins at sunset on Holy Thursday and ends at sunset on Easter Sunday. The three days of the Triduum are the most important days of the liturgical year.

Each day of the Triduum has a different celebration and focus, marking several important aspects of our faith. Participating in Triduum observances helps us learn more about what we celebrate as Catholics each day.

Holy Thursday Mass at 7:00 p.m. on March 28

Before Mass begins on Holy Thursday, we participate in a ritual to receive into our church the holy oils blessed by the bishop during the Chrism Mass. These oils, the Oil of the Sick, the Oil of Catechumens, and the holy Chrism, will be used by the parish for the sacraments of Anointing, Confirmation, and Baptism throughout the year.

On Holy Thursday, we celebrate the Mass of the Lord's Supper. We hear the Gospel accounts of the Last Supper; Jesus washing his disciples' feet, and Christ giving of his Body and Blood at the Last Supper. As an act of service, the priest washes the feet of twelve parishioners, representing the twelve apostles, to acknowledge their service on behalf of the church. After Eucharist is celebrated, there is no official conclusion to this evening liturgy. We process with the Blessed Sacrament to the tabernacle in the chapel where we are invited to remain and pray.



Good Friday Services at 3:00 p.m. and 7:00 p.m. on March 29

On Good Friday, we remember that Jesus Christ suffered and died for us. We mark his abuse at the hands of the Romans, the abandonment by his disciples, his labored journey to Calvary, and his death on the Cross.

For worship, we gather quietly in an atmosphere of sadness and grieving for the sins of humanity and the suffering and death of Christ. The priest prostrates himself before the altar as we enter into this mystery. After the Liturgy of the Word, the cross is held up in the midst of those present in both glory and sorrow. It is then made available for veneration; people come forward to kiss, bow, or genuflect as a sign of reverence. During this service communion is offered; however, it is not a Mass so there is no consecration and Eucharist comes from the hosts consecrated on Holy Thursday.



Today we abstain from meat and fast from regular eating to be more mindful of all those who suffer, and we join our suffering and worry with Christ's suffering. The current norms for fasting on Good Friday for those who are 18-59 are: One meatless meal, and if necessary, two smaller meatless meals may be consumed which, when combined, equal less than a full meal. Liquids are allowed, but no food should be eaten between meals. The USCCB provides this direction on exceptions: "Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting."

Easter Vigil Mass at 7:30 p.m. on March 30

On Holy Saturday, we reflect and pray about Jesus' death and then celebrate the Easter Vigil after sundown to highlight the Church's waiting for Jesus' resurrection. The darkness of the night and of the church symbolizes sin and death.



The paschal, or Easter, candle which represents the light of Christ rising from the tomb is lit and carried in procession into the dark church. Those present light smaller candles from the paschal candle to symbolize our new life in Christ. The Scripture readings encourage us to recall how God has interceded on our behalf from the very beginning of time and that through this Easter Vigil we celebrate that God is always present and working in our lives.

We renew our baptismal promises and welcome the catechumens to be baptized and confirmed and welcome the candidates to be confirmed. We all share in the Easter Eucharist as one body.

He is risen! The tomb is empty, and we rejoice in Christ's resurrection and ascension into heaven.

Easter Sunday Masses

7:00 a.m., 8:30 a.m., 10:00 a.m., 11:30 a.m. and 1:00 p.m. on March 31

On Easter Sunday we celebrate the greatest mystery of our Christian faith - that Jesus, who was crucified and died on the cross, rose from the dead.



The joy of Easter is expressed by the return of the "Alleluia."

The 50 days of the Easter season begin at sunset on Easter Sunday and conclude on Pentecost Sunday. The entire Easter season celebrates the Resurrection of Christ. The waters of Baptism are an important sign for the Church during this season of new life as we renew our Baptismal vows.

Also, during this season the first reading from the Bible is from the Acts of the Apostles, the book that records the life of the Apostles after Jesus' Ascension, and not from the Old Testament as in other seasons.

The joy of the Easter season is reflected in the signs of new life that we see everywhere during this time of year and in the joyful songs we sing and prayers we pray.

Wishing you a joyful and blessed Easter season!