

Celebrating the Easter Triduum at Home

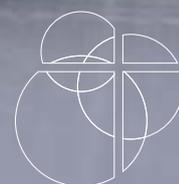
In the coming days, we experience the Easter Triduum as part of Holy Week. Our Catholic Catechism tells us the Eastern Churches call Holy Week “the Great Week.” In this great celebration, we encounter the “mystery of the Resurrection, in which Christ crushed death.” Easter is “not simply one feast among others, but the ‘Feast of feasts,’ the ‘Solemnity of solemnities.’”

The Easter Triduum is one large liturgical celebration in the Church. It extends from the celebration of the Last Supper on Holy (Maundy) Thursday, through experiencing the passion of Christ’s death on Good Friday (in Stations of the Cross, Veneration of the Cross, and Tenebrae), all the way through to the joy of the resurrection on Easter Sunday when we celebrate Christ’s conquering death and bringing us the joy of new life in Him. On Holy Thursday we commemorate Christ’s words “do this in memory of me.” Through the Easter Triduum, we go even further than commemorating Christ’s institution of the Eucharist that evening. We participate in the whole of His passion, death and resurrection; truly becoming people who do this in memory of our Lord.

This year, our celebration of the Easter Triduum is going to be very different from our past experiences, as we are unable to come together in our parishes. Many dioceses, parishes, and faith communities will be live streaming the liturgical ceremonies for people to watch from home. Tuning in to these live events is an important way that we can still celebrate as one body. You can find links to these celebrations for the Archdiocese of Perth on this document. Your own diocesan/parish website will most likely have links to these services for your locality.

However, the mysteries celebrated in the Easter Triduum aren’t something we are simply meant to watch on our television or a computer screen. These celebrations are meant to infuse our whole lives, homes, and families. The Easter Triduum calls us to engage deeply with the mystery of Christ’s death and resurrection.

More than ever, during this challenging time for our global community, we’re called to unite our suffering with the suffering of Christ and discover the kind of faith communities, homes, and families that God is calling us to become. There are many ways of celebrating the Easter Triduum in our homes and with our families. We hope that some of these suggestions (over leaf) may assist you and your family to encounter deeply the mystery of these special days this year.



Centre for
Life, Marriage
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AN AGENCY OF THE CATHOLIC
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Maundy Thursday

On Maundy Thursday, we celebrate Christ's Last Supper and His Agony in the Garden:

- Remembering Christ's Last Supper bake a loaf of bread as a family. It can be a favorite recipe, or you can make unleavened bread. Have a family member read Exodus 12 and/or Luke 22:19-20.
- Cook a meal for a family you know may be struggling at this time.
- Spend some time in your garden today and use this time to recall Christ's agony in the garden (Matthew 26:36-46).
- Celebrate a Holy Thursday meal as a family.
- Wash the feet of someone in your home.
- Turn the lights down in your home and fast from screens to hold a solemn vigil with Christ commemorating his agony in the Garden.

Holy Saturday

People often forget about Holy Saturday:

- In preparation for celebrating Easter Sunday this can be a great day to pull out pictures, videos, and mementos of your children's Baptisms, and tell stories and share memories of the events of faith for your family.
- As a family, renew your baptismal promises.
- Have a quiet day, perhaps listening to spiritual music.
- Reflect on what it would be like to live in a world without Jesus.
- Abstain from entertainments like video games and social media.

Archdiocese of Perth live-streamed Easter Triduum ceremonies

There will be streams for Holy Thursday, Good Friday, and Easter Sunday:

- [Website](#)
- [Youtube](#)
- [Facebook](#)

Good Friday

On Good Friday we celebrate Christ's Passion and death on the Cross:

- Do stations of the Cross colouring with small children
- Have a veneration of the Cross in your home. Set aside a quiet Holy Hour in your home and place a Cross in your living space for reflection.
- Give up screens for the day (or between noon and 3pm).
- Make a Stations of the Cross pilgrimage around the home.
- Fast on Good Friday and eat only simple food like Jesus and his Apostles may have eaten at that time.
- If weather permits, spend some time outside and plant seeds, explaining to your children how a seed must "die" if it is to give life.
- Pray the way of the Cross.
- Pray the Sorrowful mysteries of the Rosary.
- Spend time in silence.
- Read Christ's passion in parts with your family.
- Spend time learning about the Spiritual and Corporal Works of Mercy.

Easter Sunday

Easter Sunday is a day of joy when we celebrate Christ's resurrection!

- Hold a mini-Easter Liturgy of Light in your home.
- Sing the Gloria or other joyful Easter music at home.
- Learn about the Paschal Candle and light a candle in your home.
- Get up early on Easter morning to have time for prayer and (weather permitting) have breakfast outdoor in the cool morning air.
- Learn about Easter traditions around the world.
- Share a family meal sharing joyous moments from your family story.