

## TALKING ABOUT TRIDUUM >>>

Holy Week is the holiest week of the Church year. It begins on Palm Sunday and continues until Evening Prayer on Easter Sunday. The Triduum, or “three days,” marks the most sacred time of Holy Week. It begins at sundown on Holy Thursday and ends at sundown on Easter Sunday. During these three days, the whole Church fasts and prays with anticipation and hope. The Holy Thursday Mass has a unique connection with parish sacramental life. At this Mass, the holy oils that will be used for the next year are presented. These oils are blessed by the bishop at the Chrism Mass held in each diocese. The oils are used during the Sacraments of Baptism, Confirmation, Holy Orders, and the Anointing of the Sick.

### Scripture



Read **Philippians 2:6–11**. It describes Jesus’ attitudes of humility and obedience to his Father. When your family makes decisions, do you consider what God might want you to do?

## HELPING YOUR CHILD UNDERSTAND >>>

### Triduum

- Most children this age have developed a sense of sin and are aware of the need for salvation.
- Usually children this age are capable of meditation using the Sorrowful Mysteries of the Rosary or the Stations of the Cross.



## CATHOLIC FAMILY CUSTOMS >>>

This lesson teaches about the importance of the Cross as a means of salvation. It makes the point that each person deals with difficult things, or “carries a cross,” at some point.

- Reinforce this idea when your child has a difficult task to face, such as giving up a treat or tolerating a medical procedure.
- Honor the crosses and crucifixes in your home by dusting and cleaning them before Easter.

## FAMILY PRAYER >>>



During Triduum, you might place a crucifix or cross on the dinner table. Before your meatless meal on Good Friday, have each family member kiss or reverently touch the cross. This is similar to the actions done to honor the Cross during the Good Friday services. Pray together:

We adore you, O Christ, and we bless you, because by your Cross, you have redeemed the world.

Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).