

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” mark 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. On Good Friday, the Church commemorates the Crucifixion. No Mass is said on this day; the service consists of reading the Passion, praying for the Church and the entire world, veneration of the Cross, and Communion. To reflect the solemnity of the occasion, the sanctuary is bare and the organ is usually silent.

Scripture



Read **John 13:1–15**. It is the story of the Washing of the Feet. How do we as a family serve others?

HELPING YOUR CHILD UNDERSTAND >>>

Holy Week and Triduum

- At this age, children are beginning to sense the depth of meaning behind the events of Holy Week.
- Children at this age may find it helpful to identify with some of the major characters in the Passion story, such as Peter, Simon of Cyrene, or the Good Thief.
- Often, children at this age will be more aware of and interested in participating in the Holy Week rituals.



CATHOLIC FAMILY CUSTOMS >>>

Holy Week and Triduum

Many families choose to observe Good Friday by participating in the Stations of the Cross. Some parishes set aside a time for this, or families can visit the church for private devotions.

- Consider getting a booklet that explains the devotion from a parish library or conduct Internet research with your child to find resources.
- Walk through your parish church; stopping at each station, quietly discuss its meaning with your child.

FAMILY PRAYER >>>



Your family can celebrate the washing of the feet as a prayer on Holy Thursday. Ask your child to read aloud John 13:1–15. Then take turns washing one another’s feet with care, while you play reflective music in the background. Ask family members to think of this gesture as a symbol of all the ways in which you love and serve one another—and those in need—every day.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.