

## 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. On Holy Saturday, the Church gathers in darkness to await the Resurrection of the Light of the World. The Paschal Candle is lit with new fire; its flame is shared with all present. The readings begin with creation and show God’s plan for our salvation. The Sacraments of Initiation are a prominent part of the Vigil Service; new members are baptized, confirmed, and given the Eucharist.

### Scripture



Read **Isaiah 55:1–11** to learn about Isaiah’s rendering of God’s covenant as a nourishing experience for hungry and thirsty human beings.

## HELPING YOUR CHILD UNDERSTAND >>>

### Triduum

- Most children this age come to a better understanding of the meaning of this week if they participate in the liturgies or focus on the symbols.
- At this age, children are often interested in the drama of Holy Week and the Triduum in particular. They may also show an interest in the historical significance and parallels with the Jewish Passover.



## CATHOLIC FAMILY CUSTOMS >>>

### Holy Saturday

Holy Saturday is a day of waiting, remembering that Christ was in the tomb. Make it a solemn day in your home, a day of quiet and reflection. It is also a day of preparation.

- When all of the Easter foods are prepared, gather as a family to bless them, giving thanks for the food and for Easter.
- At supper, light candles. The Light of Christ precedes us into the dark, chasing away the shadows, replacing darkness with God’s mercy and love.
- Have a family member read aloud the words sung during the Easter Vigil (see below).

## FAMILY PRAYER >>>



### From the Exsultet

The sanctifying power of this night dispels wickedness, washes faults away, restores innocence to the fallen, and joy to mourners, drives out hatred, fosters concord, and brings down the mighty. . . . O truly blessed night, when things of heaven are wed to those of earth, and divine to the human. May this flame be found still burning by the Morning Star . . . 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).