



Church at Home

KEEPING THE TRIDUUM HOLY

None of us imagined that our Holy Week would resemble the one that is fast approaching. Typically, we set aside intentional time to gather for the Easter Triduum (three days: Holy Thursday, Good Friday, and Easter Vigil/Easter Sunday). It is a week of walking alongside Jesus in those last moments of earthly life, witnessing his profound and all encompassing love for us. Attending these liturgies, complete with their own unique moments and gestures, allow for us to actively participate in this yearly reminder of God's love for us and for the world. This year feels different...very, very different. We approach this Holy week prepared by a Lenten season that has brought many of us to our knees. We may experience a sadness at not being able to celebrate and pray in the "usual" way. Yet, God still calls us to be with Him. So, we invite you to stand ready to walk alongside Jesus, to help him carry his cross, to experience his suffering, receive his love, and witness to the joy of his Resurrection.

Below, you will find a few simple things you and your family can do during Holy Week. Simple is the key. We're giving you several options here, and it can be tempting to try to do them all and fill our time with lots of tasks and prayer experiences to keep busy. But don't feel obligated to do that, in fact the Triduum is an invitation to slow down and just "be" with God. This guide comes in part from the [Archdiocese Holy Week guide](#), the [Catechesis of the Good Shepherd Holy Week guide](#), and from our formation team. We are praying with you and for you - praised be Jesus Christ!

Stream Triduum Masses and Services

There are a few ways for your family to stream the Triduum liturgies. Here are a few we think you'll love.

- **Triduum with Archbishop ListECKi:** Celebrate with our local Church, by streaming the services the Cathedral services with Archbishop ListECKi. For times, stations, and ways to watch, [click here](#).
 - April 9: Holy Thursday Mass - 7:00pm
 - April 10: Good Friday - 12:00pm
 - April 11: Easter Vigil - 8:00pm
 - April 12: Easter Sunday - 11:00am
- **with Bishop Barron:** Bishop Barron has a gift for teaching the faith. He offers Masses on his "Word on Fire" website with high quality video: (<https://www.wordonfire.org/daily-mass/>)
 - April 9: Holy Thursday Mass - 8:00pm
 - April 10: Good Friday - 5:00pm
 - April 12: Easter Sunday - 11:00am
- **Triduum with Fr. Dennis Saran:** If you're looking for something a bit more familiar, celebrate with Fr. Dennis Saran (former associate pastor at Christ King and St. Bernard). These Masses have a more "normal" feel as they have included music and lectors. (<https://stdominic.net/gather/mass-recordings/>)
 - April 9: Holy Thursday - 7:00pm (*times subject to change, check [website](#) for updates*)
 - April 10: Good Friday - 1:00pm
 - April 11: Easter Vigil - 8:00pm
 - April 12: Easter Sunday - 9:30am

Follow Along

You can follow along with the Mass readings or nominate a family member to read them aloud:

- US Conference of Catholic Bishops (<http://usccb.org/bible/readings/index.cfm>)
- Laudate or Magnificat App (free on iPhone and Android)

Tried and true tips for streaming Mass with your family...

- **Set expectations:** Explain that when we stream Mass, this isn't like watching a movie, this time is unique and we should treat it the same way we treat Mass when we're in church. No giggling, eating, drinking, etc.
- **Dress up...** or at least don't wear pajamas. Changing our clothes into something special is a mental cue that what we're doing is different.
- **Set up chairs like a pew:** Move your couch out of the way and set up dining room chairs in a line or half circle. Comfy chairs and couches are a signal to veg out and turn off our brain. Sitting in a dining room chair is a bit less comfortable, but it reminds us of sitting in pews at church and may help us focus.
- **Set up your coffee table like a family altar.** Move a coffee table in front of your TV and add two candles and a crucifix. Then invite each member of your family to add one religious item of their choosing to the table; these could be religious art, crucifixes, rosaries, prayers, Bibles, pictures of your family receiving the sacraments, etc. Make sure every family member is represented somehow.
- **Stand, sit, kneel, and reply.** Do all the postures and responses you would normally do at Mass. This will keep you engaged and make this feel a bit more like a normal Mass.
- **Find Lectors:** If you are not live-streaming, you can nominate family members to read the 1st and 2nd readings and the psalms (see attached), then just fast forward to the Gospel. But, remember to let the priest or deacon on TV read the Gospel!
- **Add your own petitions:** pause the video after the petitions are read and ask each family member to add their own intentions.
- **Make an act of spiritual communion.** During communion time, when you would normally receive the Eucharist, lead your family in making the prayer of spiritual communion. This prayer asks God to give you all the graces you would receive from the Eucharist, even if you can't receive it today.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Triduum Prayer Ideas With Kids

The included family prayer ideas are meant to be adaptable for families and couples of all ages. However, we have also created a separate prayer guide for families with young kids. [View it here.](#)

Holy Thursday: April 9

"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do." -John 13:15

Family Prayer on Thursday night:

- **Opening Prayer**

Lord, you have called us together as a family to remember your last moments here on earth. Help us to open our hearts and minds to you in order to draw close to you in these most Sacred days. Amen.

- **Read Scripture:** John 13:1-15

- **Family Washing of Feet:** Have a bowl of warm water and towel available. Have each family member sit in a chair and take turns washing each other's feet.

- **Reflection Questions:**

- Why do you think Jesus washed the disciple's feet?
- What was he calling his disciples to do?
- How can they serve?
- What were you feeling during our family washing of feet?
- How do you think we can serve one another?

- **Act of Spiritual Communion:** As a family, pray the act of spiritual communion prayer (pg. 2).

- **Closing Prayer**

Lord, help us to continue to reflect on this words that you give to us---help us to serve you and serve one another with your heart. As we dive deeper into these next few days, help us to continue to think about how we can serve you and each other in a deeper way. We ask this through Christ our Lord, Amen.

Live it!

- **Make a nice dinner:** The Last Supper was a Passover meal, which celebrates the liberation of the Jewish people from slavery from the Egyptians as recorded in the book of Exodus. You can make a similar meal with some of these ideas:
 - Lamb chops - [here's a nice recipe](#)
 - [Bitter herb salad](#)
 - Apple sauce
 - Flatbread ([or make your own unleavened bread](#))
 - For dessert: [Angel food cake](#) (because the Eucharist is also called the bread of angels!)
- **Keep watch with Jesus:** At the end of Mass on Holy Thursday, the Blessed Sacrament is processed to a "tabernacle of repose," symbolizing Jesus' journey from the Last Supper to the Garden of Gethsemane, where He will soon be arrested. While in the Garden, Jesus asks Peter, James, and John to "watch and pray" with Him (Matthew 26:41). Typically, the faithful "keep watch" at the tabernacle of repose by doing some of the following:
 - St. Bernard and Christ King will be open for private prayer and devotion. We have taken many precautions to ensure that this space is as clean and safe as possible for you.
 - Christ King: 6am-6pm (Adoration) & 8pm - Midnight
 - Saint Bernard: 6:30pm - Midnight
 - Keep silence throughout the evening.
 - Listen to and sing the [Pange Lingua](#), an ancient hymn about the Eucharist written by St. Thomas Aquinas
 - Pray through John 13-17, which includes Jesus' final teachings and encouragement to His disciples.

Additional Resources:

For a more formal prayer service, see page 18 of the Archdiocese [Holy Week Guide](#)

For a prayer service designed for younger children, see our [Children's Guide](#) or pg 8 of [CGS Holy Week Guide](#).

Good Friday: April 10

"It is finished." -John 19:30

Family Prayer

Tradition says that Jesus hung on the cross between noon and 3pm on Friday, so we encourage you to offer this prayer during that time. Consider creating a prayer space by placing a red cloth on a table, lighting a candle or two, and placing a crucifix in the center.

- **Opening Prayer**

Lord, you have called us together as a family to remember your last moments here on earth. Help us to open our hearts and minds to you in order to draw close to you in these most Sacred days. Amen.

- **Read Scripture:** Assign roles and then read the passion narrative (next 2 pages)

- **Venerate the Cross:**

Parent/Leader: (turns to the Cross/Crucifix, or holds in hand) We adore you, O Christ, and we praise you,

All: for by your holy cross, you have redeemed the world.

Parent/Leader explain that we'll now take a few moments to sit quietly and ponder what Jesus has done for us, and to thank Him. You may choose to play a hymn such as [What Wondrous Love is This](#), or [Jesus, Remember Me](#).

Parent/Leader: (towards the end of the song, or after a minute of silence) Reverences the Cross with a touch, kiss, or other gesture. Then make a Sign of the Cross in silence. Invite others to do the same.

- **Reflection Questions:**

- Think back to the Scripture passage we read earlier. What stood out to you most from that story?
- Before He dies, Jesus says, "it is finished." What do you think He meant by that?
- How can we thank Jesus for what He has done?

- **Intercessions:** Who should we pray for today? Go around and give everyone the opportunity to share who/what they want to pray for.

- **Closing Prayer:** Close this time of prayer by praying The Act of Spiritual Communion (pg. 2) and an Our Father.

Other Prayer Suggestions

- **Pray the Stations of the Cross.** You can do this inside or outside (the latter will give children a chance to move a little!). Use your favorite version of the Stations, or [try these](#) written by St. Alphonsus Liguori
- **Pray the Divine Mercy Chaplet:** you can pray [the prayers](#) with a rosary. Find prayers here or follow along with the [sung version](#).

Live It!

- **Lift High the Cross:** Put a Cross or Crucifix somewhere prominent in your home - somewhere you will see it often. As you pass by, remind yourself of Christ's sacrifice and say a short prayer of thanksgiving, e.g. "Jesus, thank you for dying for me. I love you."
- **Fast and abstain:** Like Ash Wednesday, Good Friday is a day of fasting and abstinence for all Catholics. [Review the guidelines here](#).
- **Hot Cross Buns:** Make this old Good Friday tradition for breakfast, [recipe](#).
- **Keep Quiet.** Limit noise and use of electronics as much as possible, entering into the silence of this day. In particular, observe this silence from 12pm-3pm, the hours Jesus hung on the Cross.
 - **For children:** Play with [Holy Week matching cards](#) and color these [Stations of the Cross pages](#)

Additional Resources:

For a more formal prayer service, see page 25 of the Archdiocese [Holy Week Guide](#)

For a prayer service designed for younger children, see our [Children's Guide](#) or pg 9 of [CGS Holy Week Guide](#).

Good Friday Passion Reading

For the reading of the Passion, the Leader should assign parts: Narrator (N), Voice (V), Jesus (J), and all others as Crowd (C). These parts may be doubled if there are fewer than four people able to read a part. Before the prayer service, the Leader may choose to highlight each part, especially for children, to ease in finding their parts. Encourage as much participation as possible. Before beginning have a crucifix somewhere near where you are reading, so everyone can see it.

N: From the Passion of our Lord Jesus Christ according to John. Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said,

C: "Hail, King of the Jews!"

N: And they struck him repeatedly. Once more Pilate went out and said to them,

V: "Look, I am bringing him out to you, so that you may know that I find no guilt in him."

N: So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them,

V: "Behold, the man!" N: When the chief priests and the guards saw him they cried out,

C: "Crucify him, crucify him!"

N: Pilate said to them,

V: "Take him yourselves and crucify him. I find no guilt in him."

N: The Jews answered,

C: "We have a law, and according to that law he ought to die, because he made himself the Son of God."

N: Now when Pilate heard this statement, he became even more afraid, and went back into the praetorium and said to Jesus,

V: "Where are you from?"

N: Jesus did not answer him. So Pilate said to him,

V: "Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?"

N: Jesus answered him,

J: "You would have no power over me if it had not been given to you from above. For this reason the one who handed me over to you has the greater sin."

N: Consequently, Pilate tried to release him; but the Jews cried out,

C: "If you release him, you are not a Friend of Caesar. Everyone who makes himself a king opposes Caesar."

N: When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews,

V: "Behold, your king!"

N: They cried out,

C: "Take him away, take him away! Crucify him!"

N: Pilate said to them,

V: "Shall I crucify your king?"

N: The chief priests answered,

C: "We have no king but Caesar."

N: Then he handed him over to them to be crucified. So they took Jesus, and, carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle... When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another,

C: "Let's not tear it, but cast lots for it to see whose it will be,"

N: in order that the passage of Scripture might be fulfilled that says: They divided my garments among them, and for my vesture they cast lots. This is what the soldiers did. Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved he said to his mother,

J: "Woman, behold, your son."

N: Then he said to the disciple,

J: "Behold, your mother."

N: And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said,

J: "I thirst."

N: There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said,

J: "It is finished."

N: And bowing his head, he handed over the spirit.

All kneel and pause for a short time in silence before the Cross/Crucifix (if present). Then the Leader invites all to stand.

N: Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and that they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the Scripture passage might be fulfilled: Not a bone of it will be broken. And again another passage says: They will look upon him whom they have pierced. After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds. They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by. The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Holy Saturday: April 11

"He is not here, for he has been raised just as he said." - Matthew 28:6

Live It - During the Day

- **Read:** An [ancient homily](#) about what Jesus was doing on Holy Saturday
- **Ready the Flame:** Get ready to celebrate the Light of Christ by making a family [Paschal Candle](#).
- **Prepare for Easter:** Dye Easter Eggs. Finish Easter baskets. Decorate. Prepare food for your Easter feast!

Live It - Evening

- **Pray** with the below evening family prayer, which marks the beginning of Easter.
- **Party!!** Sing Alleluia as loud as you can. Pop the champagne. Eat some dessert. Enjoy that thing you gave up for Lent! Live joyfully.

Evening Family Prayer

Set the scene: this time of prayer will begin in darkness. If you have enough, place one large candle on a table at the center of the room and give one smaller candle for each person in your family. If kids are too young to hold onto a candle safely, you may want to put candles on a table where they are visible but out of reach. Have a small bowl of water ready, or use holy water if available.

I: Service of Light

Parent/Leader: (light the first, largest candle) May this lit candle be a reminder to us that Jesus is the Light of the World, the one who came to cast out darkness, destroy sin, and bring us back to Him. With Jesus as our light we are never alone and we will not fear the dark. We thank you Lord, for giving us this light in our baptism, for calling us by name, and making us your children.

(leader lights all other candles, in order of their baptism dates)

Parent/Leader: Christ is our Light.

All: Thanks be to God.

II: Recalling Salvation History

The room should remain dimly lit.

Leader: We are now going to reflect on the history of how God saved His people, beginning with Creation. We'll keep the lights off until Jesus, the Light of the World, enters into the story. God of all creation, you spoke and everything was made. You said that the world you created was good, and that humans were made in your image and likeness. Thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: God of compassion, you saved Noah, his family, and creatures from the flood. Just as you gave Noah the Ark to navigate the waters of the world, you gave us the Church, so that we may be safe, loved, and united as one family. Thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: Lord, you are the God of Abraham and Sarah, you chose them to be the parents of your people, and they strove to give you everything...even their son. They loved to worship you, and you loved them. Like them, you have chosen us and you love us. Thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: God of Moses and of Israel, you freed your people from slavery in Egypt. You promised to fight for them and to save them, and you did. You fight for us, too, and you never, ever give up on us. Thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: God of David, you said this young king would be a son to you, and you would be a Father to him, just as you are to us. You loved David fiercely, and forgave him when he sinned. You are a good Father who loves and protects His children, ready to receive them with open arms. Thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: God of relentless love, nothing we do can keep you from loving us. You wash us clean of sin, renew our hearts to love you more, and you fill us with your Spirit. Because we are your people and you are our God, we thank you, Lord, we love you, Lord.

All: We praise you, Lord!

Leader: Since Adam and Eve first sinned, the world waited in sin and darkness. Jesus came into the world, he taught, he healed, and he freely chose to die. Taking on all our sin, all our weakness, and all evil, Jesus hung on a cross for three hours, he died and was laid in a tomb. For two days, the world waited in silent darkness. *(blow out candles...prepare to turn on lights.)*

And then on the third day, at sunrise Jesus conquered death and He rose from the dead! Christ has died, but He is Risen! Alleluia!

All: He is Risen indeed, Alleluia! We praise you, Lord!

Turn on all lights and pray the Glory Be, or listen and sing along to the [Gloria!](#)

III: Gospel Reading

Choose one person to read this Gospel passage. A more interactive way to do this is to assign roles to your family: guard, angel, Jesus, and Mary Magdalene. Have them stand up front, listen to the reading, and act out their part/ repeat lines, as someone else reads it. The reader will need to stop periodically to give the “actors” time to repeat their line or act out what has been described.

Reader: A reading from the Holy Gospel according to Matthew.

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.” Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, “Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me.”

The Gospel of the Lord.

All: Praise to you Lord Jesus Christ!

IV: Renewal of Baptismal Promises and Closing Prayers

Have a small bowl of water ready, or if you have holy water in your home, use that.

Leader: Every Easter, we renew our baptismal promises. Before we do that, let’s ask the saints to pray for us. Which saints should we ask to pray for us, when a saint is named, we’ll all respond, “pray for us.”

Leader: Having asked for the intercession of the saints let us now renew the promises made at our Baptism. Respond I do.

- Do you renounce Satan? **I do.**
- And all his works? **I do.**
- And all his empty show? **I do.**
- Do you believe in God, the Father almighty, Creator of heaven and earth? **I do.**
- Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead, and is seated at the right hand of the Father? **I do.**
- Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.**

This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus. Amen.

Everyone in family can dip their hands in the bowl of water and make the sign of the cross.

Closing Prayer: Close this time of prayer by praying The Act of Spiritual Communion (pg. 2) and an Our Father.

Additional Resources:

For a more formal prayer service, see page 32 of the Archdiocese [Holy Week Guide](#)

For a shorter prayer service designed for young children, [click here](#).