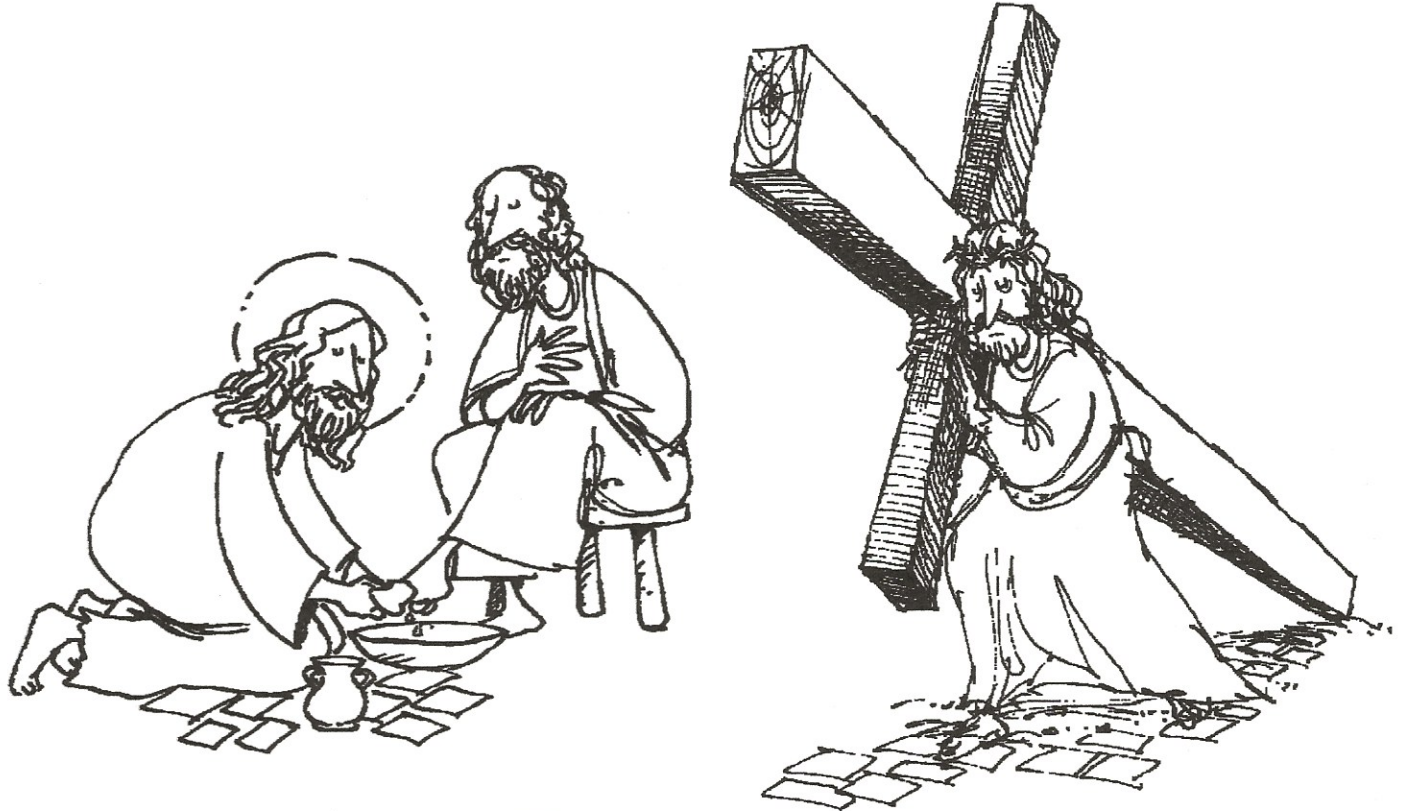


# We Celebrate the Easter Triduum



## Three Great Days

# Easter Triduum

If you are waiting for a family member to return home after a long absence, you might keep vigil at the window, waiting anxiously for that joyful moment.

In the same way, we gather on Holy Saturday to keep watch, knowing that death is not the end. We await the celebration of the Resurrection of Jesus Christ.

We will explore the the three days of the Easter Triduum to help families celebrate more fully this great feast of our church year.



## Holy Thursday

### Catechesis

Jesus had eaten many meals with his disciples and friends. But on Holy Thursday he shared the most special meal of all with them. We call that meal the "Last Supper".

Jesus knew that his life on earth would soon be over. But he still had many important lessons and gifts to share with his friends on that Thursday night.

While they were at table, Jesus took a bowl of water and a towel. He went around and washed the feet of each of his disciples. Jesus did this to show us that no person is greater than another person. Jesus did this to teach us that we should love other people just as he loves us.

Finally, he shared the most important gift of all. Then Jesus took a piece of bread, blessed it, and thanked God for it. "Take and eat; this is my body", he said. Then Jesus took a cup of wine. He blessed it, and thanked God for it, and said, "Take and drink, this is my blood." The bread and the wine were now Jesus' own Body and Blood. This is the food and drink we need to keep spiritually strong and healthy.

On Holy Thursday, we celebrate the Last Supper. We thank God in a special way for the gifts of the priesthood and the Eucharist.

## Holy Thursday Devotional for Teens (by Life Teen)

Listen to "Remembrance" by Matt Maher on YouTube.

### **Reflect**

"Rabbi, where are you staying?" Each day the Church responds: Christ is present in the Eucharist, in the sacrament of His death and resurrection. In and through the Eucharist, you acknowledge the dwelling-place of the Living God in human history. For the Eucharist is the Sacrament of the Love which conquers death.

It is the Sacrament of the Covenant, pure Gift of Love for the reconciliation of all humanity. It is the gift of the Real Presence of Jesus The Redeemer, in the bread which is His Body given up for us, in the wine which is His Blood poured out for all. Thanks to the Eucharist, constantly renewed among all peoples of the world, Christ continues to build His church: He brings us together in praise and thanksgiving for salvation, in the communion which only infinite love can forge. Our worldwide gathering now takes on its fullest meaning, through the celebration of the Mass.

*Dear young friends, may your presence here mean a true commitment in faith! For Christ is now answering your own question and the questions of all those who seek the Living God. He answers by offering an invitation: This is My Body, take It and eat. To the Father He entrusts His supreme desire: that all those whom He loves may be one in the same communion.*

-Pope John Paul II's World Youth Day homily on Sunday, August 24, 1997 in Paris, France

### **Pray**

Jesus, give me the grace to appreciate the Eucharist more in my life. Since it is your Body and Blood, I never want to take this sacred gift for granted. Give me faith when I doubt the real presence, and reverence when I'm tempted to be indifferent. Thank you for loving me so much that you want to be one with me in the Eucharist. Help me to share that love with everyone around me so that it's not me they see, but You, Jesus, in me. Amen.

### **Activity**

Today we commemorate the institution of the Holy Eucharist and also the institution of the Priesthood. If you can, read and pray with John chapter 6, also known as the "Bread of Life discourse." Say an Our Father, Hail Mary, and Glory Be for all priests and an increase in vocations.

# Did You Know ?

## Eucharist



*Eucharist is our shared meal as a family of God. Eucharist calls us to love and unites us as the Body of Christ.*

Eucharist is the “source and summit” of our faith experience. To allow Eucharist to continually nourish our spiritual lives, we must connect its meaning to our every day living. This understanding is formed during preparation for First Eucharist.

We celebrate many of the most important moments in our lives with a meal. Births, graduations, birthdays, weddings, new friendships and special family occasions are times when we sit at a table and share food with each other. Usually we eat with people we know; people who we care about. Jesus gave the gift of himself to his friends at a table in the sharing of the bread and the wine. Eucharist is given to us as a community. We remember the story of the last supper and through the Holy Spirit, the story is made real in our midst. We don't just remember that Jesus gave Eucharist to his disciples. We live the reality that as Jesus' disciples today, we are given Eucharist to nourish us, to guide us, to make us one and to strengthen us for our mission of love to the world.

*Excerpts from “Generations of Faith”*

# Family in Action

## Celebrate a Special Meal

On the night before he died, Jesus shared a special meal with his friends and family. We call this meal the Last Supper.

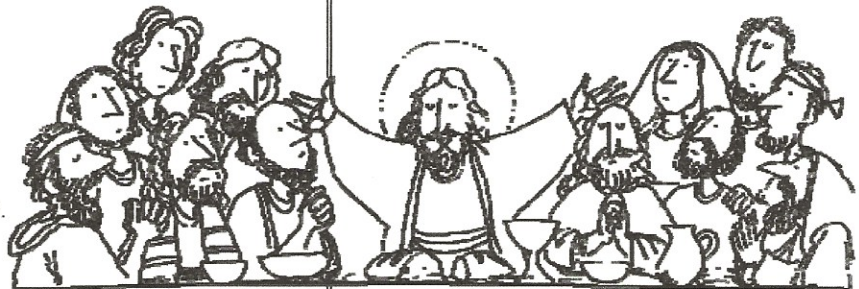
When we celebrate the Eucharist, we do what Jesus did at the Last Supper. We share a special meal with our church family. We come together to give thanks and celebrate the gift of Jesus in the Eucharist.



## Celebrate a Special Meal

When we share meals with our friends and family, we are nourished by the food and by one another. Put in order from 1 to 10 the steps to show how you and your family can celebrate a special meal at your home.

- Step # \_\_\_\_\_ Say a prayer, giving thanks to God.
- Step # \_\_\_\_\_ Place special decorations on table.
- Step # \_\_\_\_\_ Gather special decorations, such as a candle, flowers, placemats, etc.
- Step # \_\_\_\_\_ Buy the groceries.
- Step # \_\_\_\_\_ Eat, drink and have fun.
- Step # \_\_\_\_\_ Set the table.
- Step # \_\_\_\_\_ Invite your friends and family to a special meal.
- Step # \_\_\_\_\_ Set out the food and drink.
- Step # \_\_\_\_\_ Plan the menu.
- Step # \_\_\_\_\_ Prepare the food.



# This is a Picture of Our Special Meal

# Our Special Meal Experience

**DATE:** \_\_\_\_\_

**Describe the event and how you felt.**

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Holy Thursday - The Lord's Supper

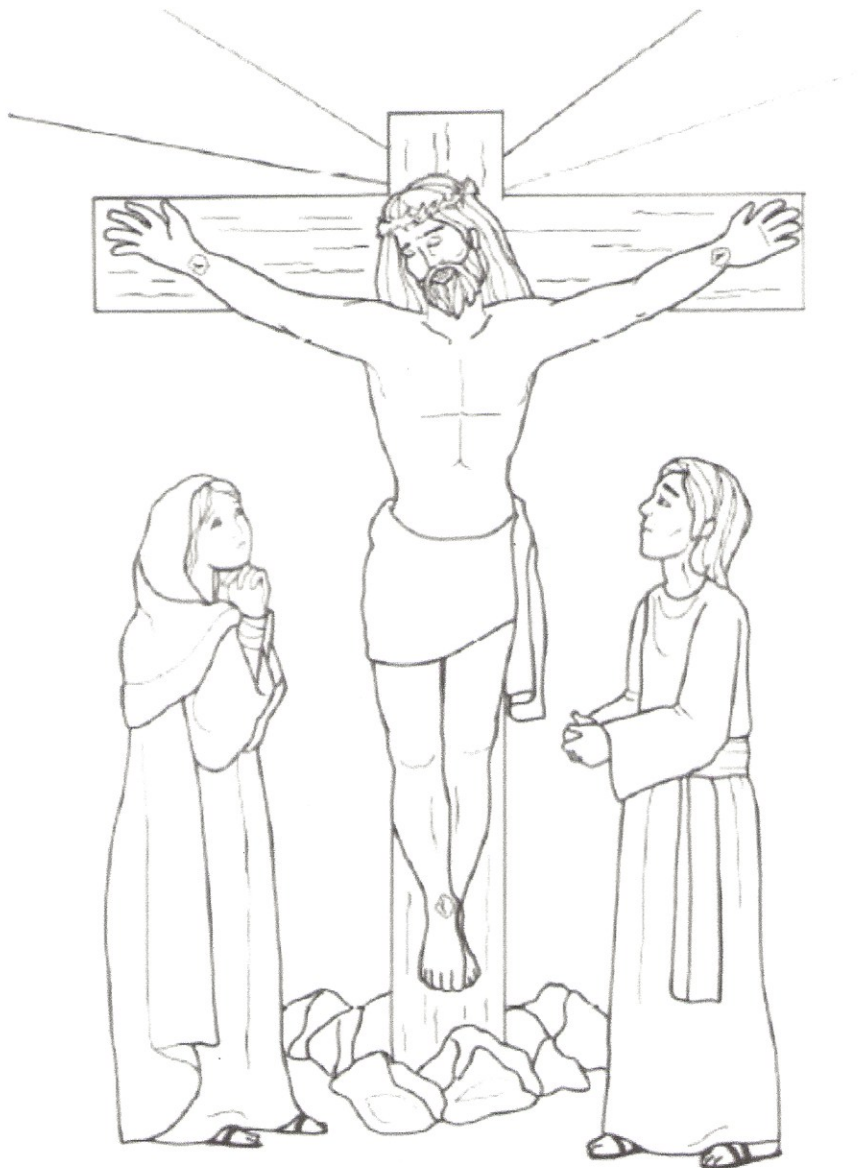
# Good Friday

## Catechesis

Good Friday is both a sad and a glad day for us. It's sad because it's the day Jesus was nailed to a wooden cross and died. But it's a glad day because we know that Jesus died out of love for us. Jesus freely accepted his death on the cross to save us from our sins. He offered his life to God the Father so that we could go to heaven one day.

It's important to remember how Jesus suffered and died for each one of us. He wanted to show us how much he loves us all! We want to show Jesus that we will stay by his side when others turn against him. We want to thank him for suffering his painful death for us.

At home we eat simple food and do not eat meat on this day to share in Jesus' sorrow. All day long we try to be quieter and stay close to Jesus in our thoughts and prayers. We can even pray the Stations of the Cross. We learn about true love from Jesus, who loved us so much that he gave his life for us.



## Good Friday Devotional for Teens (by Life Teen)

Listen to "Nothing but the Blood" by Hillsong on YouTube

### Reflect

The new meaning that Christ gave to suffering was not so much made manifest in his death but rather in his victory over death, that is, the Resurrection. He "was put to death for our trespasses and raised for our justification" (Romans 4:25): the two events are inseparable in the thought of Paul and of the Church.

It is a universal human experience: in this life pleasure and pain follow one another with the same regularity with which, when a wave swells in the ocean, a trough follows a crest and sucks in the shipwrecked sailor. "Full from the fount of Joy's delicious springs, some bitter o'er the flowers its bubbling venom springs", the pagan poet Lucretius wrote [4]. Drug use, the abuse of sex, and homicidal violence all provide momentary intoxicating pleasure but lead to the person's moral dissolution and often also to his physical ruin.

*Christ, with his Passion and death, inverted the relationship between pleasure and pain: "for the joy that was set before Him [He] endured the Cross" (Hebrews 12:2). No longer is it pleasure which ends in suffering, but suffering that leads to life and joy. It is not only a different order of events; in this way it is joy, not suffering, that has the last word, a joy that will last for eternity. "Christ being raised from the dead will never die again; death no longer has dominion over him" (Romans 6:9). Nor will it have any power over us.*

**-Homily of Fr. Raniero Cantalamessa, O.F.M. Cap., Good Friday, April 10, 2009**

### Pray

God, I believe you destroyed death with your death on the cross. Thank you for all you suffered so that we could on day be united in heaven; I am so grateful for your sacrifice. Teach me to accept the crosses that are in my life because I know they will help me grow in virtue. Be close to me as I carry my cross and help me to always look ahead with hope to the joy that you promised would come after suffering. Amen.

### Activity

A lot of Churches will be praying the Stations of the Cross today online. If you're not able to participate, pray them by yourself. Spend some time praying before a crucifix. Get out a journal and write a letter to God, telling Him why you're grateful to Him, and what crosses in your life you want to offer up.



# Family in Action

## Popsicle Cross Craft

The cross reminds us that Jesus loved us so much that he died for us.

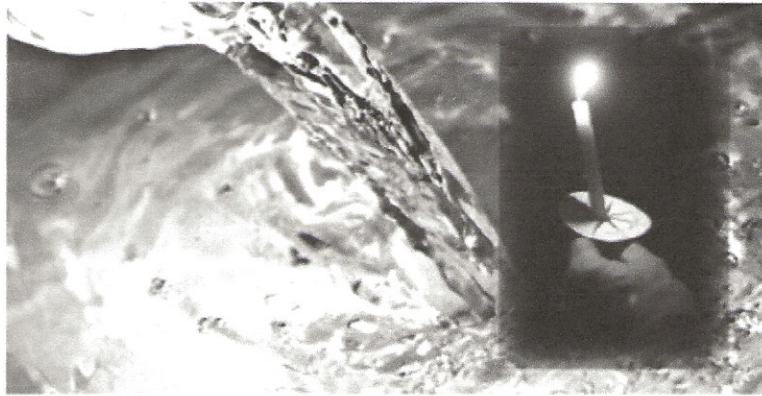
### Materials Needed to Make This Project:

- 2 Popsicle sticks per cross
- Green modeling clay or play dough
- Red felt (or scrap material)
- Small artificial flowers
- Brown marker
- Craft glue
- Scissors



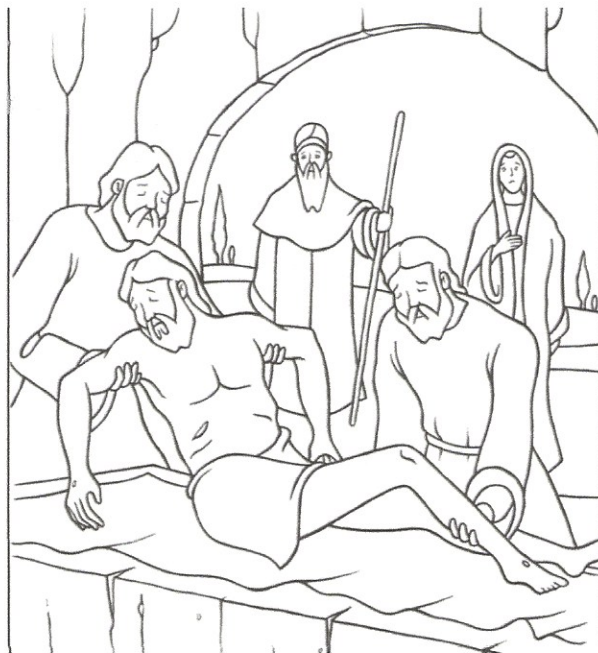
1. Color the two Popsicle sticks with the brown marker.
2. Form a cross with them by placing one stick perpendicular to the other and gluing them together. Allow the glue to dry before handling.
3. Mold a small ball out of the clay and flatten it on the bottom so it sits level on a surface.
4. Cut a small, thin strip (approximately 10 inches long and  $\frac{1}{2}$  inch wide) out of the red felt. Drape it over the cross and secure it on both sides with small amounts of the craft glue.
5. Place the cross in the center of the clay base while the clay is still moldable and add a few small artificial flowers around the cross. Allow the clay and glue to dry before handling.

# Easter Vigil



## Catechesis

On Holy Saturday, the Church meditates on the suffering and death of Jesus. Holy Saturday which leads us from the Jesus' Death to his glorious Resurrection. A vigil is an experience of keeping watch. If you are waiting for a family member to return home after a long absence, you might keep vigil at the window, waiting anxiously for that joyful moment. In the same way, we gather on Holy Saturday to keep watch, knowing that death is not the end. We await the celebration of the Resurrection of Jesus Christ. The Easter Vigil is the restoration of the early Church's tradition as the great celebration of adult baptism and confirmation. It is the high point in the liturgical year. The vigil begins in darkness (usually outside) and the long procession of candlelight that enlivens the church reminds us that Jesus is the light of the world who has conquered all darkness and death. The Paschal candle that is lit at the Easter Vigil will remain in the church throughout the year as a sign of Christ's death and resurrection. The church focuses on what it means to wait and hope in Christ.



## Holy Saturday Devotional for Teens (by Life Teen)

Listen "Restless" by Audrey Assad on YouTube

### Reflect

The Fourteenth Station from Mary's perspective:

As we walk this path to new life, let us pause to reflect on the last Station, Jesus is laid in the sepulcher. He, child, is laid at my breast first then taken by the men to be buried in the tomb made for Him unknowingly by His disciple Joseph of Arimathea. Now reflect on the scene: The men, knowing darkness will fall soon, know they must take the body for burial. But first, the mother. How can we take her beloved Son from her? In such grief she reposes with Him, in such heartache. She knows now the true meaning of sacrifice - sacrificial offering - it is her Son, her God. As she reflects this day, she sees the hearts of all the children laid out before her. She knows, ahead lies the salvation of all mankind - but she does not know how it will be carried out. She does not see in her grief, the plan of salvation, beyond her love for her Son. She does not understand completely - but she gives her heart over to her Lord, and asks now for peace of soul for her Son. 'Rest in peace, my Beloved. I will understand when you lead me to an understanding. I will know, when you wish me to know.' All is fulfilled now in His death.

To His resurrection we look now, not understanding its implications or how it will be carried out. I trust. I have to trust for He has said He will come back for me. I love Him so, but will miss the precious moments spent with Him. I will miss Him in my heart until He comes again and releases all from the bondage of sin and death. Now child, we wait. We wait in anguish and pain. We wait. I love you. Now see the men take my Son. As they wrap Him and lay Him in the tomb, I again say good bye; knowing this is not ended - yet is; knowing there is new life - but not how; knowing my heart is stabbed with a knife - pierced through with pain; knowing I will miss His love, but somehow knowing, it is not gone.

-The Fourteenth Station, [stationscross.com](http://stationscross.com)

### Pray

Lord, transform my heart into a place where you can dwell peacefully. Never leave me and give me the grace to never separate myself from you because of grave sins. I am constantly searching for happiness and rest in my life, I pray that I will always be reminded that only in you will I find true rest. Calm the storms in me oh God and satisfy me with your love. I love you and you are all I need.

### Activity

Today as we wait to celebrate the Resurrection, enter in by setting aside some time to pray the sorrowful mysteries of the rosaries. Meditate on how the Blessed Mother must have felt as she watched her Son being tortured and put to death. Offer up your rosary for all those who have recently died, especially the souls in Purgatory.

# Light of Christ Card

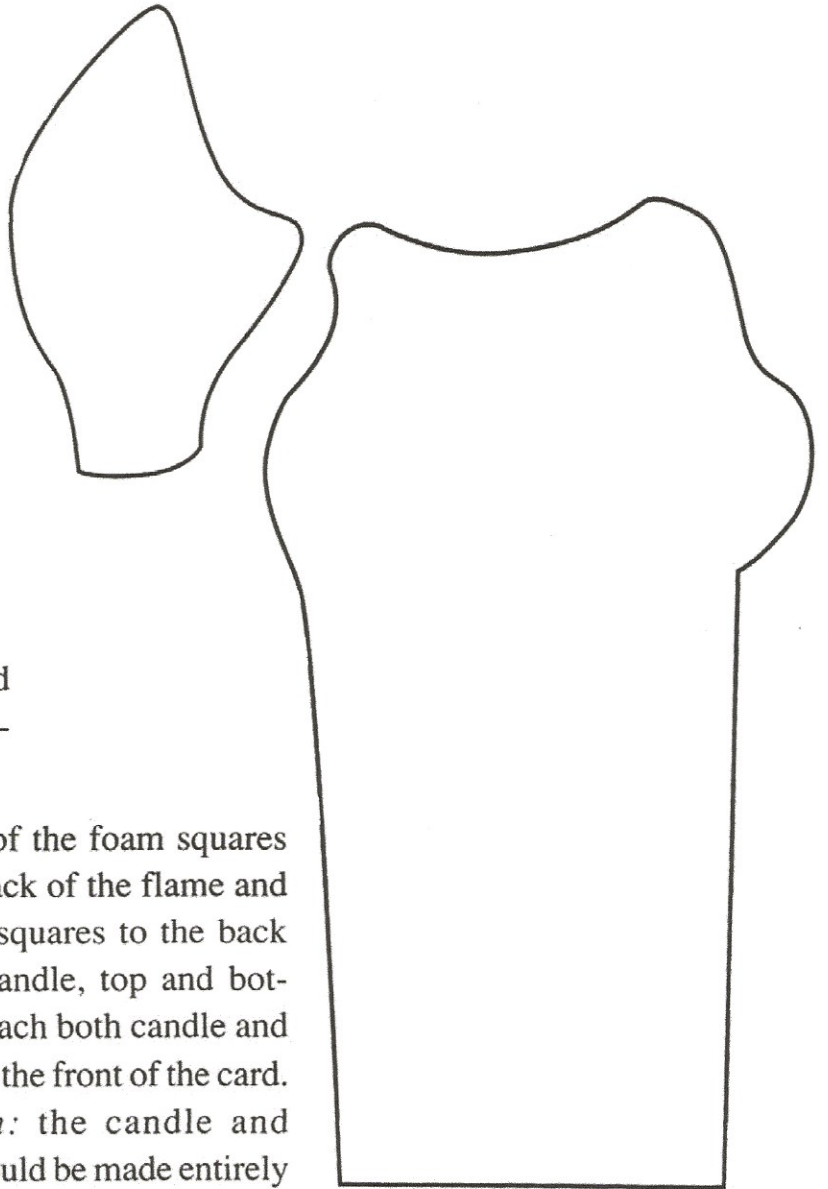
During Lent, we prepare to renew our baptismal promises. We renew our life of faith. This craft reminds children to thank those who helped them to grow in faith.

## Supplies needed:

white, yellow, and peach card stock  
3 1/2" square pieces of foam sheet  
craft scissors with patterned edges  
glue stick  
pearl glitter glue

## Directions:

1. Have children fold peach card stock in half to form card.
2. Cut along the open edges using scissors with patterned edges.
3. Cut candlestick out of white card stock and a flame out of yellow card stock, using templates provided.
4. Glue 1 of the foam squares to the back of the flame and 2 foam squares to the back of the candle, top and bottom. Attach both candle and flame to the front of the card. (*Option: the candle and flame could be made entirely out of foam sheets.*)
5. Decorate the candle with glitter glue. Allow to dry.
6. On the inside of the card, children can write a message to their godparents or someone in the parish or school who has helped them to grow in faith. The message could be as simple as, "Thank you for sharing your light of faith with me." Have them mail or deliver their cards.





"He has been raised; he is not here."

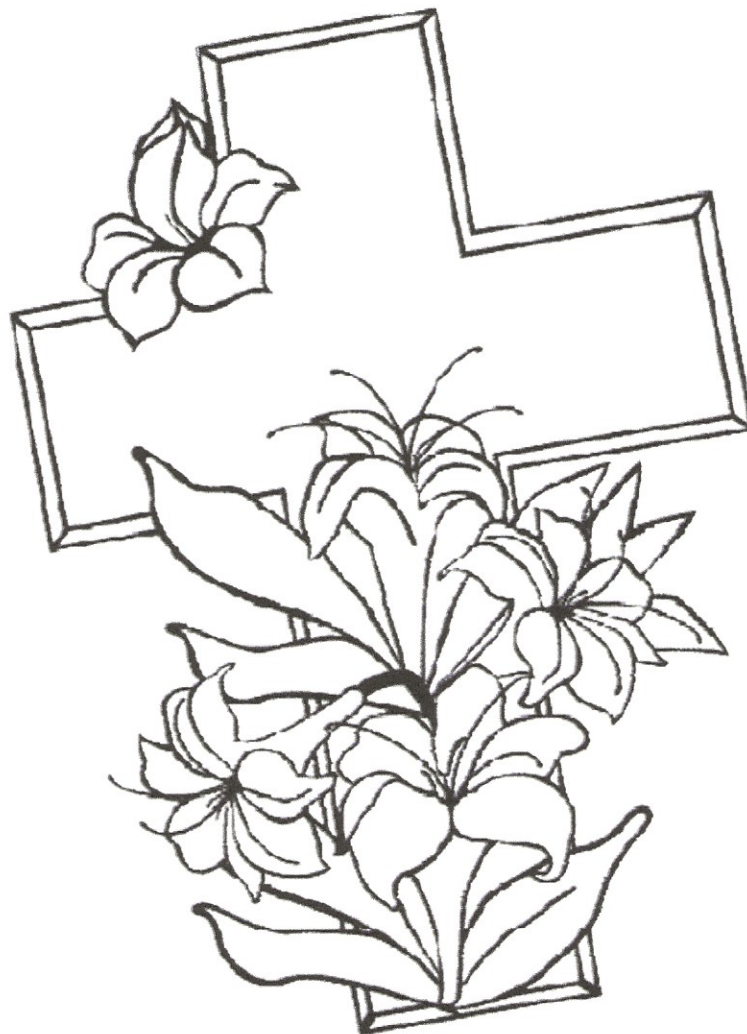
# Easter Sunday



## Catechesis

Easter Sunday is the day on which Jesus won a new life for all people by rising from the dead! Jesus' rising is called the *Resurrection*. It is amazing and wonderful! We celebrate Jesus' resurrection with great joy and thanks on Easter Sunday and on every Sunday of the year. By dying and rising from the dead, Jesus made it possible for us to live forever with God in heaven. He fulfilled God's promise to send a Savior who would give us everlasting life.

On Easter, we celebrate and sing, "alleluia!" which means "Praise the Lord!" The season of Easter lasts fifty days. We can be "Easter People" by showing our joy to all, by treating others with love and kindness, and especially by sharing the message about the new life Jesus has given us.



## Easter Sunday Devotional for Teens (by Life Teen)

Listen to "Oh, Great Love of God" by David Crowder on YouTube

### **Reflect**

Our Lord is not primarily a teacher, He is a Savior. That's the meaning of the word "Jesus": He will save us from our sins.

Suppose we took a chalice as an example of what He did for us. Suppose the chalice were taken from the altar and made into a beer mug and delivered over to unholy uses, its shape and contour completely changed. Then it was found. How could it ever be restored again to the altar?

Well first of all, we would have to put it into a furnace, burn off the old shape and form, and hammer it again into the pattern of a chalice. Then we would bless it and restore it to the altar.

That is what God did with the human nature. He took this chalice of humanity, threw it into the fires of Calvary, where He was scourged and beaten, and then He was restored to a new shape on Easter and became the new creation. This is what He did with the pattern of human nature.

- Fulton Sheen, an excerpt from "Through the Year with Fulton Sheen"

### **Pray**

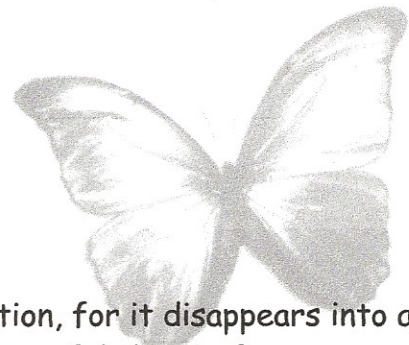
God, You came, You died, and You rose from the dead - all to save my soul. Your resurrection means I do not have to experience death; my last breath in this world is my entrance into the next. With this knowledge, I ask for the grace to live my life looking forward to eternity. Help me to make every decision with You in mind. Thank you for making me a new creation. I am changed, I am yours, and I am grateful. Amen.

### **Activity**

Today on Easter, thank God for all the things you're grateful for. Make every decision today (and everyday) with the knowledge that you will rise on the last day because Christ conquered death - He is risen.

Just celebrate today. This is our day as Christians and Catholics.

# Did You Know ?



The butterfly has long been a Christian symbol of resurrection, for it disappears into a cocoon and appears dead, but emerges later far more beautiful and powerful than before.

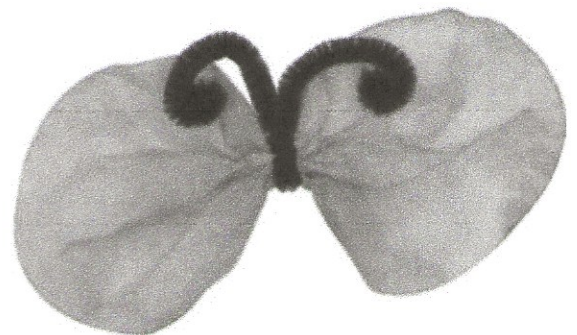
As a symbol of Christ's resurrection after three days in the grave, the butterfly is seen especially around Easter. But the butterfly is also a symbol of every Christian's hope of resurrection from the dead.

## Family in Action

### Butterfly Craft

#### Materials:

- coffee filter
- washable markers
- squirt bottle or small glass of water
- pipecleaner

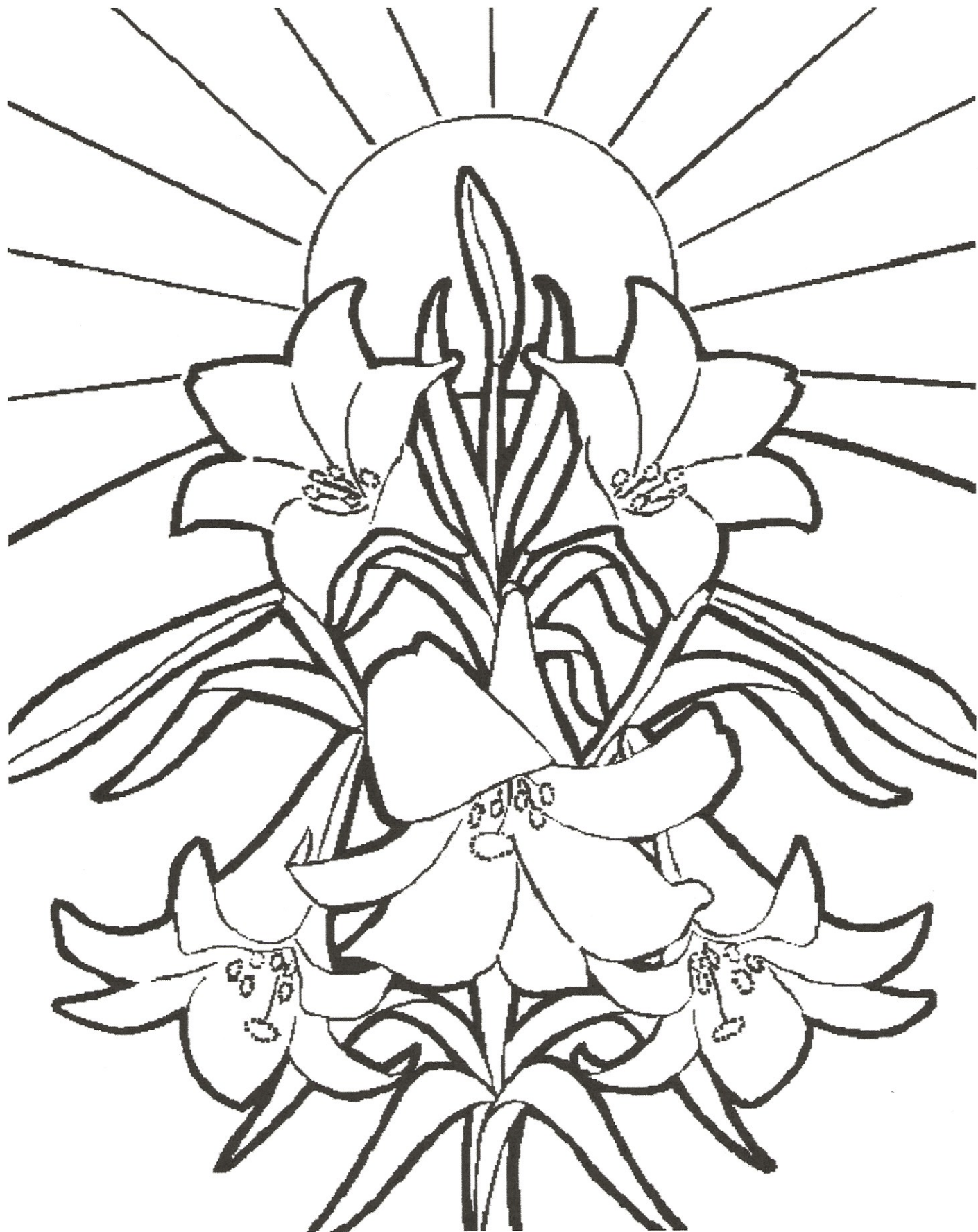


#### Instructions:

1. Flatten out a coffee filter on a plate.
2. Scribble the filter with washable markers.
3. Use a squirt bottle to spray the coffee filter 2 or 3 times. Squirt water right in the center of the filter and then sit and watch the water wick the colours over the filter (this takes 4 or 5 minutes) Try not to over wet the filter... the project still works, but it won't turn out quite as pretty (the colours tend to blend too much if you soak the filter). You can always add more water later if it doesn't get wet all the way to the edge after 5 minutes or so. Let dry (this takes about 1/2 an hour)
4. When dry, scrunch the coffee filter so you can wrap a pipecleaner around the center.
5. Twist the pipecleaner to hold the coffee filter tightly. Leave the ends of the pipecleaner about the same length.
6. Trim the pipecleaner as you like (usually about 2 inches) so the antenna are the length you like and the pipecleaner ends are matching lengths.
7. Curl the pipecleaner (if you like) to make nice antenna
8. Fluff the wings a little bit to make a perfectly lovely little butterfly!



*Alleluia!*



# Triduum Prayers



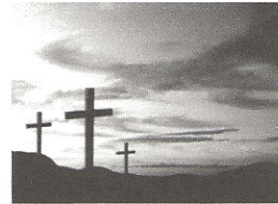
## HOLY THURSDAY



On this day, Jesus, we remember your Last Supper. At that meal you gave your apostles special food - your Body and Blood. You also give this food to us at every Mass. Thank you, Jesus! Receiving you in Holy Communion helps us be strong and good. Let us always receive you with love and thanks and praise.

Amen.

## GOOD FRIDAY



Today, Jesus, we celebrate your greatest sacrifice, made out of love for us. You died to give us new life. Thank you, Lord! My heart is sad as I remember your pain. Let me help you carry your cross, Jesus. I can carry your cross by caring about others, by obeying your word, and by trying to always be loving and good.

This is what I want to do. Amen.

## EASTER



Alleluia! You have risen from the dead, Lord Jesus! You have won new life for us! We praise you and thank you for your life, for your words, and for your death and resurrection. Help us to follow you, Jesus, so that one day we'll live with you forever in the joy of heaven. Amen.



## EASTER TABLE PRAYER

God of all creation,

The emergence of spring brings the wonders of new life.

This life enfolds in us as we celebrate the joy of Easter.

As we move through this sacred season, strengthen our faith and show us how to be people of generosity and compassion.

May the peace of Christ dwell within us throughout these Easter days.

In his name we pray. Amen.

