

# Holy Week



*This week we enter together into the greatest drama ever to unfold. It begins with our celebration of Palm Sunday. How quickly the liturgy of Christ's Passion turns, how quickly the people turned on our Lord, from shouting Hosanna to the King, to crucifying Him!*

*Saint Bruno, founder of the Carthusian Order, said: "While the world changes, the Cross stands firm."*

*Our world is changing, but let us pray that we have the grace to stand firm with Jesus Christ. Together, let's take this journey into Holy Week. We share with you a look ahead to these holiest of days, how you can celebrate it at home, and what will take place during each liturgy. Our prayer is for each of us to encounter more deeply the Crucified Christ: the God who created you, redeemed you, and loves you immensely.*

## WHAT IS THE TRIDUUM?

- ◆ The Triduum is the whole of our faith in three days—the Paschal Mystery - the life, death, and resurrection of Jesus our Lord.
- ◆ The Triduum is somewhat like a three-day prayer marathon with Jesus, which begins on Holy Thursday night and climaxes with the Easter Vigil.
- ◆ On Holy Thursday, Lent ends. The Triduum begins!

*We give glory to You, Lord, who raised up Your cross to span the jaws of death like a bridge by which souls might pass from the region of the dead to the land of the living. We give glory to You who put on the body of a single mortal man and made it the source of life for every other mortal man.*

- Saint Ephrem of Edessa

## WHAT IS THE LITURGY OF THE HOURS?

- ◆ During the Triduum, you have the opportunity to gather with others to pray the *Liturgy of the Hours*, the Prayer of the Church.
- ◆ It is called "liturgy" because it is a public prayer of the Church, which includes psalms, readings, and prayers according to the Liturgical calendar.
- ◆ Fr. Timothy Gallagher, O.M.V., summarizes this prayer, that all are invited to prayer, by saying, "It is first and above all a prayer of praise; then, immediately after that, a prayer of intercession for the salvation of the whole world, for the needs of all the members of the Church and all the people in the world."

# Holy Thursday



## WHAT HAPPENED ON THAT DAY?

- ◆ Jesus celebrates the Passover/Last Supper with the Apostles.
- ◆ He washes their feet, showing them what type of leaders they are to be as priests.
- ◆ Jesus institutes the Eucharist and celebrates the first Mass!
- ◆ Jesus suffers the agony in the garden sweating blood in anguish, as He prays: "Not my will, but yours be done."
- ◆ Judas betrays Jesus and hands him over to the authorities.
- ◆ Jesus is arrested. Jesus is taken away and imprisoned.

## WHAT YOU'LL SEE AT CHURCH:

**8 AM Pray Morning Prayer (Liturgy of the Hours)**

**7 PM Mass of the Lord's Supper**

**8 - 10 PM Prayer Before the Blessed Sacrament**

- ◆ There is no adoration from 9 AM - 4 PM on Thursday in church.
- ◆ During Mass, after the Lenten pause, the Gloria will be sung.
- ◆ During the Gloria the bells will joyfully ring! This will be the last time the bells ring till the Easter vigil. Listen carefully for the sound that replaces the bells during the Eucharistic prayer.
- ◆ Following the homily, there is the foot washing ritual. It seems like a humiliating task, yet it's also personal, almost intimate.
- ◆ Following the liturgy, the Eucharist is processed through the church to the *altar of repose*. Our *altar of repose* will be in the niche side altar. Please stay for a short visit, or longer to pray. The invitation to stay is from Jesus in Scripture: "When he returned to his disciples he found them asleep. He said to Peter, *So you could not keep watch with me for one hour?*" (Matthew 26:40). Jesus asks each of us the same question...

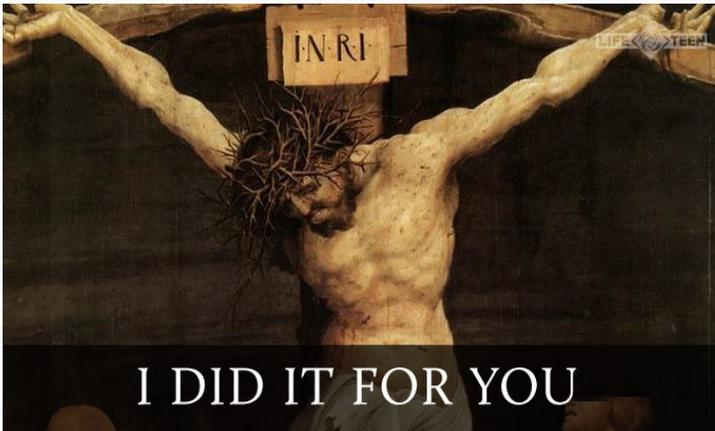
## LIVE THE DAY:

- ◆ Cover or put away your holy pictures and/or statues.
- ◆ Attend the evening Mass of the Lord's Supper.
- ◆ Simulate visiting Jesus in prison by making a pilgrimage to local parishes' Altar of Repose to spend time with Jesus in prayer.

## REFLECTION QUESTION FOR HOLY THURSDAY:

- ◆ *Who are those people who need my help the most?*
- ◆ *Am I willing to get down on my own hands and knees and help those who are unable to help themselves?*
- ◆ *What does the sacrament of the Eucharist mean to me?*
- ◆ *What takes priorities over spending time with Jesus in prayer?*

# Good Friday



## WHAT HAPPENED ON THAT DAY?

- ◆ While Jesus is interrogated, Peter denies knowing him 3 times.
- ◆ Pontius Pilate questions Jesus. He offers the crowd a choice: Jesus or Barabbas? They choose Barabbas, a known murderer.
- ◆ Jesus is scourged.
- ◆ Jesus carries the cross on which he will be crucified.
- ◆ Jesus is nailed to the cross and left to die.
- ◆ He gives his mother Mary to John, and in turn, each of us.
- ◆ **"It is finished."** Jesus dies.
- ◆ Guards come to break Jesus' legs to speed his death. Already dead, they pierce his side.
- ◆ Jesus' body is taken from the cross, prepared for burial, and placed in the tomb.

## WHAT YOU'LL SEE AT CHURCH:

**8 AM Pray Morning Prayer (Liturgy of the Hours)**

**Noon Stations of the Cross**

**3 PM Veneration of the Cross Service \*Live-stream**

- ◆ This is the only day throughout the year when there is no Mass celebrated. The Triduum continues...
- ◆ During the 3 PM service we will hear the Passion from the Gospel of John.
- ◆ During the service, each person has an opportunity to venerate the cross. Again this year the veneration will look different. We will not have the opportunity to kiss or touch the cross. Still, individually at a distance, we pause before the cross.
- ◆ We will have the opportunity to receive the Eucharist.
- ◆ Given the magnitude of the day, we depart in silence.

## LIVE THE DAY:

- ◆ Keep silence throughout the day, especially from 9 AM - 3 PM, when Jesus was on the cross.
- ◆ Increase your time spent praying. Reflect on The Passion.
- ◆ Pray the Stations of the Cross at home or join St. Pius X at noon.
- ◆ Pray the sorrowful mysteries of the rosary.

## REFLECTION QUESTION FOR GOOD FRIDAY:

- ◆ *What does the death of Jesus mean to me?*
- ◆ *What does it mean to "Glory in the Cross"?*

*Hail the Cross, Our Only Hope!*  
AVE CRUX, SPES UNICA

# Holy Saturday



## WHAT HAPPENED ON THAT DAY?

- ◆ Here on earth, Jesus' disciples mourned his death, and since it was a Sabbath day, they rested. (Image of Peter repenting)
- ◆ The women returned "and prepared spices and ointments. They rested on the Sabbath according to the commandment." (Lk 23:56)
- ◆ At the tomb, the guards stationed there kept watch over the place to make sure that the disciples did not steal Jesus' body.

## WHAT HAPPENED TO JESUS WHILE HE WAS DEAD?

- ◆ According to the Catechism of the Catholic Church: Scripture calls the abode of the dead (to which the dead Christ went down) "hell" - Sheol in Hebrew or Hades in Greek - because those who are there are deprived of the vision of God. [633]
- ◆ Jesus did not descend into abode of the dead to deliver the damned, but to free the just who had gone before him.

## WHAT YOU'LL SEE AT CHURCH:

**8 AM Pray Morning Prayer (Liturgy of the Hours)**

**8 PM Easter Vigil Liturgy**

- ◆ Vigil comes from the Latin *vigilia*, which means "wakefulness," and which came to be used when the faithful stayed awake to pray and do devotions in anticipation of the feast.
- ◆ The entire celebration of the Easter Vigil takes place at night.
- ◆ Four Parts to the Easter Vigil:
  - I. The Service of Light & the Easter Proclamation: At the start of the liturgy, all are invited to join the ministers outside.
  - II. The Liturgy of the Word: Meditation on the wonderful works of the Lord from creation through history.
  - III. Celebration of Sacraments: Renewal of Baptismal promises and sprinkling rite. We will welcome new Catholics to the Catholic Church, as four men receive Sacraments.
  - IV. The commemoration of his death and resurrection — we celebrate and receive Holy Communion.

## LIVE THE DAY:

- ◆ While doing preparations, keep the day quiet and reflective.
- ◆ On Holy Saturday the Church also waits at the Lord's tomb meditating on His passion, death, and descent into hell.

## REFLECTION QUESTION FOR HOLY SATURDAY:

- ◆ *How has God interceded in my life?*
- ◆ *After hearing the Resurrection story, what events do I see in my own life that are in need of new life, in need of resurrection?*
- ◆ *How can I carry on the story of the Resurrection to others?*