

Lent, Triduum and Easter Notes

The season of Lent is a time for preparation. During Lent we are preparing to renew our Baptism at Easter. During Lent, we focus on what Jesus did for us by his suffering, Death, and Resurrection. Lent begins on Ash Wednesday and lasts for forty days. Lent is a time for simple living. During Lent, we make a special effort to pray, to do penance and to do good works. Doing penance is a way to show we are sorry for our sins.

Triduum is a Latin word meaning three days. We count the days of Easter Triduum from evening to evening. It begins on the evening of Holy Thursday and ends on the evening of Easter Sunday. The three holy days we celebrate are Holy Thursday, Good Friday and Holy Saturday that anticipates the celebration of Easter Sunday. We spend these three days in prayer and worship. The Triduum celebrates the joy of the cross and Jesus' passing from death to new life. The Easter Triduum is the greatest celebration of the year.

During the Easter season, we celebrate the Resurrection of Jesus. Easter is a season of joy and happiness because Jesus rose from the dead. The Easter season is a season of meeting. We meet the risen Jesus in the Eucharist and in one another. The Easter season begins on the evening of Easter Sunday and ends fifty days later on Pentecost Sunday. Pentecost is when we celebrate the coming of the Holy Spirit upon the Apostles. The Ascension is when Jesus told his Apostles about receiving the power of the Holy Spirit and Jesus returned to his Father in Heaven.