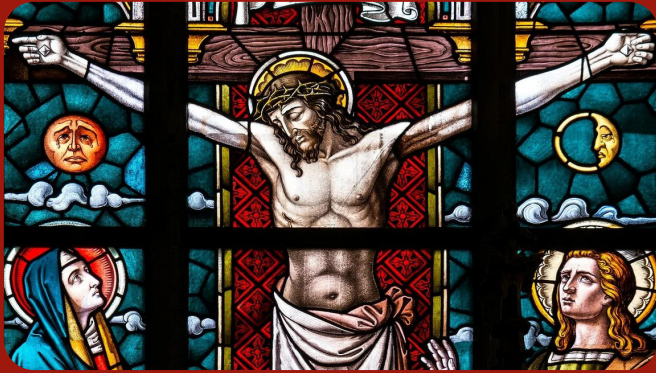




Mystery

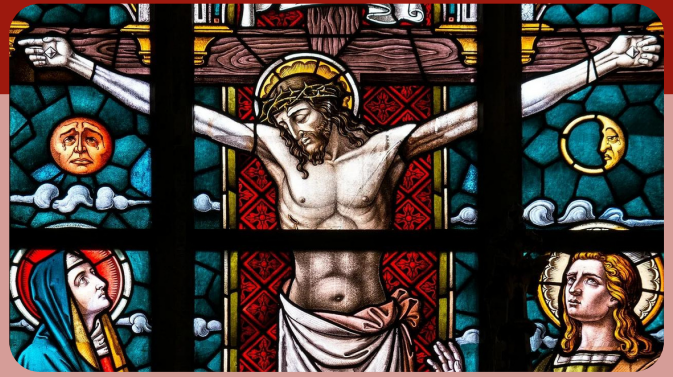
Enter as a couple into the Triduum + Easter

This month you have a 4 part date to reflect the 3 days of the Triduum + Easter.

1. **MEAL** Holy Thursday celebrates the institution of the Sacrament of the Eucharist and Holy Orders so enjoy lamb as your main course in remembrance of the Passover Lamb and Christ the Paschal Lamb. Here are a couple of lamb recipes, [Rack of Lamb](#), [Greek Lamb Meatballs](#). Rather order? Check out local Greek or Indian restaurants. Lamb is common in both cuisines. Red wine would be a fitting addition and it is a festive day in the eyes of the Church, which means dessert is in order!
2. **REFLECTION** Below you will find a reflection on Good Friday. After reading, reflecting and praying with it, share with each other these things; 1) One thing you want to ask forgiveness for, 2) Vocally forgive one another, 3) Tell the Lord what about your spouse you are grateful for - because our spouses are indeed a great gift from God.
3. **PRAYER** On Holy Saturday Our Lord's body lay quiet and hidden in the tomb. In light of this, we recommend finding a calm, quiet, maybe even low lit space, to pray the [Chaplet of Divine Mercy](#) together ([here it is in song](#)). It is a fitting time to recall what our Lord suffered for the sake of our sins and the mercy He longs to share with us. Lord, help us to model your mercy within our marriages.
4. **ACTIVITY** Christ is risen, He is risen indeed! It's time to celebrate the Joy of Easter. Borrow your children's plastic Easter eggs or purchase some if need be. On the following page there are some easy to print and cut "coupons" and some additional ideas to fill the eggs with in light of your spouses [love language](#). Everyone has more than one love language so pick any that your spouse would like and use them to fill eggs. Add in any other little gifts or treats that your spouse would appreciate. Do this all in secret, take turns hiding, hunting and enjoying your gifts. Remember that Christ came, died, and rose again to over fill us with His love. It is through His love that we are able to love our spouse well! Praise God for that.

Reflection

Good Friday of the Lord's Passion



Invitation to Prayer: “Behold the wood of the cross, on which is hung the salvation of the world.” (From the Solemn Celebration of the Passion of the Lord)

Reflection: The cross. The symbol of Christianity. This symbol of Christ’s love for us is ever present in our lives. It adorns the walls of our homes, churches, schools and hospitals. It hangs from our necks, our rosaries and perhaps from our rearview mirrors. We see it on everything from clothing to jewelry to grave stones.

Does its ubiquitous presence cause us to disregard its significance in salvation history?

Today, in the solemn but awesome celebration of the Passion of the Lord, we have the opportunity to give reverence to the cross. During the Good Friday service, each of us approaches the cross to venerate it. In a powerfully humbling gesture we show our Lord what His death on the cross means to us. How will you approach the cross this Good Friday? Will our personal pride or fear of looking silly allow us to simply give a casual nod to the cross? Or will we fall on our knees at the foot of the cross, with tears in our eyes and sorrow in our hearts, recognizing the incredible love which Jesus showed for me by enduring the unimaginable suffering of His death?

The celebration of Good Friday is solemn, but not sad. It is a time when we reflect upon how our sins nailed Jesus to the cross. But it is also a time to give Him gratitude from the depths of our hearts for the gift of love and salvation that He gives to us through the cross. And our gift back to Him? Let it be complete repentance from our past sinfulness, true gratitude for the forgiveness of our sins and the beginning of a new life with Him as he rises on Easter morning.

Prayer: Jesus, I cannot comprehend the love you have for me as you allow yourself to be scourged, ridiculed, beaten and nailed to the cross. Your suffering is beyond my capacity to grasp. The magnitude of your love causes me fall before your holy cross in grief, but also in gratitude. May my turning away from my sinfulness be my gift back to you, a gift of thanks and of love.

Action: Immerse yourself in the presence of the cross today. Let the beauty of the Church’s solemn celebration of the Lord’s Passion fill you. Allow yourself to fully contemplate the love Jesus has for you, so much love that He endured the crucifixion just for you. And then give to Him in return your praise, gratitude and love.

Deacon Mark Machuga is the Director of the Office of the Diaconate for the Archdiocese of Cincinnati. He serves as a deacon at Our Lady of Victory Parish in Delhi Township. He was ordained in April, 2016. He has been married to his wife Julie for 39 years, and is the father of two and grandfather of three.

Physical Touch	Words of Affirmation	Acts of Service	Receiving Gifts	Quality Time
<i>This is good for a movie + snuggles date night!</i>	In the blank, write a word of affirmation for your spouse! Ask yourself; how have they served you or others, have they done an especially good job at work, what sacrifice have they made for your family? Let your spouse know how valued, respected, loved and appreciated they really are!	<i>I will do your least favorite chore.</i>	These are also blank! If your spouse feels especially loved through the act of giving gifts, put together a simple Easter basket. Put clues in the eggs that lead to the hidden basket. Expense isn't the point! A thoughtful and specific gift is what it's about.	<i>I will plan a tech free picnic for us.</i>
<i>Turn this in for a back scratch or massage.</i>		<i>I will plan, cook and clean up a meal for you/our family.</i>	Here are some ideas (they may even fit into an egg): flowers, a book, socks, a favorite beverage, restaurant gift card, tickets (movie, drive in, play, game, a class), music/audio books. Something they have been wanting for a while or are currently interested in is the way to go! It says, "I notice you and I care."	<i>Let's cook a new meal or an old favorite TOGETHER!</i>
<i>I will plan a date night out to go dancing.</i>		<i>I will run an errand on your to-do list.</i>		<i>I'd love to tackle a project with you. Let's work together.</i>
<i>Time for a kiss!</i>		<i>I'll do your tasks for the morning so you can grab coffee and go to adoration, confession or mass.</i>		<i>Time for a "book club" night! Let's chat about an old favorite or read a new article/poem together.</i>
<i>Let's go for a walk and hold hands.</i>		<i>I will fold, put away and iron your laundry.</i>		