

# Celebrating the Easter Triduum at Home

## The Easter Triduum

The Easter Triduum are the three holy days leading to and culminating in the celebration of the Resurrection. These days are Holy Thursday, Good Friday and the Easter Vigil.

You may want to do something special with your family over these days. Below are a few suggestions.

### Holy Thursday

On Holy Thursday, you may ask the children to prepare the prayer table for this celebration. You may want to add images of the Last Supper such as a bowl of water – recalling Jesus washing his disciples' feet, a plate with bread and a wine glass. They could add prayer cards with words such as "This is my Body, this is my Blood", "Do this in memory of me". Usually the priest would wear white on this night as it is the day we recall Jesus instituting the Eucharist. You could have a white cloth on the table. I wonder what other ideas your children might suggest?



You may also enjoy celebrating together by re-enacting the Last Supper (see our other document for ideas for how to do that).

### Good Friday

Your prayer table could be changed again for Good Friday. The cloth could be red to recall the blood Jesus shed for us. Add a crucifix or cross. Maybe you could use a large stone to represent the tomb and smaller stones leading from the cross to the tomb. Again, let the children come up with ideas. What could you have on a prayer card?

You might consider ways to recall the way of the cross. Perhaps with drawings placed in various part you could have a family stations of the cross.

### Easter Vigil and Easter

How can you change the prayer table for Easter? Perhaps a white or gold cloth could be added. A prayer card with "Alleluia!" could be made. Flowers, eggs, what can you think of?

Since Easter will last for 50 days, all the way to Pentecost, you may decide to keep some Easter treats to celebrate for the whole season.

Easter is the greatest feast of the church year. So, celebrate well and long. Rejoice and be glad and enjoy this gift of light that God sends us in His Son and in His Spirit and which he asks us to share with the world. May the Light of the risen Lord shine ever so brightly in your hearts and homes and may you know His presence and power in your midst.

