

# Easter Triduum

## Practice

Suggestions for a few ways to mark these three days at home:

- Fast from all digital devices and social media
- Eat dinner in the dark on Good Friday
- Buy nothing for three days
- Make hot crossed buns
- Fill empty eggshells with soil, seeds and water and place them in a sunny window



## Good Friday

LIGHT: 8 Tealights + Christ Candle (any large candle)

PRAY: God of life and death, forgive what we have done and what we have left undone. Forgive the suffering we have caused and the suffering we have neglected to see, the resurrections we have overlooked and the resurrections we have neglected to be. Amen

EXTINGUISH: 8 Tealights + Christ Candle

READ: Psalm 51: 1-15

REFLECT: God, create a clean heart in me.

BLESS: May God bless you and keep you as you sit in the shadow of death. May resurrection be your hope, today and everyday. In Jesus' name, Amen



Sundown on Holy Thursday to sundown on Easter Sunday are the three most mysterious and heart-breakingly beautiful days in the Liturgical Calendar. The word "triduum" (pronounced "TRID-yoo-um") comes from the two latin words meaning "three" and "days".



## Conversation Starters

- What's been the best part of your Lenten journey so far?
- Have you noticed anything in the Jesus stories that remind you of moments in the world today?



- We're about to go into the valley of the shadow of death with Jesus, and then rise again on Easter morning. What's your biggest fear these days? And what do you think is on the other side of that fear, if you were to move through it?

## Easter Sunday

LIGHT: 8 Tealights + Christ Candle (plus flowers!)

SING: This Little Light of Mine

READ: John 20:1-9

REFLECT: Then the other disciple who had reached the tomb also went in; he saw and he believed.

BLESS: May God bless you and keep you! May the radiant face of God shine upon you as you become God's Easter people who know victory over death and joy over despair! - for God has raised Jesus from the dead! Alleluia, Amen

