# **THE SACRED TRIDUUM**

The Sacred Triduum (3 days) begins on the GOOD FRIDAY

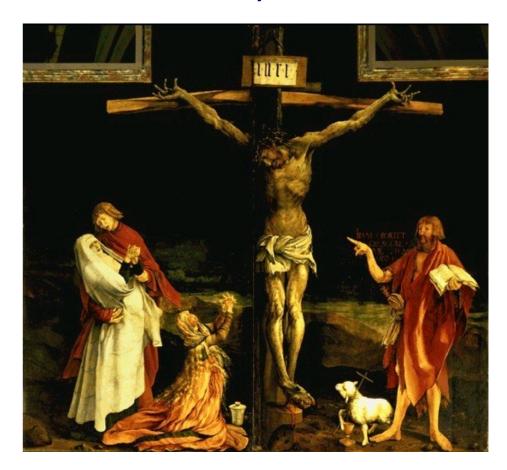
evening of Holy Thursday and ends on the Good Friday is the only day of the year when evening of Easter Sunday. The word the Catholic Church does not celebrate Mass. "Triduum" comes from two Latin words which It is a day of fasting and abstinence. We celemean "three days". Why do we speak of a brate the Lord's Passion in the afternoon. We period of three days when we have four days stand and listen as the Passion of Jesus is prowith special names - Holy Thursday, Good claimed and we remember how He suffered Friday, Holy Saturday and Easter Sunday? This and died for our sins. We also participate in is easily explained. On all high festival days, the Adoration of the Cross by kneeling or the Church counts a day in the same way as bowing before the cross, by kissing it or by the Jewish faith counts days and festivals - touching it respectfully. We do this to from sundown to sundown. For us as Catho- acknowledge the cross as the means of our lics, however, the Triduum is liturgically one salvation. Also on Good Friday we use the celebration. Therefore, the Easter Triduum expanded form of General Intercessions. We begins at sundown on Holy Thursday with the pray the ten intercessions that are prayed by Mass of the Lord's Supper, continues with the the entire Church – for the Church, for Chriscelebration of the Lord's Passion on Good tian unity, for the Jewish people, for those Friday and concludes with the day of the who do not believe in God or in Christ, for that Lord's Resurrection, which includes the Easter in public office and for people who are suffer-Vigil.

### **HOLY THURSDAY**

the Lord's Supper, which includes the washing ceive Holy Communion reserved from the of feet. The Last Supper was a meal of unity, Mass of the night before. love and shared life: it was there that the disciples bound themselves to follow Christ THE EASTER VIGIL wherever He went. Through our participation The Easter Vigil is the high point of the Easter in this liturgy, we too bind ourselves to follow Triduum. The Vigil includes the blessing of the Jesus in His death and resurrection. It was also Easter fire and the Paschal candle, the singing at the Last Supper that Jesus instituted the of the Easter Proclamation, the expanded Eucharist for the Church. Each time we cele- Liturgy of the Word that traces the story of brate the Eucharist we participate again in the our Salvation, the Liturgy of Initiation in which death and resurrection of Jesus and commit people become new members of the Church ourselves to be His disciples. The washing of and the celebration of the Eucharist. During the feet is a sign to us, as it was to His disci- the Triduum, we celebrate the essential mysples that night, of the service we are called to tery of our Christian faith: Jesus' triumph over live. This Mass ends in silence without a clos- death and our own participation in that resuring procession because our celebration has rection. We come together in a special way to not ended. We are all invited to spend time in remember the saving act of Jesus and the adoration of the Blessed Sacrament, keeping miracle of His Resurrection and we celebrate watch with Jesus as we prepare for Good Fri- our faith and identity as Christians

ing or experiencing difficulties in their lives. These prayers recognize the universality of our Church and the need for us to be aware of On Holy Thursday, we celebrate the Mass of faiths different from our own. Finally we re-

# THE CATHOLIC PARISH OF **ST GEORGE, SUDBURY**



# **HOLY WEEK & EASTER 2024**



24th March	PALM SUNDAY with blessing of palms
6.15pm	Saturday Vigil Mass (said)
8.30am	Mass (said)
9.45am	Mass (Family)
11.30am	Mass (Solemn) (Please note later time)
5.30pm	Mass

There will be a procession into Church at the 9.45am & 11.30am Mass. Please be on time & assemble outside in the garden area.

Monday in Holy Week
Confessions
MASS

# 26th MarchTuesday in Holy Week9.00amConfessions9.30amMASS12noonChrism Mass in Westminster Cathedral<br/>(All are welcome – no tickets required)7.30pmShowing of the film: The Passion of Christ<br/>(Parish Centre) All welcome!

## 27th March

9.00am

9.30am

Wednesday in Holy Week ("Spy Wednesday") Confessions MASS

## THE SACRED TRIDUUM

28th March 8.00pm	MAUNDY THURDAY EVENING MASS OF THE LORD'S SUPPER and watch at the Altar of Repose until Midnight (Please sign up)
12 Midnight	Night Prayer
29th March	<b>GOOD FRIDAY</b> Day of fasting & abstinence
11.30am to	Children's Good Friday Workshop
12.30pm	Children's Stations of the Cross
	(Parish Centre)
3.00pm	SOLEMN LITURGY OF THE PASSION OF
	THE LORD
8.00pm	Stations of the Cross & Veneration of the
	Relic of the True Cross
30th March	HOLY SATURDAY
9.30am	Morning Prayer
10.30am	Blessing of Easter foods (Parish Centre)
10.00am -1.00pm	Church Cleaning & Decorating
	All welcome!
	During this time a priest will be available in Church to hear Confessions
8.00pm	THE EASTER VIGIL IN THE HOLY NIGHT
31st March	EASTER SUNDAY OF THE RESURRECTION
8.30am	Mass (said)
9.15am	Blessing of Easter foods (Parish Centre)
9.45am	Mass (Family)
11.15am	Mass (Solemn)
5.30pm	Mass (said)

There will be an Easter egg hunt for all the children after the 9.45am Mass CLOCKS GO FORWARD DURING SUNDAY NIGHT AT 1.00am as British Summer Time