

## HOLY WEEK : THE EASTER TRIDUUM

### Holy Week: The Easter Triduum

Our long journey to the font culminates in the Easter Triduum. These three days draw us into the mystery of our salvation. Whatever we are doing these days, these prayers and resources can help us be open to the graces the day offers. Each morning, we can pause to acknowledge the meaning of the day ahead. Each night, we can give thanks.

Even if we can't celebrate these days liturgically, we can reflect upon the symbols and rituals, and let the prayers of the liturgies draw us in. All, that we might know the depth of the love being offered us, and power of the gift of life won for us.

### HOLY THURSDAY

Loving Provider,  
you gather me in this upper room with your son,  
to be fed by your love.  
At that supper, Jesus told us to "love one another" and I know that is the heart of his gift,  
his sacrifice for me.  
I ask that I might find the source of my own heart,  
the meaning for my own life,  
in that Eucharist.  
Guide me to the fullness of your love and life.

May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life.  
Amen.

### GOOD FRIDAY

My Lord,  
your son has suffered so much, shed so much blood.  
I was born with so many faults  
and my nature is so full of weakness,  
and yet your son Jesus has died on the cross.

For *me*.  
I know your grace has the power  
to cleanse me of my many sins  
and to make me more like your Son.  
Thank you for your goodness and love for me.  
I ask you, Father, to watch over me - always.

May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life.  
Amen.

### HOLY SATURDAY

On Good Friday, there was no Eucharist - simply a communion service, with the Body of Christ from the Holy Thursday Eucharist. On Holy Saturday, there is no liturgy at all. ***The liturgy this evening is the vigil*** - the preparation for and entry into the celebration of Our Lord's Resurrection. It is an Easter Sunday liturgy.

Let us pray.

Almighty ever-living God,  
who are wonderful in the ordering of all your works,  
may those you have redeemed understand that there exists nothing more marvellous than the world's creation in the beginning except that, at the end of the ages,  
Christ our Passover has been sacrificed.  
Who live and reigns for ever and ever.

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### II

Let us pray.  
O God, supreme Father of the faithful,  
who increase the children of your promise  
by pouring out the grace of adoption  
throughout the whole world  
and who through the Paschal Mystery  
make your servant Abraham father of nations,  
as once you swore,  
grant, we pray,  
that your peoples may enter worthily  
into the grace to which you call them.  
Through Christ our Lord.

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### III

Let us pray.  
O God, whose ancient wonders remain undimmed in splendour even in our day,  
for what you once bestowed on a single people,  
freeing them from Pharaoh's persecution by the power of your right hand,  
now you bring about as the salvation of the nations through the waters of rebirth,

grant, we pray, that the whole world may become children of Abraham and inherit the dignity of Israel's birthright. Through Christ our Lord.

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#### IV

Let us pray.  
Almighty ever-living God, surpass, for the honour of your name, what you pledged to the Patriarchs by reason of their faith, and through sacred adoption increase the children of your promise, so that what the Saints of old never doubted would come to pass your Church may now see in great part fulfilled. Through Christ our Lord.

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#### V

Let us pray.  
Almighty ever-living God, sole hope of the world, who by the preaching of your Prophets unveiled the mysteries of this present age. graciously increase the longing of your people, for only at the prompting of your grace do the faithful progress in any kind of virtue. Through Christ our Lord.

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#### VI

Let us pray.  
O God, who constantly increase your Church by your call to the nations, graciously grant to those you wash clean in the waters of Baptism the assurance of your unfailing protection. Through Christ our Lord.

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#### VII

Let us pray.  
O God of unchanging power and eternal light, look with favour on the wondrous mystery of the whole Church and serenely accomplish the work of human salvation, which you planned from all eternity; may the whole world know and see that what was cast down is raised up, what had become old is made new, and all things are restored to integrity through Christ, just as by him they came into being. Who lives and reigns for ever and ever.

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#### VIII

O God, who make this most sacred night radiant with the glory of the Lord's Resurrection, stir up in your Church a spirit of adoption, so that, renewed in body and mind, we may render you undivided service. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.