

# Triduum

## “The Three Days”



The word Triduum comes from Latin for “the three days”. It refers to the liturgical season between Lent and the Easter Season. [The Triduum begins the evening of Holy Thursday, reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday.](#) The liturgies of the Triduum are actually considered one liturgy spread over three days and is the culmination of the entire liturgical year. Even though we can not gather as a community for prayer and worship, we hope to provide ideas on how to live this holiest of weeks at home. We encourage you to participate in the live streamed liturgies and then choose a few of these resources based on the age of the members of your family to engage more deeply in this holy time. Start by reading this article: [Your Essential Guide to the Triduum.](#)

### **[SFA Holy Week Liturgies streamed live on Facebook:](#)**

**Holy Thursday:** April 9, 7 pm

**Good Friday:** April 10, 7 pm

**Easter Vigil:** April 11, 8 pm

**Easter Sunday:** April 12, 10 am

\* Worship Aid for these services can be found on the parish [website](#).

\*\* Streamed Liturgies will be recorded and posted on our [website](#) and [Vimeo page](#).

### **[Resources for Families](#)**

- [Family Foot Washing](#) on Thursday
- [Make Unleavened Bread](#) on Thursday
- [Resources](#) from the Diocese of DM
- Participate in St. Francis of Assisi’s [Drive-Through Stations of the Cross](#)
- Go technology “dark” for Good Friday & bow each time you pass a crucifix or cross

### **[Resources for Small Children](#)**

- [Short Lesson](#) for Holy Thursday from *Allelu!* with [activity sheet](#) & [lesson plan](#) for parents
- [Short Lesson](#) for Good Friday from *Allelu!* with [activity sheet](#) & [lesson plan](#) for parents
- [Holy Week Prayer Resource](#) from CGS
- [Last Supper Tea Party](#) (Christian Seder)
- [Symbolic Lunch](#) for Good Friday

### **[Resources for Elementary Kids](#)**

- [Video:](#) Holy Thursday and Good Friday
- Make a paper [Crown of Thorns](#)
- [People of the Passion Reflection](#) (p.7-8)
- [Hot Cross Buns:](#) History & Recipe

### **[Resources for Teens](#)**

- Skit Guys - [Holy Thursday & Good Friday](#)
- [Illustrated Guide](#) for the Triduum
- *Were You There?* [Song for Reflection](#)
- [9 Journal Prompts](#) for Holy Week
- Blog - [What Now? \(Holy Saturday\)](#)

### **[Resources for Adults](#)**

- Rare online exposition of the [Shroud of Turin](#), which many believe is the burial cloth of Jesus, on Holy Saturday
- Worship thru Music: [Holy Week Reflection](#)
- Links to virtual retreats for [Holy Thursday](#), [Good Friday](#), & [Easter Vigil](#)

### **[Resources: Special Needs](#)**

- [ASL Signed Masses](#)
- [Easter Story Craft](#)
- Mental Health: [Caring for the Care-giver](#)
- [Praise God:](#) Taste and See the Goodness of the Lord