

## *Treasures of Our Faith*

By Deacon Ryan Adams

# Triduum



The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

What does "Triduum" mean? It comes from Latin roots that mean, essentially, "the three days" or "period of three days".

Why is the Triduum so important for us? It commemorates the heart of our faith. Christ redeemed us all and gave perfect glory to God principally through his paschal mystery: dying he destroyed our death and rising he restored our life. Therefore the Easter Triduum of the passion and resurrection of Christ is the culmination of the entire liturgical year. The single celebration of the Triduum marks the end of the Lenten season, and leads us to the Mass of the Resurrection of the Lord at the Easter Vigil.

The liturgical services that take place during the Triduum are:

Mass of the Lord's Supper

Good Friday of the Lord's Passion

Mass of the Resurrection of the Lord

The Triduum recalls the passion, death, burial, and resurrection of Jesus

The Easter Triduum begins on Holy Thursday with the evening Mass of the Lord's Supper, is continued through Good Friday with the celebration of the passion of the Lord, then on Holy Saturday, reaches its high point in the Easter vigil, and concludes with Easter Sunday.

The Triduum liturgies teach us the meaning of Christ's life, death, and resurrection. The richness of the rituals and symbols help us to experience the mysteries of Jesus' final hours, His passion and His rising from the dead. In a special way, during these three days, we come together as God's children to remember the saving act of Jesus, the miracle of His resurrection – and to celebrate our faith and identity as Catholics.

Over the next few weeks we'll take a closer look at days of the Triduum.