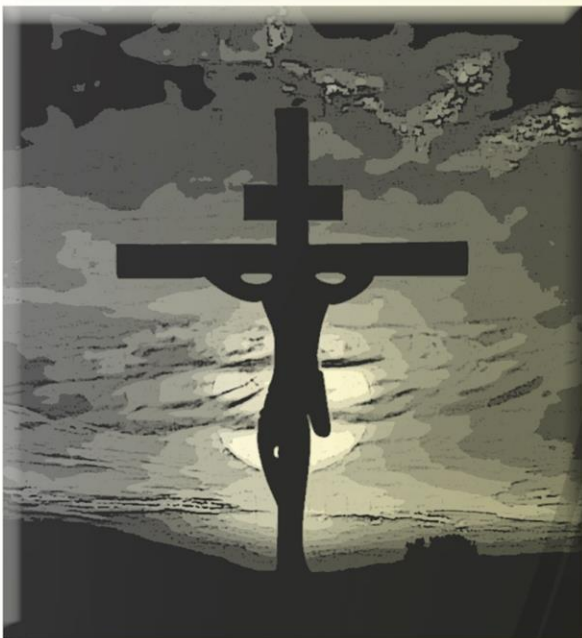


# The Three Days to Save



## EASTER *Triduum*

What we do from  
Holy Thursday to Easter Sunday

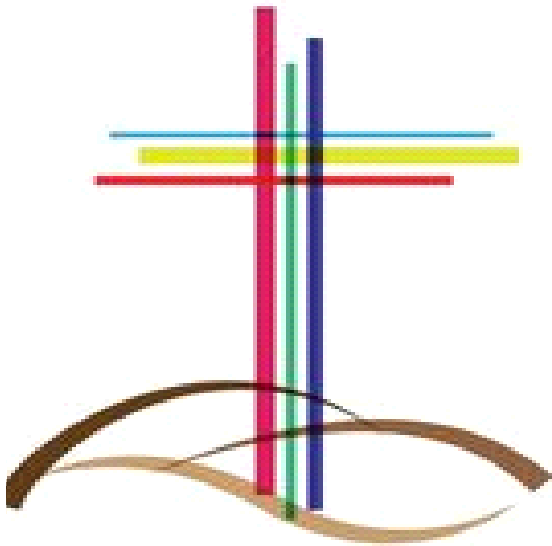
Holy Thursday brings the end to Lent. On this night we begin the three days that are the center of our year.

Please take a few moments to read this pamphlet. It asks:

Why are these three days so important?

What do they mean for you?

It invites us all to make these three days different from all the days of the year.



The Three Days, the Easter Triduum, is the center, the core of the year for Christians. What Sunday is to the week, these days are to the year. These are days to save and savour.

Adults in the community are invited to plan so that the whole time from Thursday night until the Easter Vigil is free of social engagements, free even of work, free of entertainment, free of meals except for the simplest nourishment. We are asked to fast during Good Friday and to continue fasting, if possible, all through Holy Saturday as strictly as we can, so that we come hungry and full of excitement to the Easter Vigil. We make Good Friday and Holy Saturday free for prayer, reflection, preparation and silence. The church is getting ready.

## HOLY WEEK & EASTER TRIDUUM 2025

**St Anthony of Padua Church, Melton South**  
 Friday, April 11      6.30pm Stations of the Cross followed by Reconciliation (approx. 7.30pm)

### ST CATHERINE OF SIENA CHURCH, WEST MELTON

#### Maundy Thursday April 17



7.30pm Mass of the Lord's Supper followed by Adoration of the Blessed Sacrament until 10 pm

#### Good Friday April 18



10.30am Stations of the Cross followed by Reconciliation  
 3pm Celebration of the Lord's Passion

#### Holy Saturday April 19



10.30am Blessing of the Easter food baskets  
 7.30pm Easter Vigil Mass

#### Easter Sunday April 20

9am & 11am Easter Sunday Masses  
**Please Note: no 5pm Mass**

Whether you are young or old, currently active in the parish or not, please set these days aside. All of us should know that our presence for the liturgies is not just by invitation. We are all needed here. We need our whole community to gather on its greatest days.

We gather several times on these three days and together we hear some of the Church's most beautiful prayers, scripture readings and music.

Please look closely at the parish schedule and make the time to take part in the various liturgies and gatherings of Holy Thursday night, Good Friday and above all the Easter Vigil on Holy Saturday. From mid-summer to the end of autumn, the church keeps the great Paschal Season. It has three parts:



**The Forty Days** are the days of Lent, from Ash Wednesday to Holy Thursday: They are days of prayer, almsgiving and fasting. In these ways we try to become as fully as possible the baptized people we are, living by the gospel – and so we prepare to baptize the catechumens.

**The Three Days** are between the Forty and the Fifty. They are called the Triduum (Latin for “three days”) and they begin Holy Thursday night and continue through Good Friday and Holy Saturday and conclude on Easter Sunday afternoon. In the darkness between Saturday night and Sunday morning the church keeps vigil, baptizes the catechumens and celebrates the Eucharist.

## Easter Triduum



**The Fifty Days** are the days of Easter time, from Easter Sunday to Pentecost Sunday. They are the time of birth, marriage, festival and feasting. They are like the wedding of earth and heaven, Christ and the Church.

### MAUNDY THURSDAY / HOLY THURSDAY EVENING

We enter into the Triduum together. The name is thought to be a Middle English derivation taken from a Latin anthem sung in Roman Catholic churches on that day: “Mandatum novum do vobis” (“a new commandment I give to you”; John 13:34).

After listening to the scriptures, we do something strange: we wash feet. Some of us go down to our knees with pitchers of water, basins and towels. Jesus gave us this image of what the church is supposed to look like, feel like, act like.

Often we take up a collection, but not the usual collection (which is for the church and the poor). The liturgy makes it clear that tonight’s collection is only for the poor. So, bring the money you have saved with Lenten fasting. Like the washing of feet, this is a rehearsal for Christian life. Then we celebrate the Eucharist. The evening liturgy has no ending: whether we stay to pray awhile or leave, we are now in the quiet and peace and glory of the Triduum.

## GOOD FRIDAY AFTERNOON

We gather in that same quiet and listen to scripture, including the passion from the gospel of John. We pray at length for all the world's needs.

Then there is another once-a-year event: The holy cross is held up in our midst and we come forward one by one to do reverence with a kiss or a bow or a genuflection. All the while we sing not only of sorrow but of the glory of the cross.



## SATURDAY EVENING VIGIL

Hungry now and full of excitement, the church gathers and lights a new fire and a great candle that will make this night bright for us. We listen to some of the most powerful scriptures in our Bible: stories of creation, Abraham and Isaac, Moses and Miriam and the crossing of the sea, poems of promise and rejoicing, the gospel of the resurrection.



Then we pray to all our saints to stand with us and we go to the font and bless the waters. There the catechumens are baptized and anointed, and all of us renew our baptism. For us, these are the moments when death and life meet, when we reject evil and give our promises to God. All of this is in the communion we call the church. So together we go to the table and celebrate the Easter Eucharist. Easter day begins and we are ready for Fifty Days of rejoicing.

## EASTER SUNDAY

Easter Sunday is the day we celebrate Jesus' Resurrection. It is the most important day in history.

The whole world changed on Easter Sunday. It was an earth-shattering, life changing, historic event, and the ultimate proof that Jesus truly is God. Catholic's have been celebrating Easter Sunday for over 2000 years.

While the Easter Vigil is a significant and complete celebration, the Church encourages the faithful to participate in the Easter Sunday Mass as well. The faithful are called to celebrate the Eucharist on Easter Sunday as a continuation of the Vigil's celebration and as a fulfilment of their obligation to participate in the liturgical life of the Church. This is rooted in the understanding that each Mass is a unique celebration of the Eucharist, which is the source and summit of Christian life. The Easter Sunday Mass serves to further commemorate the Resurrection and to gather the community in joy and thanksgiving for the gift of salvation.

## EASTER IS NOT JUST A ONE-DAY CELEBRATION: IT'S AN ENTIRE SEASON!

Easter begins with the Easter Vigil Mass and culminates on Pentecost Sunday: 50 days.

We celebrate life, death, new life, and eternal life. We celebrate education, innovation, discovery, love, truth, beauty, goodness, forgiveness, reconciliation, unity, family, and new life. We are a people of celebration. And here's the thing – you become what you celebrate. If you celebrate death and destruction, you will become death and destruction. If you celebrate life and creativity, you will become life and creativity. The Church's constant invitation is to celebrate the right things with great vigor, enthusiasm and regularity.

