

# FAMILY FAITH AT HOME

*The Triduum* is the shortest and most intense season of the liturgical year. In fact, the celebrations of Holy Thursday, Good Friday, and Holy Saturday are one continuous liturgy - filled with an abundance of ancient ritual and timeless beauty. Families should make every effort to join with the parish community during these days. Plus, use these activities to sanctify these sacred days at home.

## Holy Thursday

Hold a prayer service at home where you proclaim and share the readings of the day with one another, followed by a ritual washing of one another's feet. If you maintain a sacred space in your home, silently and reverently empty this sacred space, leaving it bare just as we empty our sanctuaries in church - underscoring this night of nights when Christ our savior was in agony and gave himself up for our sakes.

## Good Friday

Returning to this sacred space in your home, place a plain wooden cross in the space, either on a bare table or even on the floor. If you do not have a plain wooden cross, be creative. Use Popsicle sticks, leftover wood from a project, or even old chopsticks to create your simple cross. Share the Gospel story of the passion and crucifixion of Jesus, or share the Stations of the Cross devotion. Invite your children take a piece of paper and to write down some of the things they need Jesus' help with - special intentions, painful memories, personal struggles. Having written these down, allow them to seal in an envelope and place them at the foot of the cross. As they place their needs at the foot of the cross, invite them to kiss the cross and say, "Jesus, by your cross and resurrection, you have set us free. You are the savior of the world." Leave this space intact throughout the day and throughout Holy Saturday.

## Holy Saturday

When the sun has set and darkness creeps on the horizon, take the intentions which were laid at the foot of the cross on Good Friday, and gathering around an outside fire pit or by an interior fire place, safely build a fire. Pray together: "May the Light of Christ fill our hearts and our home," burn the intentions on this home Easter fire. While sitting around the fire, share a selection of the readings for the Easter Vigil, ending with the story of Christ's Resurrection. After your children have gone to bed, return to your home's sacred space and fill it with Easter festivity. When they awake the next morning, they will be greeted with the physical reminder that Christ has risen. Alleluia!

*(from the Institute for Catholic Formation, Diocese of Bridgeport)*