



## HOLY CROSS PARISH ✦ HELENSBURGH

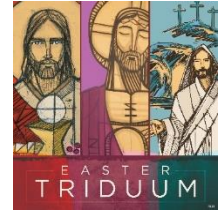
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▲ 24 March 2024 ▲ Palm Sunday/B

HOLY WEEK BEGINS TODAY and these last days of Lent point us to the *Triduum*. The whole Church year leads us to these three days and our Christian faith and life is directed by what we celebrate over these three days. I encourage you to make every effort to participate in the whole of the Triduum. Here are a few things to know about the *Triduum*.



**1. What does “*Triduum*” mean?** – It is a Latin word that literally means “The three days” referring to the days when Jesus was crucified, buried and then rose from the dead in the Resurrection.” This time is also called the “Easter *Triduum*” when we celebrate the Paschal Mystery, that is, the passing of the Lord from this world to his Father.

**2. When does *Triduum* begin and end?** – The *Triduum* begins Holy Thursday evening with the Mass of the Lord’s Supper, it takes us to the solemn time of the Passion and Death of Jesus on the Cross on Good Friday, reaches its high point in the Easter Vigil and Easter Sunday Mass, and ends on the evening of Easter Sunday.

**3. Why is *Triduum* important?** – Over these three days the whole Church quite literally enters into the Paschal Mystery. “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.” The *Triduum* of the passion and resurrection of Christ is the culmination of the entire liturgical year. So, these three days of Easter are as one and together they have the same kind of pre-eminence in our liturgical year that Sunday has for us each week.

**4. Do we have to go to Mass every day of the *Triduum*?** – The *Triduum* is not three celebrations but one celebration in several parts over the three days. In a way, it is one Mass that begins On Holy Thursday and ends on Easter Sunday. **Holy Thursday evening**, we celebrate the Lord’s Supper and after Holy Communion we depart in silence without any blessing. There will be time for prayer before the night ends with the Night Prayer, the final prayer of the day. **Good Friday afternoon** we return to hear the reading of the Passion according to St John, to venerate the Cross, and to pray for the Church and the world. We may receive Holy Communion, but we do not celebrate Eucharist. We depart in silence. **Holy Saturday evening**, the Easter Vigil begins. We gather outside around the fire and light the new Paschal Candle. We process into the church in the light of the new candle and sing of Christ the Light. In the Vigil, we listen to the story of the covenant and promise between God and his people from the Scriptures. Then we begin the new Easter Mass with the Gloria and the Gospel account of the resurrection of Jesus. We recall that we are the baptised people gathered around the altar to celebrate in Eucharist and Holy Communion the resurrection of Jesus. And we sing “Alleluia” again after not singing or saying it all through Lent. On **Easter Sunday Morning**, we celebrate the Mass of Easter proclaiming “Christ is risen! Indeed, he is risen!”

**5. Do we have to fast during the *Triduum*?** – The Easter fast is sacred on the first two full days of the Triduum, during which, according to ancient tradition, the Church fasts “because the Spouse has been taken away. Good Friday is a required day of fasting (not eating or celebrating) and abstinence (not eating meat – this doesn’t mean we have a feast of seafood). Fasting is also recommended on Holy Saturday so that the whole Church will be ready and eager to celebrate the joys of the Sunday of the resurrection.

### During the Triduum

**Morning Prayer and Stations of the Cross.** On Good Friday morning 9.00am. We will pray the Prayer of the Church before making our “Way of the Cross” with Christ. We return in the afternoon to commemorate the Lord’s Passion and Death at 3.00pm

Morning Prayer: Holy Saturday, Morning Prayer of the Church at 9.00am.

**Sacrament of Reconciliation.** For those who would like to come to the sacrament of Reconciliation, there will be time after the Stations of the Cross on Good Friday and after Morning Prayer on Holy Saturday.

## Holy Week & Easter

<i>Reconciliation</i>	<i>Thursday, 21 March – 7pm</i>
<i>Mass of the Lord's Supper</i>	<i>Thursday, 28 March – 7pm</i>
<i>Good Friday</i> <i>Stations of the Cross</i> <i>Passion of the Lord</i>	<i>Friday, 29 March – 9am</i> <i>Friday, 29 March – 3pm</i>
<i>Holy Saturday</i> <i>Morning Prayer</i>	<i>Saturday, 30 March – 9am</i>
<i>Holy Saturday</i> <i>Church Cleaning</i>	<i>Saturday, 30 March – 9.45am</i>
<i>Holy Saturday Vigil</i>	<i>Saturday, 30 March – 6pm</i>
<i>Easter Sunday</i>	<i>Sunday, 31 March – 8:30am</i>

### Easter Still Helpers Needed...



**VOLUNTEERS NEEDED**

Easter is now approaching, and we have the sign-up sheets for Holy Week and Easter ready to be filled in. If you are going to be here over Holy Week and Easter, would you please put your name on the sheets.



Thank you for your support of Project Compassion this year. Please return your Project Compassion boxes and/or envelopes before Easter. You can still donate by the QR code here.



### WEEKDAY MASSES

**MONDAY, 25 MARCH 2024**

**FUNERAL FOR STEPHEN GRIEFF – 10.30AM**

**SEE EASTER TIMETABLE FOR MASSES & CEREMONIES DURING HOLY WEEK AND EASTER**

#### *ROSTERS...*

##### *ACOLYTE*

Holy Week & Easter please see your roster

##### *GREETERS*

Holy Week & Easter Please see the sign-up sheets

##### *READERS*

Holy Week & Easter Please see the sign-up sheets

##### *CLEANERS*

Holy Week & Easter Please see the sign-up sheets

#### *Please pray for the sick:*

Bishop Peter Ingham, Pat Brown, Jan Burn, John Green, Hilton King, & Luis Veas.

#### *For those who have died:*

Richard Moreton (2018), Linda Halloran (2005), James Larkin (2006), Andrew Mottinelli (1968), James Buggy (2017), Kathleen Emmett (1954), Kathy Henderson (2013), James Garvey (2014), Joy Harris (2016), Judith Miller (2014), Ray Phillips (2022), Tom Collins (2023), Sarah Woodward (2014) & Dorothy Gosley.

*Please also pray for* Stephen Grieff and Paul Emmett who died this week. May they rest in peace. Amen.

#### *MORNING TEA*

April 14 Michael & Kerrie Halloran & Jim & Mary Dix

#### *ROSARY STATUE*

April Sue Clark

