Lenten Series 2021

Session #6 The Triduum: One Single Event

(presented by Fr. Ritche, Pastor)



**Reflection Questions**

* What gestures in the Triduum Liturgy guide me in my prayer and service? Why?
* How do I identify *this year* with the ancient people of Israel and their Passover?
* If were at the Last Supper and Jesus came to wash my feet, how would I feel? How would I react?

Some Triduum elements to inspire reflection and prayer:

 Washing of the feet

The Last Supper/feasting together

The Altar of Repose

 Walking the Stations of the Cross

 Veneration of the cross

 Fasting

Praying by candlelight

 Litany of the Saints: pray for the Elect and recall your own “saint name”

Meditating on the Vigil scripture readings

Wearing white

Recalling your baptism or the baptism of your children, grandchildren, etc.

Singing Alleluia!