

# Virtual Family Prayer Bag



Dear Parent / Carer,  
here is an electronic version of our Prayer Bag  
for the **Easter Triduum**

## Celebrating the Easter Triduum

Please take some time over the next few days  
to come together, as a family, in prayer.  
The **Easter Triduum begins on Holy Thursday.**



## A Message from Bishop David



Dear young friends in Christ,

The Sacred Triduum sounds a mouthful doesn't it? It refers to the three most important days of the year for us, disciples of Jesus. Indeed, these are the most important three days in the whole history of the world! First of all, on Holy Thursday we remember the moment when Jesus washed his disciples feet and celebrated the Passover Feast with them. During this sacred banquet, Jesus gave us the gift of his own Body and Blood. Imagine that, when we receive Holy Communion at Mass, Jesus is making his home with us in the best way he knew how to do so. Remember how Jesus prayed in the Garden of Gethsemane. He was frightened just like any of us when faced with something so challenging as he is suffering on the Cross. Then, without having to and freely choosing to, Jesus is obedient to the Father's will and is arrested. He is led away.

On Good Friday Jesus is falsely accused. Jesus must carry his Cross to a place outside of Jerusalem, and he suffers and dies so that we can enter heaven at the end of our lives here on earth. And then we think of the resurrection on Easter day. It is difficult for us to imagine what exactly happened at Easter. But this is what it means for me. When Jesus died, all my sins, my fears and worries, they also died. Because of the resurrection, I am filled with so much hope and joy. Nothing in this world can rob me of the joy of knowing that God's glory is at work in our lives today. He has poured out that same Spirit on me, a Spirit of life, which raised Jesus' dead body to unending life. Wow, what a powerful three days these are in the history of our world!

Have a lovely Easter and don't forget to say thank you to Jesus for all he endured for us.

Peace and joy to you all,

✠ David

Rt Revd Dr David J Oakley  
Bishop of Northampton





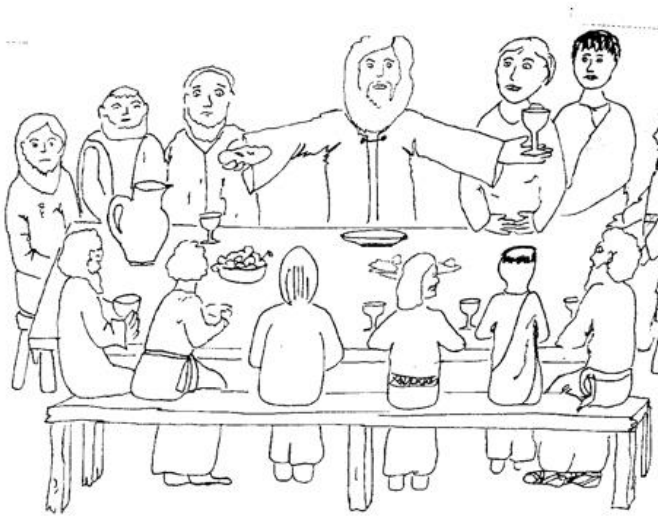
# The Easter Triduum

Three days -  
the high point of the whole Christian year

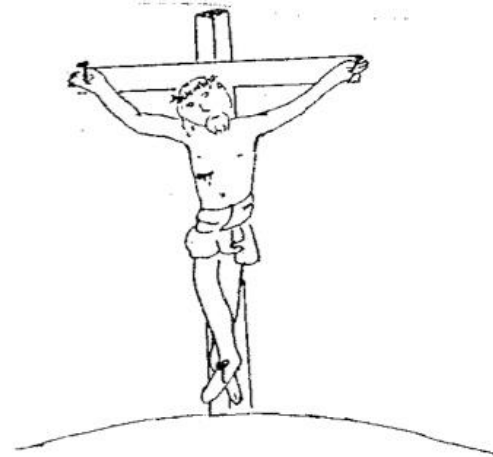


# The Triduum

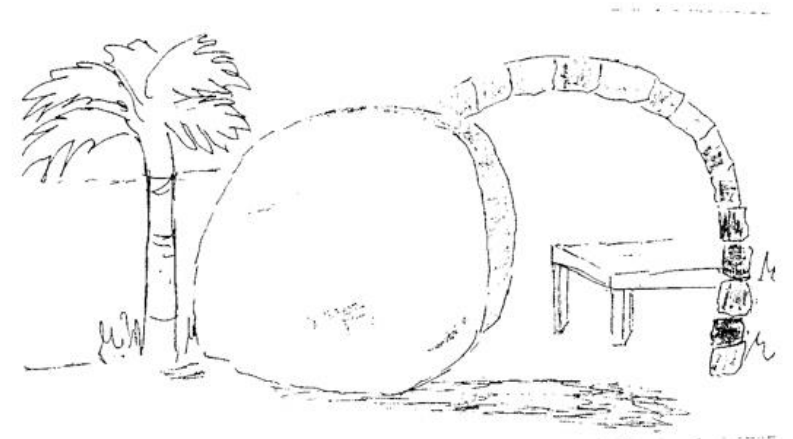
## Holy Thursday



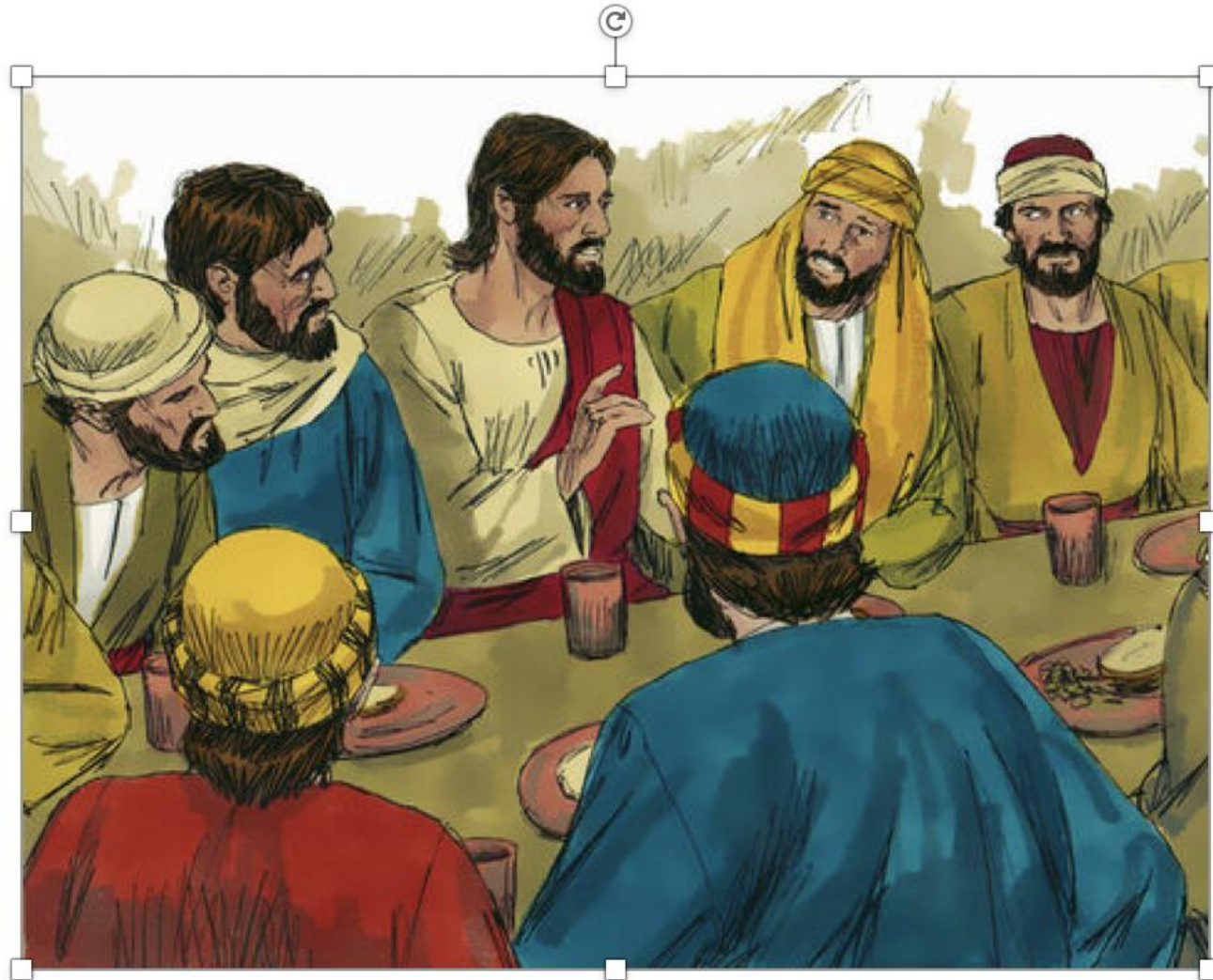
## Good Friday



## Holy Saturday



# Holy Thursday





## Holy Thursday

On this night Jesus showed his love for his friends by washing their feet. He said:

**'I have given you an example so that you may copy what I have done to you'**

(Jn. 13. 12 – 15)

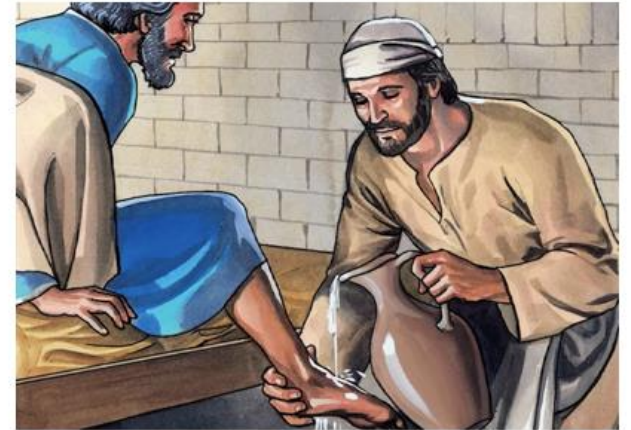
It was an act of service.

A sign of humility and friendship.

Jesus then said:

**'Love one another as I have loved you'**

(Jn. 13.34)



Then Jesus shared a special meal  
with his friends.

He gave them some bread and wine.  
He gave thanks to God and then he said:



**'This is my Body  
This is my blood  
Do this in memory of me'**



Jesus was giving himself to his friends.



**Jesus asked his friends to share this special meal with each other often.**

**When we go to Mass we do just that we share in this special meal with Jesus.**

**Jesus said 'by sharing in this special meal I will always be with you and you will always be with me'.**





Let us pray

Loving God

We thank you for giving us your son Jesus.

Help us to love as Jesus did  
and to help those in need.

Amen

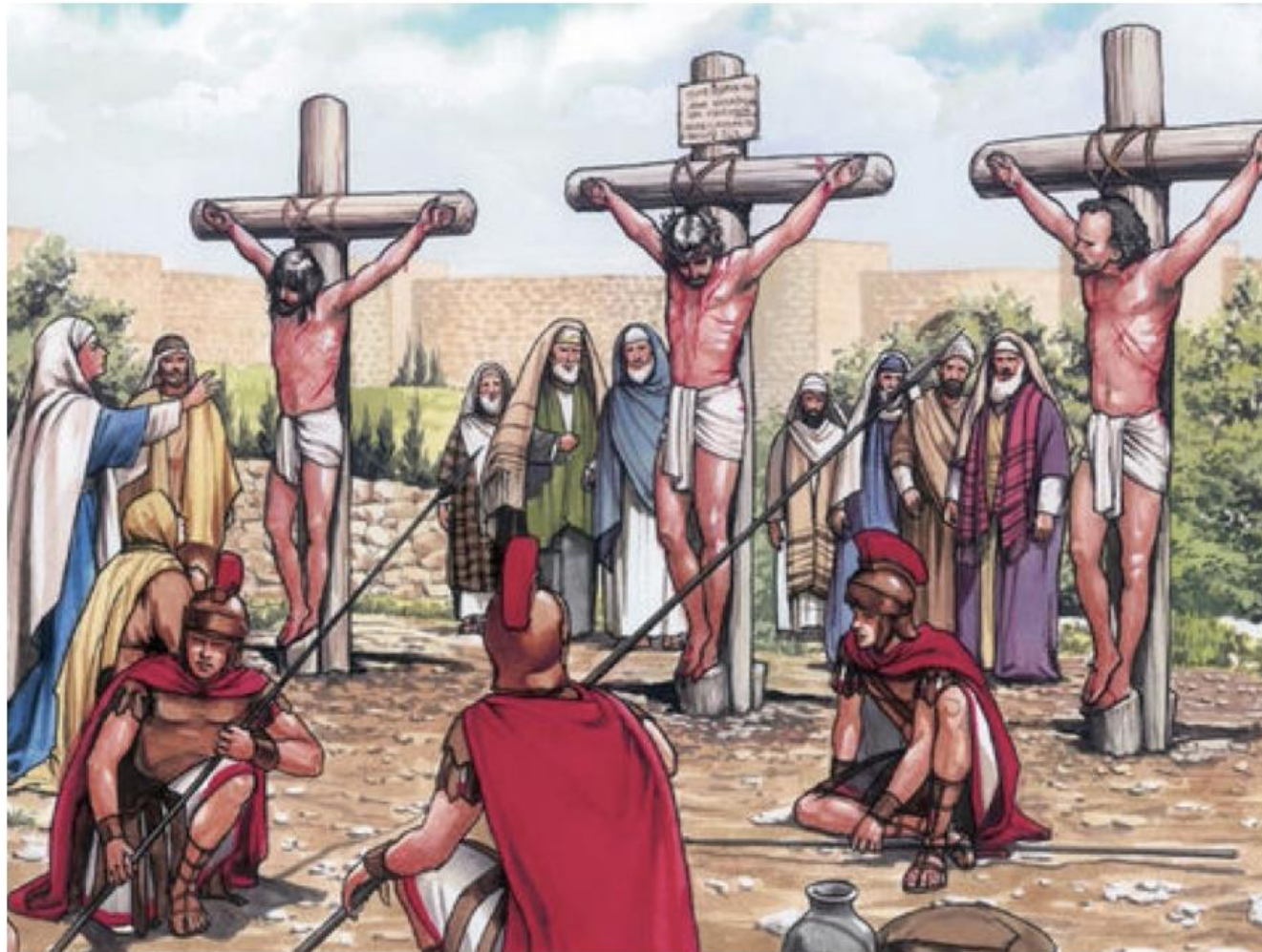


**How can we  
serve others?**

**What can we do to help  
those in need?**

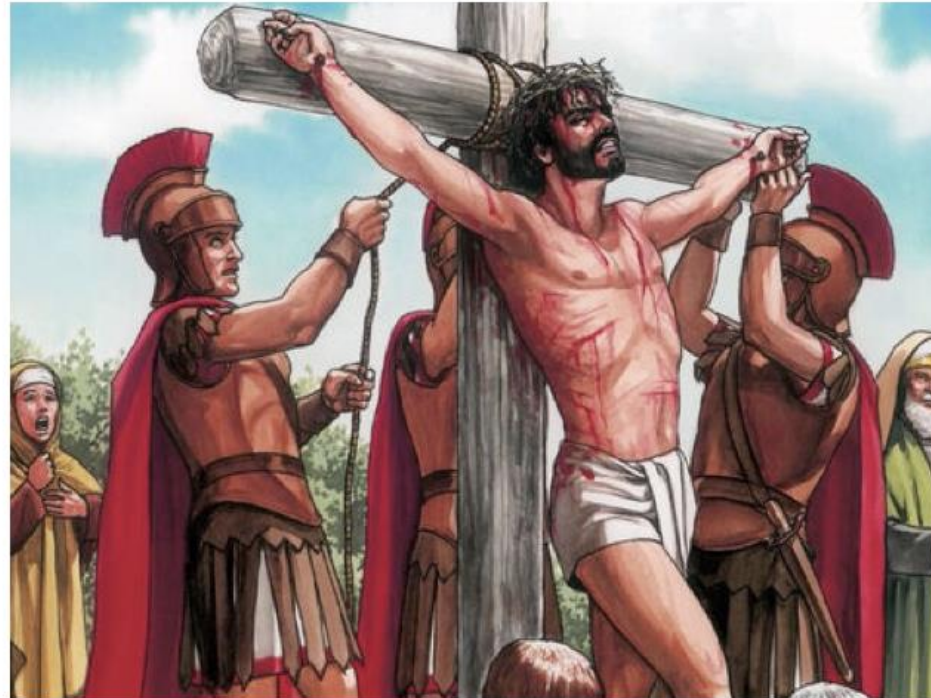


# Good Friday



**On Good Friday,  
the soldiers placed a heavy wooden cross  
on Jesus shoulders.**

**Jesus carried his cross and  
when he got to the hill of Calvary  
the soldiers nailed him to the cross.**



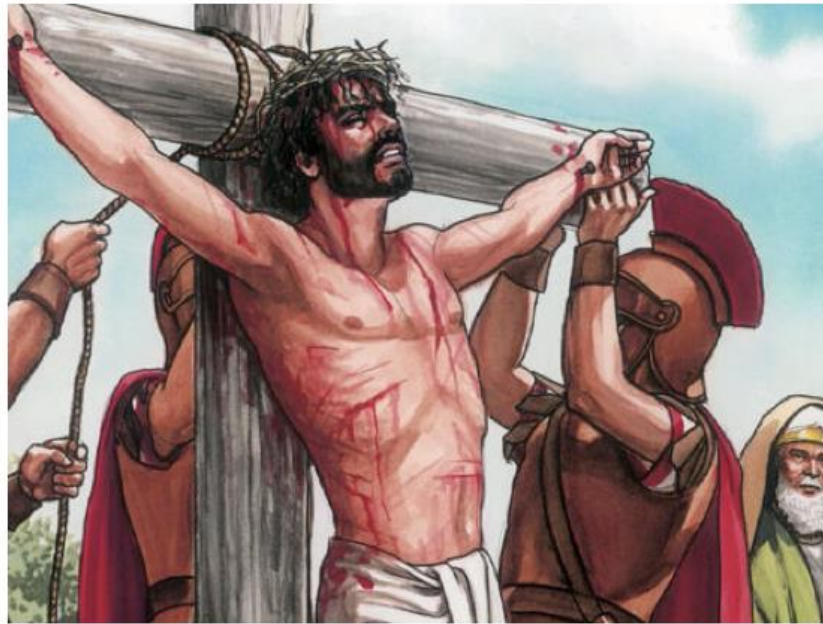
**From the cross Jesus prayed:**  
**'Father forgive them**  
**they don't know what they are doing' (Lk. 23.34)**



**Then Jesus said:**  
**'Father I give myself to you'**  
**and he bowed his head and died. (Lk. 23.46)**



**We call this day good because it was the  
day that Jesus died for us,  
so that we could have new life in him.**



Jesus died that we could live.  
He changed the cross of shame  
into a sign of victory over death.



**When we go to church on Good Friday  
we kiss a wooden cross.**

**This is a sign  
that we want to remember  
how much Jesus loved us  
by dying on the cross for us.**







Let us pray

Loving God

We thank you that Jesus gave his life for us  
to save us from sin and death.

Make us strong to show your love  
where ever we may be .

Amen



**What do we need to die to  
so that we can live  
a new life with Jesus?**

# Holy Saturday

In silence

the world waits.....





**Holy Saturday night  
is the night  
when Jesus passed  
from darkness to light,  
from death to life.**



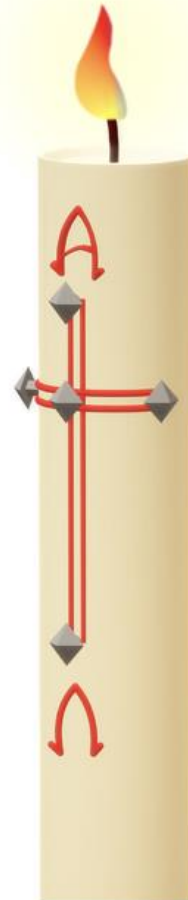
**Death has no power over him any more.  
He is risen!**



**We celebrate our passing  
from sin and death  
to new life in the risen Lord**

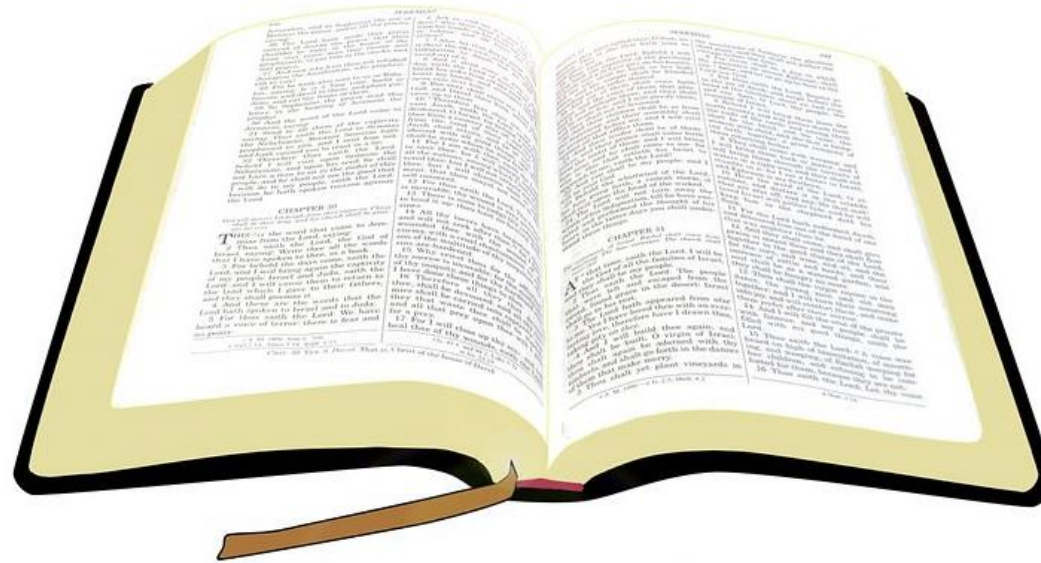
**The celebration in Church on Holy Saturday  
begins in darkness.  
The Easter candle is lit and we sing**

**'Christ our Light'**



**'Thanks be to God'**

We then listen  
to stories from the Bible  
about the great things God  
has done for his people





Then we are sprinkled with holy water  
as a sign of our baptism  
and we say 'Yes' once again to God  
that we want to live as God's children  
by being loving and caring in all that we do.



The final part of our celebration  
on Holy Saturday  
is to receive holy communion.  
The eucharist is the centre  
of our lives as Christians.





Let us pray

Loving God

We thank you for raising Jesus to new life.

May the light of the risen Jesus shine in our hearts

this day and always

Amen



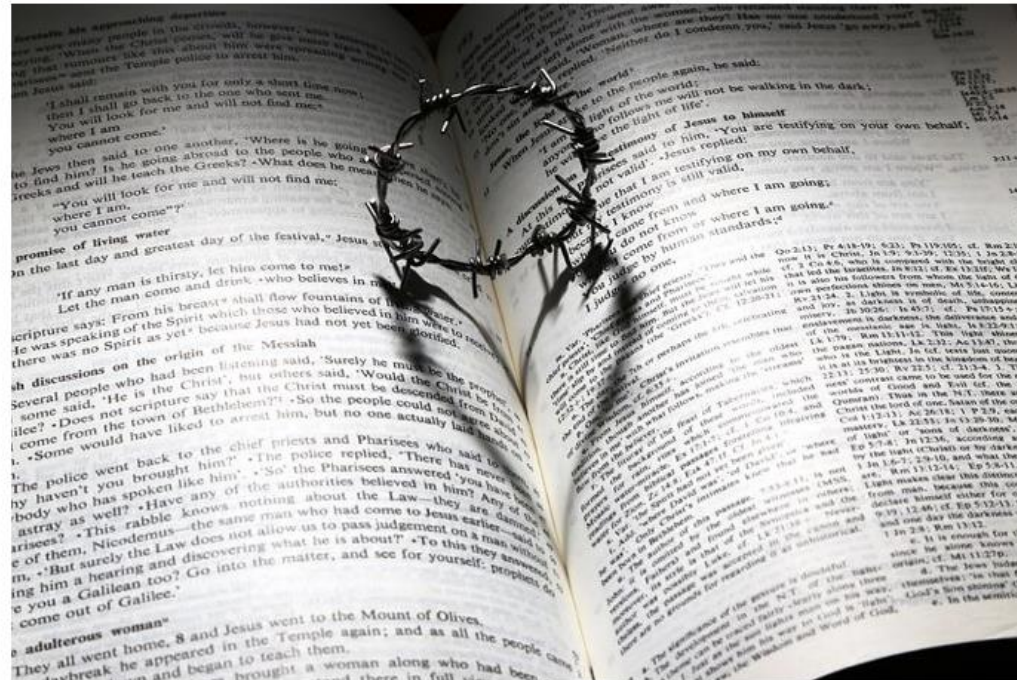
**How can we tell everyone  
the good news  
that Jesus  
has risen from the dead?**



**From**  
**darkness**  
**to**  
**Easter Sunday**  
**light!**



# A reading from the holy Gospel according to Mark



## Glory to you, O Lord

**Early in the morning, on the first day of the  
week, some women went to the tomb,  
just as the sun was rising.  
They found the stone had been rolled away  
and the tomb was empty.  
On entering the tomb they saw a young man  
dressed in white. They didn't know what to think  
but he said to them, 'Why look among the dead  
for someone who is alive?  
He is not here; he has risen.**

**The Gospel of the Lord**  
**Praise to you Lord Jesus Christ**



We dance and shout and sing!  
Praise God our Alleluias ring!

Jesus is risen from the dead!  
to new life just as he said!

Happy Easter we all say!  
Jesus is alive today!







Let us pray

Loving God

We thank you for giving us new life in Jesus.  
May the risen Lord Jesus fill our minds and hearts  
with joy and love this Easter day.

Amen



**What will you do  
to celebrate  
new life in  
Jesus today?**



*Happy  
Easter!*

