

THE SACRED TRIDUUM: A Journey of Faith, Hope, and Love



Dear Parish Family,

As we approach the most sacred days of the liturgical year, the Church invites us to enter deeply into the mystery of our salvation through the celebration of the Easter Triduum. The Triduum, which begins on Holy Thursday evening and concludes with the Easter Vigil, is the heart of our Catholic faith. It is a time to reflect on the passion, death, and resurrection of Jesus Christ—the cornerstone of our belief and the source of our hope.

The Triduum is not simply a series of individual liturgies but one continuous celebration that unfolds over three days. Each moment invites us to walk with Christ in his final hours, to unite our sufferings with his, and to rejoice in his victory over sin and death. These celebrations are not just a remembrance of historical events; they are an invitation to enter the living mystery of God's love for us.

Holy Thursday: The Gift of the Eucharist and Service

The Triduum begins with the Mass of the Lord's Supper on Holy Thursday. This liturgy commemorates the institution of the Eucharist and the priesthood, as well as Jesus' act of washing His disciples' feet. Through these actions, Jesus teaches us the meaning of self-giving love and calls us to serve one another with humility. The evening concludes with a time of prayer and adoration, as we accompany Jesus in His agony in the Garden of Gethsemane.

Good Friday: The Power of the Cross

On Good Friday, we gather to commemorate the Passion and death of our Lord. This solemn liturgy includes the reading of the Passion narrative, the veneration of the Cross, and the reception of Holy Communion. It is a day of fasting, prayer, and reflection, as we contemplate the depth of Christ's love for us—a love so great that Jesus willingly laid down his life for our salvation. The starkness of the liturgy reminds us of the cost of our redemption and calls us to repentance and renewal.

Holy Saturday: Waiting in Hope

Holy Saturday is a day of quiet anticipation. The Church waits at the tomb, reflecting on Christ's descent into death and his freeing of the souls in the realm of the dead. This day prepares us for the joy of the Resurrection, reminding us that even in the darkest moments, God is at work. The Easter Vigil, celebrated after nightfall, is the pinnacle of the Triduum. We light the Easter fire, hear the story of salvation history, welcome new members through baptism and confirmation, and celebrate the first Mass of Easter. It is a night of profound joy, as we proclaim Christ's victory over death and the promise of new life for all who believe.

Why Participate in the Triduum?

The Triduum is not just for the “super devout” or those with extra time. It is for all of us. These liturgies are a gift to the Church, a way to draw closer to Christ and to one another. By participating in the Triduum, we open our hearts to the transformative power of God’s love. We are reminded that our faith is not just a set of beliefs but a relationship with the living God, who suffered, died, and rose for us.

Let us make this Triduum a priority in our lives. Whether you can attend one liturgy or all three, your presence matters. See the bulletin or website for times and places. Come, walk with Jesus through these sacred days, and allow his love to renew your heart. Together, let us celebrate the great mystery of our faith and rejoice in the hope of the Resurrection.

May this Triduum be a time of grace, healing, and renewal for you and your family. See you in church!

Faithfully yours,
Fr. Freitag
Pastor



NORTHWEST SEATTLE
CATHOLIC **OF**

SACRED HEART OF JESUS + OUR LADY OF FATIMA + ST. ANNE