

PRAYING THE SACRED TRIDUUM

Holy Thursday, Good Friday, Holy Saturday

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HOLY THURSDAY

On this memorial of the Last Supper,
we remember that we are always in the presence of our God,
We sign ourselves in the name of the Triune God,
Father, Son, and Holy Spirit. Amen.



John 13: 2-16

Jesus rose from supper,
laid aside His garments
and girded Himself with a towel.
After that He poured water into a basin
and began to wash the disciples' feet
and dry them with a towel.
Then He said to them,
"Do you know what I have done?
You call Me Master and Lord
for so I am.
If then, I, your Lord and Master
have washed your feet,
you also should wash
one another's feet.
I have given you an example
that you should do
as I have done to you."

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REFLECTION:

Enter into the mystery of being master and servant. Look at your neighbors and pick up the towel. With authority grounded in humility, kneel before them and wash off the dirt of daily living. If you are the neighbor in need of washing, lay aside your pride and, like Peter, accept the service of the one kneeling before you. Then go, and do likewise. Be blessed as you wash the feet of others and reveal the face of the Master through the towel in your hands.

(Alma L. Maish, *Master and Servant*)

RESPONSE:

Lord and Friend,

I rededicate myself

to a life of prayer and worship of You.

May a song of praise be the constant melody of my heart.

I re-commit myself

to serve the needs of those around me

and the needs of all the world.

May I find my salvation in this time and place

where I now live.

My union with those who share my commitment

be a source of confirmation and inspiration to me.

(Ed Hayes, *Meeting the Sacred*)

HYMN:

Where charity and love prevail, there God is ever found.

Brought here together by Christ's love, by love are we thus bound.

With grateful joy and holy fear God's charity we learn;

Let us with heart and mind and soul now love Him in return.

Forgive we now each other's faults as we our faults confess;

And let us love each other well in Christian holiness.

Let strife among us be unknown, let all contention cease;

Be God's the glory that we seek, be ours God's holy peace.

Let us recall that in our midst dwells God's begotten Son;

As members of His body joined, we are in Him made one.

No race nor creed can love exclude, if honored by God's name;

Our family embraces all Whose Father is the same.

PRAYER

Jesus, You came to serve and not be served;

help us to realize the nobility of serving You in one another as we remem-

ber Your command to love one another as You have loved us.

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1 Corinthians 11: 23-26

I received from the Lord
what I handed on to you,
namely, that the Lord Jesus
on the night in which He was betrayed
took bread,
and after He had given thanks,
broke it and said,
"This is My Body, which is for you.
Do this in remembrance of Me."
In the same way,
after the supper,
He took the cup saying,
"This cup is the new covenant
of My Blood.
Do this whenever you drink it
in remembrance of Me."
Every time you eat this Bread
and drink this Cup,
you proclaim the death of the Lord
until He comes!



REFLECTION:

The love of Jesus Christ for us led Him to institute this Divine Sacrament in order to give Himself entirely to us and to remain always with us. He knew that immediately afterward that He would suffer and die for us, that this offering He would make of Himself on the cross would occur only once and after His ascension into heaven He would no longer appear among us. This is why, to give us a sign of His tender love and goodness before dying, He left to His apostles and the whole Church in their persons, His Body and Blood, to be for us in the ages to come a precious proof of the tender love He feels for us.

Receive this Gift with respect and thanksgiving. Give Jesus love in return for His love.

(Saint John Baptist de La Salle)

Psalm 34:

Taste and see the goodness of the Lord.

Taste and see, O taste and see the goodness of the Lord.

I will bless the Lord at all times,
praise shall be always on my lips;
my soul shall glory in the Lord
for God has been so good to me.

Glorify the Lord with me.

Together let us all praise God's name.

I called the Lord Who answered me;
from all my troubles I was set free.

Worship the Lord all you people.

You will want for nothing if you ask.

Taste and see that the Lord is good;
in God we need put all our trust.

LITANY:

For Your gift of the Eucharist
through which we proclaim the Lord's death until He comes again.
God, our Father, we bless You.

Through your gift of the Eucharist
through which You give us strength and satisfy our hunger.
God, our Father, we bless You.

For the gift of the Eucharist
through which all Your children are brought together in love.
God, our Father, we bless You.

You are the Bread of Life.
We praise and thank You, Lord Jesus.

You are the Bread of Salvation.
We praise and thank You, Lord Jesus.

You are the Bread that feeds us.
Praise and thanks to You, Lord Jesus.

You are the Bread that comforts us.
Praise and thanks to You, Lord Jesus.

You are the Bread that gives us strength.
Praise and thanks to You, Lord Jesus.

You are the Bread that heals us in mind and body.
Praise and thanks to You, Lord Jesus.

HYMN:

Jesus, the living Bread of God, Jesus, the saving Cup of Christ,
Every time we eat this Bread, every time we drink this Cup,
We proclaim Your glory until You come again.

You are the BREAD OF LIFE.

If we come to You we will never be in need.

If we believe in You we will never thirst, and we will live forever.

You are the Life Of The World.

If we come to You we will never know death.

If we eat of this Bread, we will be renewed, and we will live forever.

You are the LIVING BREAD,

our bread from heaven, our food from above.

If we eat and drink, we will be like You and we will live forever.

You are the LIVING CHRIST.

If we follow You we will see the face of God.

If we die with You, we will rise again and we will live forever.

(David Haas, 1957, GIA Publications)

PRAYER:

Lord Jesus, Savior, You have given us a memorial of Your life and death. As we are nourished by Your holy Body and Blood, open our minds and hearts to Your Holy Spirit that we too, may give ourselves totally to the salvation of Your people. Let the Bread of Life make us one with You and with one another. Amen.

O Sacrament most holy, O Sacrament divine,
all praise and thanksgiving be every moment Thine.