



CELEBRATING PASCHAL TRIDUUM AT HOME

Activities for Families

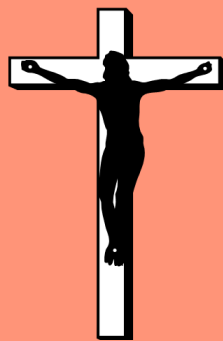
HOLY THURSDAY



Activity: Take a bowl of water with a small cup. Pour the water on each person's feet and then dry them with a towel. Do this for everyone in the family.

Reflection: Why do you think Jesus wanted to wash their feet instead of just telling everyone to go and wash up themselves?

GOOD FRIDAY



Activity: Take a very slow walk around your neighborhood, about half the speed of your normal pace. With each step, mention a name of someone in your life reflecting on yours and God's love for this person.

Reflection: Who was the hardest person to pray for?

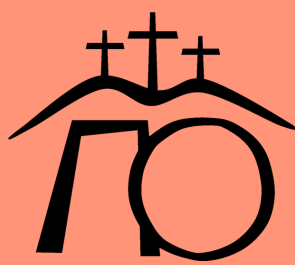
HOLY SATURDAY



Activity: Start a fire in the fireplace or outside, or simply light a candle.

Reflection: Take a minute and feel the warmth. As you feel the heat, remember God's loving and good embrace.

EASTER SUNDAY



Activity: Have each family member bless each other by tracing the sign of the cross on each other's forehead. As you bless each other, tell that person one way they give you joy.

Reflection: On this day, the Holiest of all Holy Days, remember all that we believe by proclaiming the Apostles' Creed.

