

What Is the Triduum?

The Easter Triduum, from the Latin word meaning “three days,” is the heart of the liturgical year in the Catholic Church. It is the most sacred time of prayer and worship, drawing the faithful into the profound mystery of Christ’s Passion, Death, and Resurrection.

The Triduum begins at sundown on Holy Thursday and concludes at sundown on Easter Sunday, encompassing three days of solemn liturgies that are celebrated as one continuous moment of worship.

Holy Thursday – Mass of the Lord’s Supper

On the evening of Holy Thursday, the Church remembers the Last Supper, when Jesus instituted the Holy Eucharist and the ministerial priesthood. This liturgy includes the Washing of the Feet, a powerful gesture of humility and service, echoing Christ’s command: “As I have done for you, you should also do.”

Good Friday – Celebration of the Lord’s Passion

Good Friday is a day of fasting and solemnity, marking the crucifixion and death of our Lord. The liturgy includes the reading of the Passion according to St. John, the Veneration of the Cross, and Holy Communion (though no Mass is celebrated). The Church enters into mourning, yet with hope in the promise of Resurrection.

Holy Saturday – The Easter Vigil

Holy Saturday is a quiet day of reflection and anticipation. As night falls, the Church gathers for the Easter Vigil, the most sacred liturgy of the year. It begins in darkness, with the lighting of the Paschal Candle, and moves through readings that recount God’s saving work in history, culminating in the proclamation of the Resurrection.

Catechumens are often baptized and confirmed, and the joy of Easter fills the Church.

During the Triduum, we are not simply recalling past events—we are drawn into the living mystery of Christ’s saving love, journeying with Him from the Upper Room to the Cross, and rejoicing with Him at the empty tomb.

Please see the Triduum Mass and service times on the diocesan website for all of our Churches. We warmly invite you to take part in these sacred days as we prepare our hearts for the joy of Easter.