

## Suggested Bulletin Ideas for Lent

Lent is 40 days of responding in responding God's love and care. During Lent we keep asking ourselves this question: How much does the Lord's Spirit within me affect and shape my life? Come join us on Ash Wednesday, February 6, 2008 and begin the journey into a deeper interior life with God.

Seven steps to guide us through Lent: Take time to plan the journey. Take fasting seriously. Receive the Sacrament of Reconciliation. Increase service to the poor, the sick and the suffering. Take time for prayer. Reflect on your journey and take time to be with God. Participate in the three days of Triduum on March 20, 21 & 22, 2008.

Lent is not mission impossible. And it isn't a mystery season to be solved. The prescription for observing Lent is simple and clear: give alms without fanfare, pray privately, serve the poor and fast cheerfully. Most of us take these words of Jesus to heart and do what we can during these forty days to make a return for God's goodness to us. Lent begins on February 6, 2008 and continues to Holy Thursday on March 20, 2008.

Lent actually ends on Holy Thursday evening. We then enter into the Triduum. We get ready for it on Palm Sunday and walk with the Lord as he enters Jerusalem. Christians walk with the Lord through Holy Thursday, Good Friday and Holy Saturday. On Easter, we die and rise with him to a new way of living. Come celebrate the great mystery with us during Lent and for the three days of Triduum, March 20, 21 & 22, 2008.



# Suggested Bulletin Ideas for Triduum

**The Triduum** is the high point of the liturgical year and the central Christian mystery of the triumph of life over death. The 40 days of Lent have been leading us to the three days where Christians gather to celebrate the mystery of passion, death and Resurrection. With prayer and dramatic ritual we move into Easter, coming forward to place our hand in the baptismal waters and renew our response to the Lord. Welcome to our services on **Holy Thursday, Good Friday and the Easter Vigil on March 20, 21 & 22, 2008**

**The Triduum** is the Church's endless reflection on a way of life that leads through the cross to the Resurrection. You are invited to com to the Triduum: **Holy Thursday, Good Friday and Holy Saturday.**



## **HOLY THURSDAY:**

Celebrate the joy of ministry that is the fabric of service to others. In the washing of the feet we come to a profound humility rooted in the example of Christ. On this same Holy Thursday night, we celebrate the arrival of the Holy Oils to our community: the Oil of Chrism, the Oil of the Sick and the Oil of Catechumens. Welcome to our **Holy Thursday celebration on March 20, 2008**

## **GOOD FRIDAY:**

Celebrate the ultimate mystery of the triumph of the cross. Unite your sufferings and those of the world with the Lord of the Cross. Venerate the cross, our sign of victory beyond pain and death. Good Friday is the birth of hope and peace. Welcome to our prayer on **Good Friday, March 20, 2008.**

**THE EASTER VIGIL:** Celebrate darkness broken by light. Relive new life given in the waters of Baptism. Welcome new Christians and join us in the proclamation of the Resurrection and the refreshment of the Eucharist. Welcome on **Holy Saturday, March 22, 2008.**

**THE PASCHAL TRIDUUM:** The central celebration of the core Christian message and the high point of the entire Christian year is the three day celebration of Holy Thursday, Good Friday and the Easter Vigil. By dying the Lord destroyed our death, by rising He restored our life. The Easter Triduum of the Passion and Resurrection of Christ is the celebration of the Paschal Mystery, our salvation. Welcome to the **Paschal Triduum celebrated on March 20, 21 & 22, 2008.**

**THE PASCHAL TRIDUUM:** The Triduum is one single liturgical action that continues over three days: Holy Thursday, Good Friday and the Easter Vigil. The Triduum is not a part of Lent, but in its entirety, celebrates the Easter event. The spirit of the fast during the three days is not a Lenten Fast but the Paschal Fast. The entire focus of the Triduum is on the Triumph of the Cross and the Resurrection.

Therefore every Catholic is greatly encouraged and invited to join in the drama and action of **The Three Great Days of Triduum, March 20, 21, & 22, 2008.** For Every Catholic this is more than the story of Christ, it is the story of our own life, passion, death and resurrection.