



Easter Triduum 2024

HOLY THURSDAY
GOOD FRIDAY
HOLY SATURDAY



JPIC PRAYER GUIDES



28-30 MARCH 2024

HOLY THURSDAY



1st Reader

We begin today with the Triduum, the three great celebrations of our Catholic faith. Today, Thursday, we celebrate the Lord's gift of the Most Holy Eucharist. Tomorrow we will enter into the mystery of His Crucifixion. Saturday after sundown, we enter into the glory of His Resurrection.

On the first Holy Thursday, Jesus demonstrated an example of perfect love, humility, and service that we are called to imitate as we become one with Him. Jesus washed the feet of His disciples and taught us that His Body and Blood are given to enable us to love as He loved. The Eucharist transforms us into true servants who are called to humility. We are called to the humble service of others. This service will take various forms, but it is what we are called to do.

2nd Reader

This degree of love and humility demands courage, inner freedom, and total emptiness. We witness some people in the world who commit themselves to love the way Jesus loved.

In our lives "We are all moved and filled with admiration by the extreme gestures or behavior of people who dare to give themselves beyond what is reasonable, beyond what is "logical", beyond what is humanly demandable: they risk their lives for others, they stand by those who are in high-risk situations, they do not take themselves into account and, without calculating or measuring, they give what they are and what they have, risking their own existence until they lose it. These are behaviors that, in the eyes of many, seem senseless, as this Sufi poem expresses: "They told me: You have gone mad because of the One you love. I answered them: The taste of life is only for the insane."

(Spiritual Journey, pg. 114)



So much to the mission of RSCJs!

3rd Reader

Let us pause to ask ourselves...

When was I last called to give myself in love beyond the reasonable, beyond that is logical, beyond that is humanly demandable? *(Pause for 5 minutes)*

Is there somebody or some situation in my life now that needs this gesture of total love and humility? *(Pause for 5 minutes)*

I bring this person or situation in this room to my memory as we symbolically wash each other's feet.

The leader does the gesture of washing feet.

Song is played simultaneously : [Brother, Sister, Let Me Serve You](#)

If possible leader breaks bread and shares with each member of the room as the passage is read:

“Then He took the bread, said the blessing, broke it, and gave it to them, saying, “This is my body, which will be given for you; do this in memory of me.” And likewise, the cup after they had eaten, saying, “This cup is the new covenant in my blood, which will be shed for you.”

~Luke 22:19–20



Song : [Ubi Caritas](#)

4th Reader

Closing Prayer and Blessing:

Lord, we thank You for the gift of Your Son. May our entry into the mysteries of His life, death, and resurrection give us the confidence to live with unshakeable faith in Your faithful and abiding love.

**We make this prayer to You in His name. May Almighty God bless us:
Father, Son, and Holy Spirit. Amen.**



Daphne Sequeira rscj
JPIC Link - General Council
India



GOOD FRIDAY

They will look upon him whom they have pierced (John 19: 37).

Introduction: Good Friday is no ordinary day. It is a day, when Jesus went through death and burial, to open the way to life for each of us. It is a good day for us because of what Jesus did for us; dying for us on the cross so that we may have life to the full. It is by his cross that the world is redeemed. He triumphed in the way of helplessness, humiliation, and suffering.

Let us position ourselves today before the cross of Jesus, meditate on his passion and learn from him what it means to suffer out of love. Let us ask Jesus to teach us what we cannot learn from flesh and blood; to reveal to us the wisdom of the cross so that we can ever find the cross as a symbol of his love for mankind.

WE CONTEMPLATE JESUS

At the beginning of his last supper, Jesus "knew that the hour had come for him to pass from this world to the Father" (Jn 13:1): to pass through that narrow door was not going to be without effort or struggle. In the Garden scene he struggles, "entering in agony" (Lk 22:42): his passage from this world to the Father is not a flight, nor a resigned disappearance; Jesus does not walk serenely towards death, but goes through the night of Gethsemane in dread and anguish, in the midst of loneliness and abandonment.

No one supported Jesus in his pain during the journey he had to make into the depths of his being and he had nothing left to lean on except his absolute certainty of being in the Father's hands. So Jesus turns to God as Son, certain that the bond cannot be broken and, while rejecting the imminence of death and fighting for his survival, Jesus abandons himself to God's care. By saying to God "your will be done," Jesus expresses his letting go, his abandonment of all reasons both to die and to live. He had said it before, in moments of joy, and Jesus says it again now in anguish.

"It is accomplished." (Jn 19:30) It is the announcement of the end of a race, of surrender after a battle, of giving in, letting go, abandoning resistance, surrendering unconditionally, as the psalm exhorts: "Surrender and acknowledge that I am God." (Ps 46:11)

Jesus is now "the surrendered one" and his gesture of bowing his head (Jn 19:30) evokes his attitude of absolute consent to the Father, the coherent end of his risky wager of trusting above all else. Jesus, who had made his whole life a gift, now gives up his last breath with the abandonment of a child falling asleep in his mother's arms.



"And though he was a Son, yet because of what he suffered he learned obedience." (Heb 5:8)

Jesus had lost his life, pouring out or emptying a container, and so he had become a spring, a source of new life.

WE REMEMBER MADELEINE SOPHIE

"Jesus gave His life to the Society on the cross, when from His open heart came forth, with His blood, the last proof of His love for us. What a joy for us, and what a priceless gift to have come forth from His Heart!" (Conference 1845)

Song : [The Old Rugged Cross](#)

Isaiah: 52: 13-53:

- Let us go to him who suffers and knows pain.
- It is our pain that he bore, our sufferings he endured.
- He was pierced for our sins, crushed for our iniquity.
- He bore the punishment that makes us whole; by his wounds we were healed.
- Though harshly treated, he submitted and did not open his mouth;
- He was struck for the sins of his people,
- He justified many and bore their iniquities.
- He surrendered himself to death and
- Bowing his head, he handed over the spirit (John 19:30)
- Blood and water flowed out of his side

WE PRAY WITH OUR WORLD SITUATION:

As true disciples stay with the Master in difficult moments, let us stay with him, "broken with the broken Christ", looking at him, remaining at his side in listening silence and poverty of heart. Let us abide with him and remain with him in his trials. Let us stand with Mary on Calvary at the side of her son who suffers the tearing of his own body to bring life at the cost of his death. (Spiritual Journey-General Chapter 2024). *Pause for 1 minute...*

We also bring the world situation of Hunger, Poverty, Climate crisis and its impact on human life; marine life and environment, Corona pandemic and its impact, human trafficking, migrants and refugees, lack of jobs, gender inequalities, wars and killings, homelessness and the entire mother earth that suffers many bruises. I bring my pain and sufferings to the cross: The resentments, the angers, the pain of rejection, the fears, the guilt, sin, immaturity, my jealousies and envy, my addictions, bruises and all my baggage and I hand over to Jesus. *Pause for 2 minutes...*

I look at the cross until I start feeling; the presence of immense love, transformation and healing grace, I start yearning to stay with the Lord, I start feeling forgiveness from the Lord, Abundant joy, quiet peace, feelings of conversion and surrender of my gospel of life into his hands. I wait and keep vigil with Christ's love that has been poured out for me. Together with him and humanity, we wait for the resurrection. (Embracing your memories by Macrina Wiederkerhr) *Pause for 4 minutes...*

Taize Song: [Stay here, remain here with me, watch and pray.](#)

INTERCESSION

Response: *Jesus, grant us strength to carry our crosses*

On those days when life seems too demanding with all its cares, burdens, and concerns... *Response*

When we experience great loneliness deep inside and the pain of separation fills our spirits... *Response*

When we feel the pain of our world and unite in compassion with the Earth's Suffering people... *Response*

When we are with others in their physical pain or when we vigil with one who has a terminal illness... *Response*

When we feel weary and worn out, when it seems like all of our energy has been drained away... *Response*

When we are challenged to risk our security and to accept new growth in our relationship with you... *Response*

When worries and concerns choke our peacefulness and leave us with anxiety and fear... *Response*

When we harbor old wounds and are called to offer or to receive forgiveness... *Response*

Other intercessions... *Response*



Crucified Jesus, help us to take up our cross day by day, to lean on you and learn from you. Encourage us on our tomb-like days and keep our vision focused on life and growth. Amen!

HOLY SATURDAY



As we prepare for the feast of the Resurrection, let us spend this day in prayer with Mary Magdalene. (John 20: 1-18)

I. COURAGE TO BE AT THE “EMPTY TOMB”

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark... (Jn 20:1).

We become aware of the what is “still dark” in our lives....

We name the “empty tombs” that we sometimes haunt, the lifeless places where we waste our life.

We silently open ourselves to welcome the One who can flood our darkness with his marvelous light.

(7th Day, Spiritual Journey Retreat)

We call to mind the “dark places” in today’s world.

We recall the letter of our sisters in Haiti, the situation in Gaza or Ukraine and so many places in world where a lot of human pain is endured.

In the silence, we wait in hope...

II. DEPTH OF ENCOUNTER

Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" ... And he said to her, "Mary!" (Jn 20: 15, 16) .

In the garden, we hear our name spoken by the Living One:
Jesus alone knows it and has the power to connect us to the deep
current of vitality and freedom that lies deep within us.

(7th Day, Spiritual Journey Retreat)

At this time in your life, what is the "garden" where you seek for Jesus?
What are you looking for? What are the tears and fears that you carry with you in this search?

In the silence, we listen...

III. HOPE AND JOY IN MISSION

Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her. (Jn 20:18)

At dawn on Easter Day, Mary met Jesus in the garden: Jesus spoke Mary's name and confided to her the good news of his resurrection. And from then on, Mary lived only to announce... what her eyes had seen and to pronounce the name of the One who, by loving to the end, had definitively conquered death.

(7th Day, Spiritual Journey Retreat)

In the midst of the pervading darkness in today's world, how are we invited to be bearers of the marks of Jesus? How do we concretely live out what we proclaim:

*"strength in weakness
freedom in service
life through death."*

(RSCJ Constitutions #41)



CLOSING PRAYER

May our hearts, O Christ, be like yours, as wide as the world.

Make us great-hearted like you,
that we may carry your love to the ends of the earth.

Give us the grace to discover the depth of your love;
to be aware of our union with all those
who form the world-wide family of your Heart;
and to be grateful for the trust you have placed in our keeping.

O Jesus, be our exemplar in love, our companion in prayer.

Together with all those who thirst for truth and for justice,
and who long for your Spirit, we surrender our lives to you.

Amen.

Mary d'Apice RSCJ

Closing song: [Mary Magdalene - Kathryn Wehr](#)



Joy Luz rscj
JPIC International Coordinator
Philippines

