



# Triduum *Reflections*

## Holy Saturday

This day of preparation readies us for the Resurrection of Jesus. Try to create in your home and in your heart an atmosphere of quiet anticipation.

### **Theme** Light and Hope

Holy Week teaches us that life includes more than suffering and death. In dark times, the eternal flicker of hope in God and one another shines forth. Hope is our theme this Holy Saturday, as we await Jesus' Resurrection and the end of this pandemic. It symbolizes the joy promised to those who faithfully follow Jesus.

### **Biblical Reflection** Genesis 1:1–2:3

This first reading from the Easter Vigil speaks of light. It says, “Then God said: Let there be light . . . God saw that the light was good” (Genesis 1:3-4). Then, a little later in the Vigil's liturgy, the Responsorial Psalm says, “Lord, send out your Spirit and renew the face of the earth” (Psalm 104).

1. In what ways can we bring light and hope into our homes?
2. In what ways do we allow the light of our faith to guide our decisions?  
Our interactions with others?
3. In what ways is Easter a renewal? What does it mean to have new life in Jesus?

### **Family Activities**

1. **Sharing the story.** In preparing for Easter, gather those in your home to retell the Easter story. Select one of the four Gospels and invite someone to read the passage on the Resurrection. If children are present, invite them to act out a play about the Resurrection account or aspects of it. Draw or decorate Easter eggs symbolizing the beginning of new life and Jesus' Resurrection. Be creative.
2. **Light conquers dark.** Gather household members to reflect in silence on how light conquers darkness. After a few moments of silence, discuss dark times in their lives or times that felt disappointing or hopeless. Share what helped overcome those times. Give examples of how good actions and patience bring light into the lives of others, no matter what the situation might be.
3. **A combined effort.** Invite those present to decide how together they will celebrate Easter and Jesus' Resurrection. Discuss how blessed they are to be able to celebrate the day Jesus rose from the dead with one another. Make plans to participate in the celebration of the Easter Mass of Resurrection. Work together to arrange events for Easter day or the Easter meal.