



# Triduum *Reflections*

## Holy Thursday

Holy Thursday is the day when we remember that Jesus instituted the Eucharist and washed his disciples' feet at the Last Supper. We begin the Triduum with anticipation and hope.

### **Theme** Service

The liturgy of the Mass of the Lord's Supper focuses on service. Christ served us by instituting the Eucharist and by washing the feet of his disciples.

### **Biblical Reflection** John 13:1-15

After Jesus washed the feet of his disciples, he said, "I have given you a model to follow, so that as I have done for you, you should also do" (John 13:15).

1. Discuss the model that Jesus gives us to follow.
2. What do you think Jesus means when he says that we "ought to wash one another's feet" (John 13:14)?
3. In what ways can we figuratively wash a family member's feet? What other ways might we serve one another, as Jesus served?

### **Family Activities**

1. **Thanksgiving Ritual.** In appreciation for the Eucharist, instituted on Holy Thursday, place a loaf of bread on a table and say a prayer of thanks to God for the Eucharist. Invite each person to take a piece and hold it. As you do so, encourage those present to share why each person is thankful. Eat the bread and close with the Our Father. You may wish to do this through video with friends and family who live elsewhere.
2. **Discuss the Eucharist.** Ask those gathered how Jesus continues to serve us by giving us the Eucharist. Why did Jesus choose bread for the Eucharist?
3. **Express appreciation.** Contact a friend or family member who performed an act of service for you to express your thanks.
4. **Commitment to family service.** Identify a friend, neighbor, or family member who could use your help and reach out to him or her in service in a meaningful way.