

## **Holy Week and the Sacred Triduum**

### **Suggestions for Participation in Online Liturgies**

Churches in Scotland will open for communal worship from Friday 26 March. Sunday 28 March is *Palm Sunday of the Passion of the Lord* and marks the beginning of Holy Week. The Sacred Triduum begins on Holy Thursday with the *Mass of the Lord's Supper*, continues on Good Friday with the *Passion of the Lord*, and culminates in *The Easter Vigil of the Resurrection of the Lord* and *Easter Sunday Mass*.

Not everyone will be able to be present in the church building for worship because of limits on the congregation size. The following suggestions may help those at home to participate more fully in the Easter liturgies online.

When participating in Mass online, it is helpful to create a prayerful environment by, for example, lighting a candle and displaying a symbol which acts as a focus for prayer like a crucifix. Rather than just watching Mass, try to spend some time being still as you would in the church before Mass begins, and join in the responses as usual.

You can follow the Scripture readings for these liturgies on [www.universalis.com](http://www.universalis.com).

#### **Palm Sunday of the Passion of the Lord**

A palm branch, or the branch of another tree can be placed beside your candle and can be held at home during the *Solemn Entrance*. The palm could be placed later in a window as a sign of witness to mark the beginning of Holy Week.

#### **Maundy Thursday Mass of the Lord's Supper**

The *Washing of the Feet* will not take place at this evening's Mass because of restrictions. The *Washing of the Feet* is an act of service. You could find an item which is a symbol of service in the family home as a focus for prayer during this Mass.

#### **Friday of the Passion of the Lord**

While public *Adoration of the Cross* by kissing it will not be possible at communal worship, you could have a crucifix or cross to hand to venerate or kiss during the liturgy of Good Friday at home.

#### **Easter Vigil and Easter Sunday**

For the *Renewal of Baptismal Promises* you could hold a lighted candle and have some water you can use to dip your hand and bless yourself.