



THE DOMESTIC TRIDUUM

A GUIDE FOR KEEPING THE
PASCHAL TRIDUUM DURING QUARANTINE

An artistic representation of keeping watch with Christ during the Paschal Triduum

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PREPARATION

Set the stage of the Triduum by preparing your house. Set up a small home altar with a crucifix and two candles.

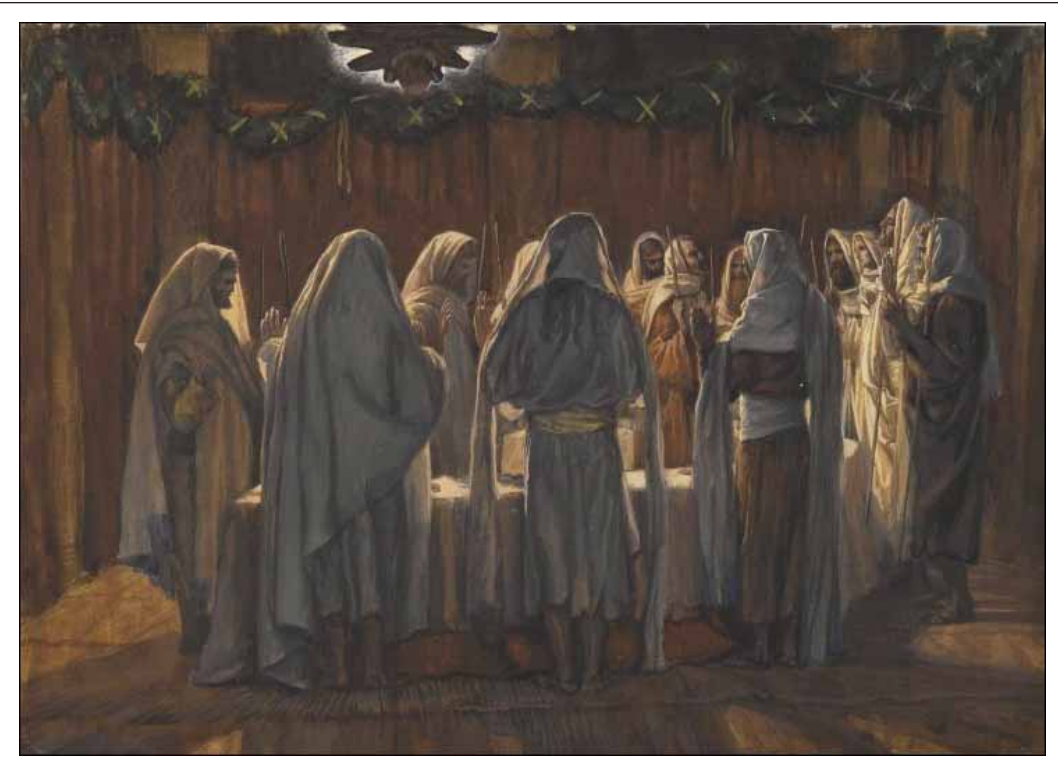


Follow the tradition of covering the sacred images in your home. Christ hid from his persecutors until the time came, when he manifested his love on the cross and his divinity in the resurrection. The crucifix will be unveiled on Good Friday.



Read through this guide to see what you can do to celebrate the Triduum and prepare for the coming Easter solemnity.

HOLY THURSDAY



“Now before the feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end.” (Jn 13:1)

Begin the Triduum with a festive meal. Use a white table cloth on the dinner table, representing the priesthood that serves at the altar and was instituted on this very night. In the center, wrap dinner rolls in white cloth celebrating the institution of the Eucharist, for the Bread of Life who was wrapped in swaddling clothes now gives himself as the Bread for the feast. Before the blessing, recite or sing the *Gloria*.

[Listen to the Gloria](#)



When dinner is over, allow your home to be wrapped in silence. Perhaps light the candles next to your crucifix and spend some time in prayer, just as Our Lord prayed for an hour in the garden, or take a walk as if following Jesus to Gethsemane. Realize that the stage has been set and the Passion of the Lord has begun.

HYMN: UBI CARITAS

To be said or sung with the table blessing

Where charity and love are, there God is.
The love of Christ has gathered us into one flock.

Let us exult, and in Him be joyful.

Let us fear and let us love the living God.
And from a sincere heart let us love each other (and Him).

Where charity and love are, there God is.
Therefore, whensoever we are gathered as one:
Lest we in mind be divided, let us beware.
Let cease malicious quarrels, let strife give way.
And in the midst of us be Christ our God.

Where charity and love are, there God is.
Together also with the blessed may we see,
Gloriously, Thy countenance, O Christ our God:
A joy which is immense, and also approved:
Through infinite ages of ages.
Amen.



Listen

[Chant](#) - [Maurice Durufle](#) - [Ola Gjeilo](#)



“Then he poured water into a basin, and began to wash the disciples’ feet, and to wipe them with the towel with which he was girded.” (Jn 13:5)

HYMN: PANGE LINGUA

To be said or sung after the meal

[Listen to the *Pange Lingua*](#)

Sing, my tongue, the Savior's glory,
Of His Flesh the mystery sing;
Of His Blood, all price exceeding,
Shed by our immortal King,
Destined, for the world's redemption,
From a noble womb to spring.

Of a pure and spotless Virgin
Born for us on earth below,
He, as Man, with man conversing,
Stayed, the seeds of truth to sow;
Then He closed in solemn order
Wondrously His life of woe.

On the night of that Last Supper,
Seated with His chosen band,
He the Pascal victim eating,
First fulfills the Law's command;
Then as Food to His Apostles
Gives Himself with His own hand.

Word made Flesh, the bread of nature
By His word to Flesh He turns;
Wine into His Blood He changes:
What though sense no change discerns?
Only be the heart in earnest,
Faith her lesson quickly learns.

Down in adoration falling,
Lo! the sacred Host we hail;



“Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, ‘Take, eat; this is my body.’” (Matt 26:26)

Lo! o'er ancient forms departing,
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble sense fail.

To the everlasting Father,
And the Son who reigns on high,
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.





READING: THE LAST SUPPER DISCOURSE

A reflection for the evening of Holy Thursday to be read alone or with others when the house is falling into silence

[Read John 13-16](#)



*“Greater love has no man than this, that a man lay down his life for his friends.
You are my friends if you do what I command you.” (Jn 15:13-14)*

GOOD FRIDAY



Keep your home in silence, or as much as you are able. Know that Our Lord is beginning his sufferings on your behalf and offering himself to his Father.



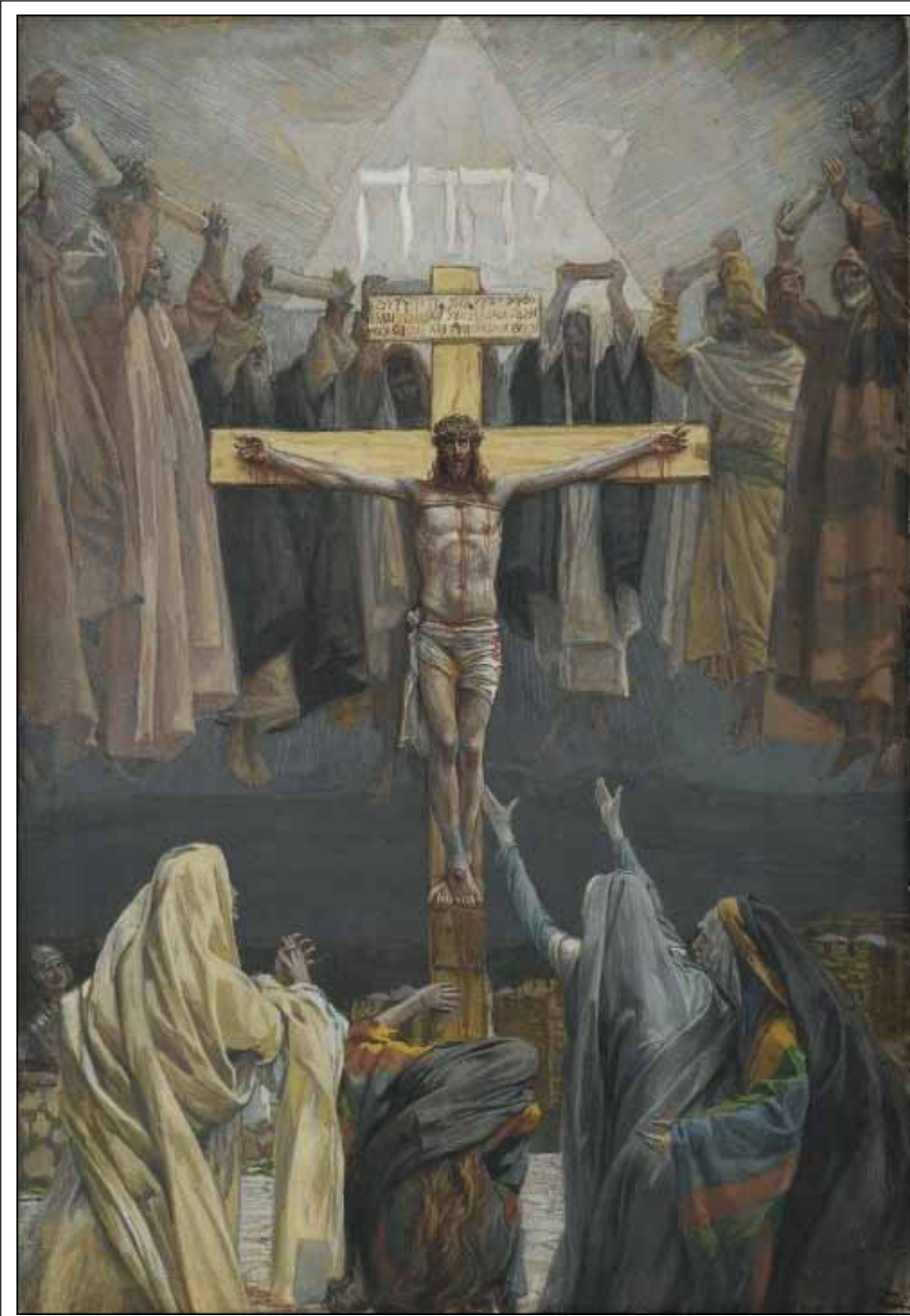
At noon, when Christ begins his three hours on the cross, pray the Stations of the Cross.

[Pray the Stations of the Cross](#)



When Christ enters his last agony at 3:00 PM, read the Passion according to St. John. When you finish, unveil and venerate your crucifix.

[Read the Passion according to St. John](#)



"Father, into your hands I commend my spirit." (Jn 19:30)

HYMN: SAEVO DOLORUM TURBINE

*As you begin your day, gather before your crucifix and
use this hymn to focus your thoughts on the crucified Lord.*

Tune: [Southwell](#)

O'erwhelmed in depths of woe,
Upon the tree of scorn,
Hangs the Redeemer of mankind,
With racking anguish torn.

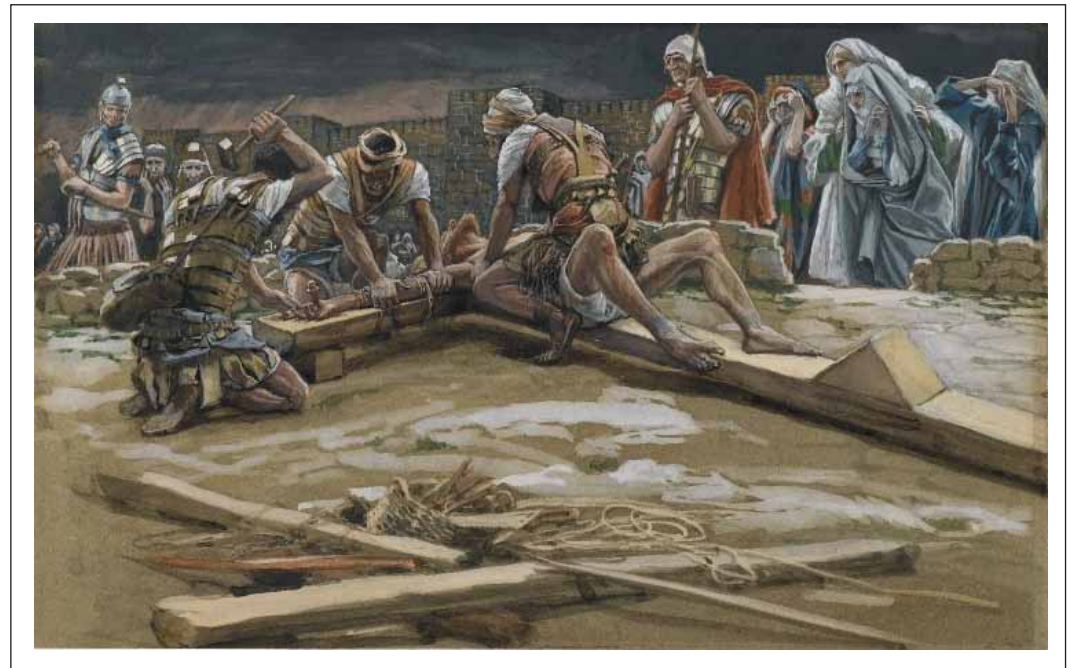
The sun withdraws its light;
The midday heav'ns grow pale,
The moon, the stars, the universe,
Their Maker's death bewail.

Oh, hear that last, loud cry
Which pierced His Mother's heart,
As into God the Father's hands
He bade His soul depart.

Earth hears, and trembling quakes
Around that tree of pain;
The rocks are split; the graves are burst;
The veil is rent in twain.

Shall man alone be mute?
Have we no griefs or fears?
Come, old and young, come, all mankind,
And bathe those feet in tears.

Come, fall before His Cross,
Who shed for us His Blood,
Who died, the Victim of pure love,
To make us sons of God.



*"There they crucified him, and with him two others, one on either side,
and Jesus between them." (Jn 19:18)*

DEVOTION: THE REPROACHES

While gathered in the morning light before your crucifix, pray the Reproaches, alternating between verses and responses.

Listen to the Reproaches: [Latin](#) - [English](#)

I

All: My people, what have I done to you
How have I offended you? Answer me!

V. I led you out of Egypt,
from slavery to freedom,
but you led your Savior to the cross.
My people, what have I done to you?
How have I offended you? Answer me!
**R. Holy is God! Holy and strong!
Holy immortal One, have mercy on us!**

V: For forty years I led you
safely through the desert.
I fed you with manna from heaven,
and brought you to a land of plenty; but you led your Savior to the cross.
R. “Holy is God...”

V: What more could I have done for you.
I planted you as my fairest vine,
but you yielded only bitterness:
when I was thirsty you gave me vinegar to drink,
and you pierced your Savior with a lance.
R. “Holy is God...”



“And Pilate said to them, ‘Why, what evil has he done?’” (Mk 15:14)

II

V. For your sake I scourged your captors
and their firstborn sons,
but you brought your scourges down on me.

**R. My people, what have I done to you?
How have I offended you? Answer me!**

V. I led you from slavery to freedom
and drowned your captors in the sea,
but you handed me over to your high priests.

R. “My people....”

V. I opened the sea before you,
but you opened my side with a spear.

R. “My people....”

V. I led you on your way in a pillar of cloud,
but you led me to Pilate’s court.

R. “My people....”

V. I bore you up with manna in the desert,
but you struck me down and scourged me.

R. “My people....”

V. I gave you saving water from the rock,
but you gave me gall and vinegar to drink.

R. “My people....”

V. For you I struck down the kings of Canaan.
but you struck my head with a reed.

R. “My people....”



The Holy Face

V. I gave you a royal scepter,
but you gave me a crown of thorns.

R. “My people....”

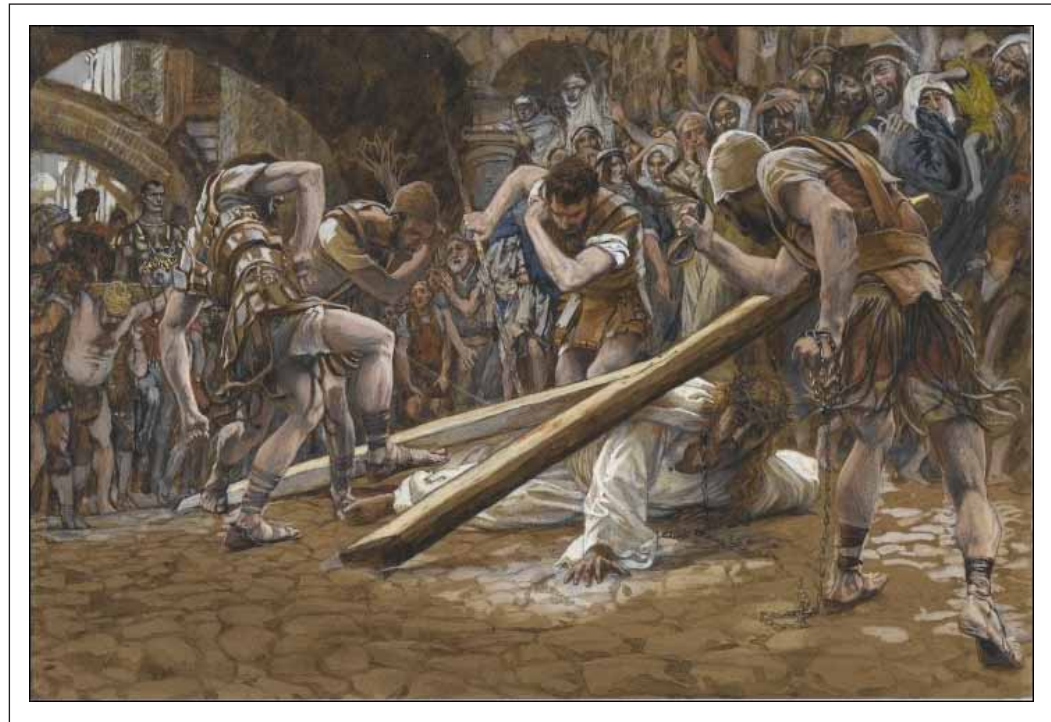
V. I raised you to the height of majesty,
but you have raised me high on a cross.

R. “My people....”

READING: THE SUFFERING SERVANT

A meditation for the afternoon of Good Friday

[Read Isaiah 53](#)



“And when they had mocked him, they stripped him of the purple cloak, and put his own clothes on him. And they led him out to crucify him.” (Mk 15:20)

READING: THE LAMENTATIONS

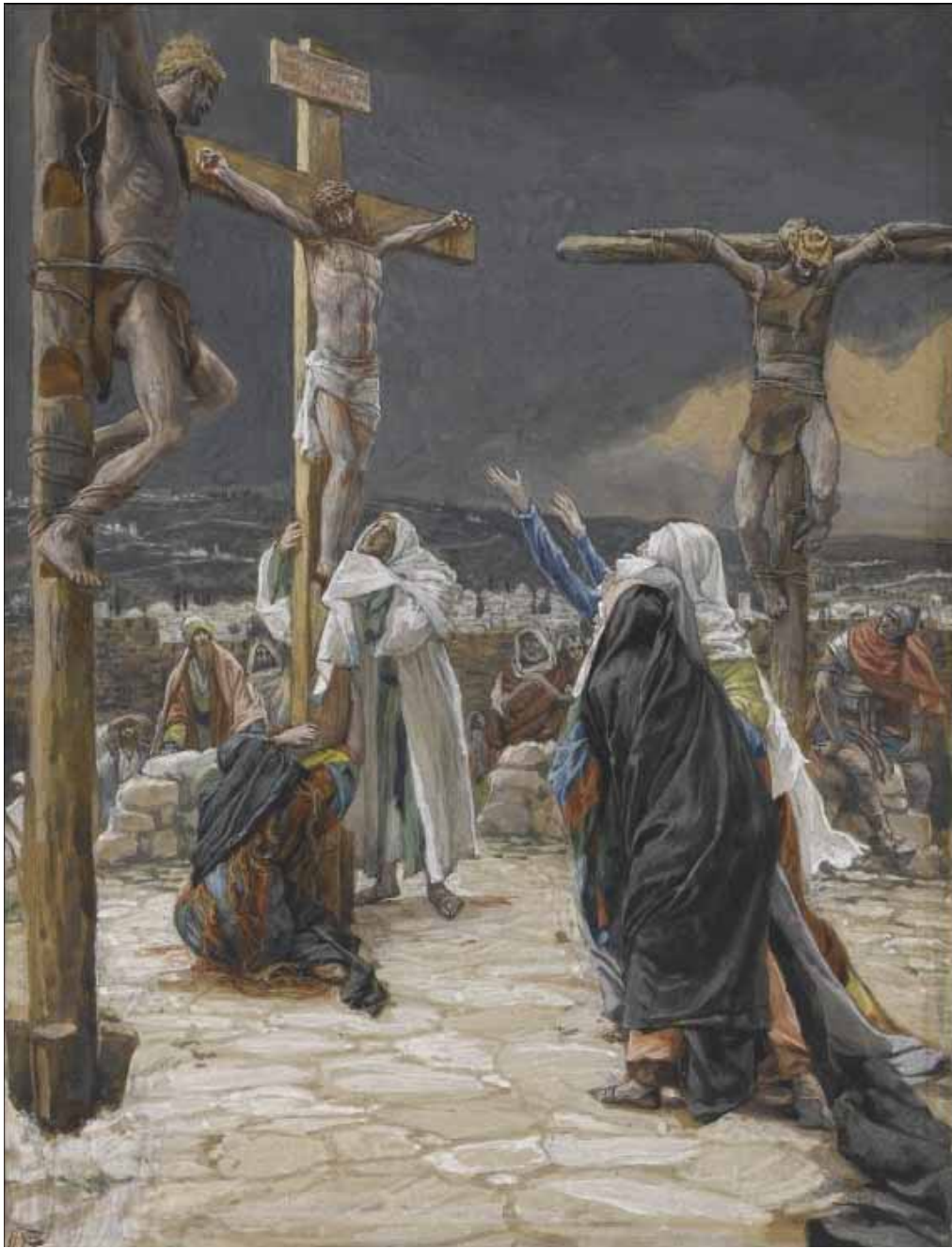
A meditation for the darkness of Good Friday

[Read the Lamentations of Jeremiah](#)

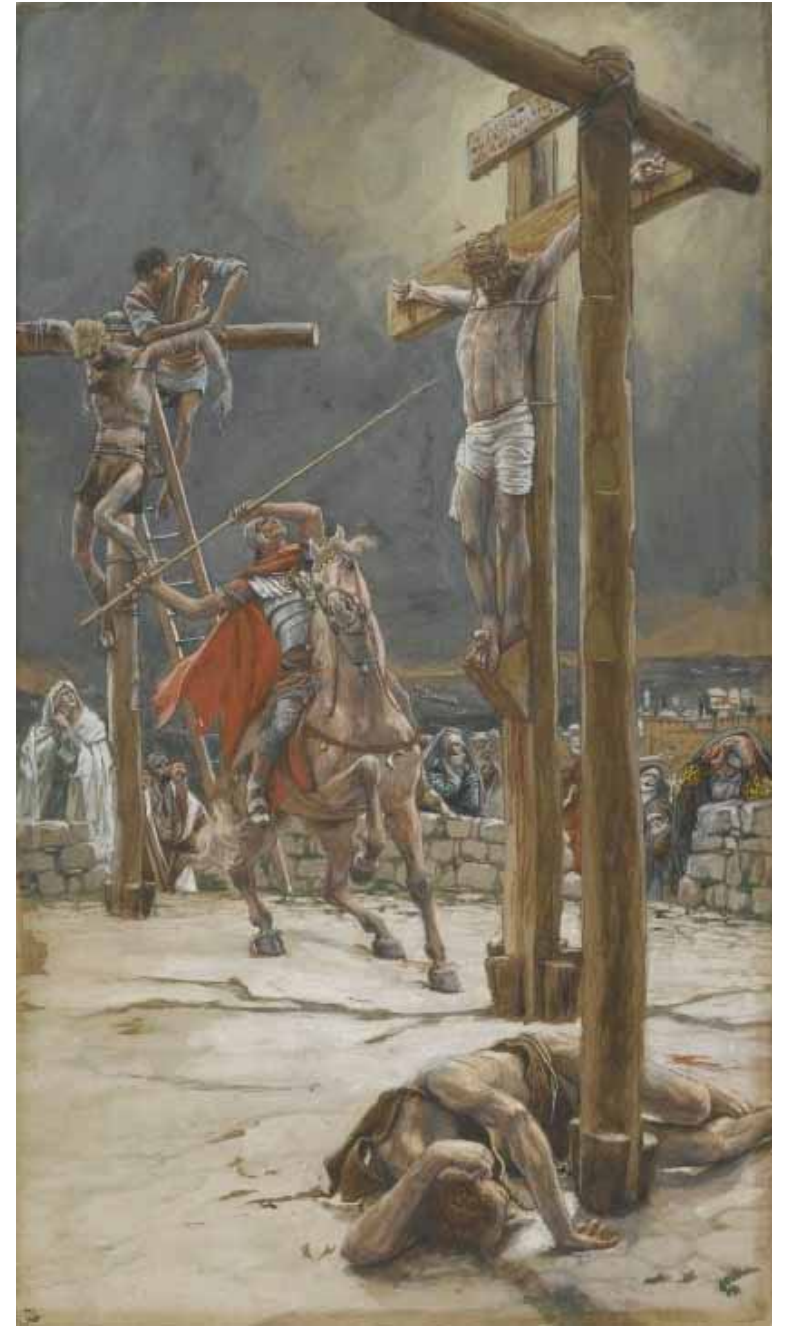
[Listen to the First Lamentation](#)



*“And he said, ‘Jesus, remember me when you come into your kingdom.’
And he said to him, ‘Truly, I say to you, today you will be with me in
Paradise.’” (Lk 23:42-43)*



“When Jesus had received the vinegar, he said, ‘It is finished;’ and he bowed his head and gave up his spirit.” (Jn 19:30)



“But one of the soldiers pierced his side with a spear, and at once there came out blood and water.” (Jn 19:34)



“Joseph of Arimathea, who was a disciple of Jesus, but secretly, for fear of the Jews, asked Pilate that he might take away the body of Jesus, and Pilate gave him leave. So he came and took away his body.” (Jn 19:38)



“Nicodemus also, who had at first come to him by night, came bringing a mixture of myrrh and aloes, about a hundred pounds’ weight. They took the body of Jesus, and bound it in linen cloths with the spices, as is the burial custom of the Jews”. (Jn 19:39-40)

HOLY SATURDAY



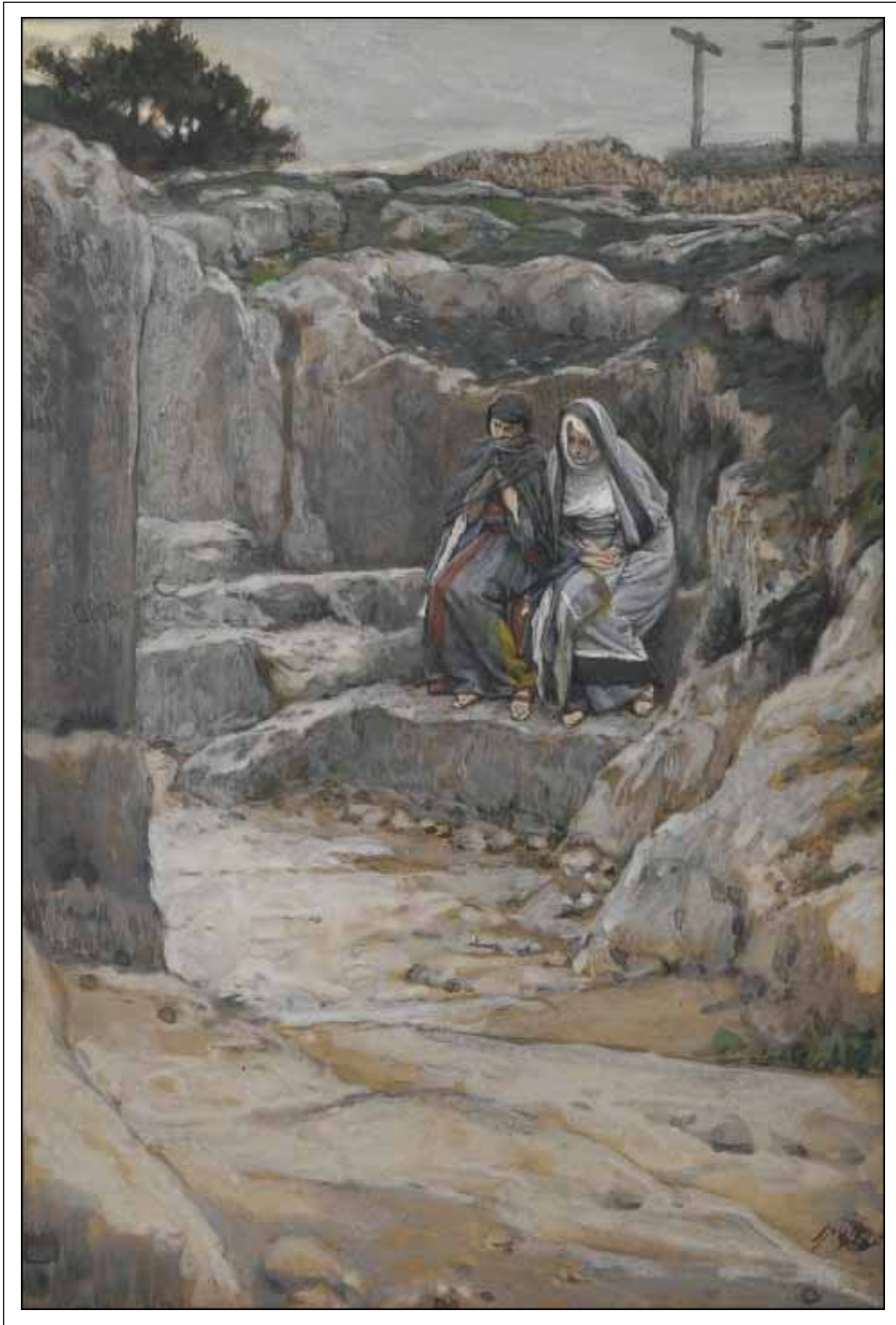
Begin preparations for the solemnity! Keep silence as much as you can, knowing that the entire world is wrapped in silence as the Savior sleeps in the tomb.



At sundown, and if circumstances allow, make a bonfire in your backyard. Light a candle from the bonfire that can stay lit until the end of the Easter Octave. This candle will serve as your “paschal candle.” By the light of the fire, proclaim the Exsultet as a family and read through salvation history. Conclude by singing the *Gloria*, reading the Epistle, and announcing the Gospel of the Resurrection. Celebrate with food and drinks!



If you cannot light a bonfire, use candles (or many candles) in your house!



“Now in the place where he was crucified there was a garden, and in the garden a new tomb where no one had ever been laid.” (Jn 19:41)

HYMN: O SORROW DEEP

Just as on Good Friday, begin your day gathered before your crucifix. Focus your attention on the silence and sadness of the day with this hymn for the morning of Holy Saturday.

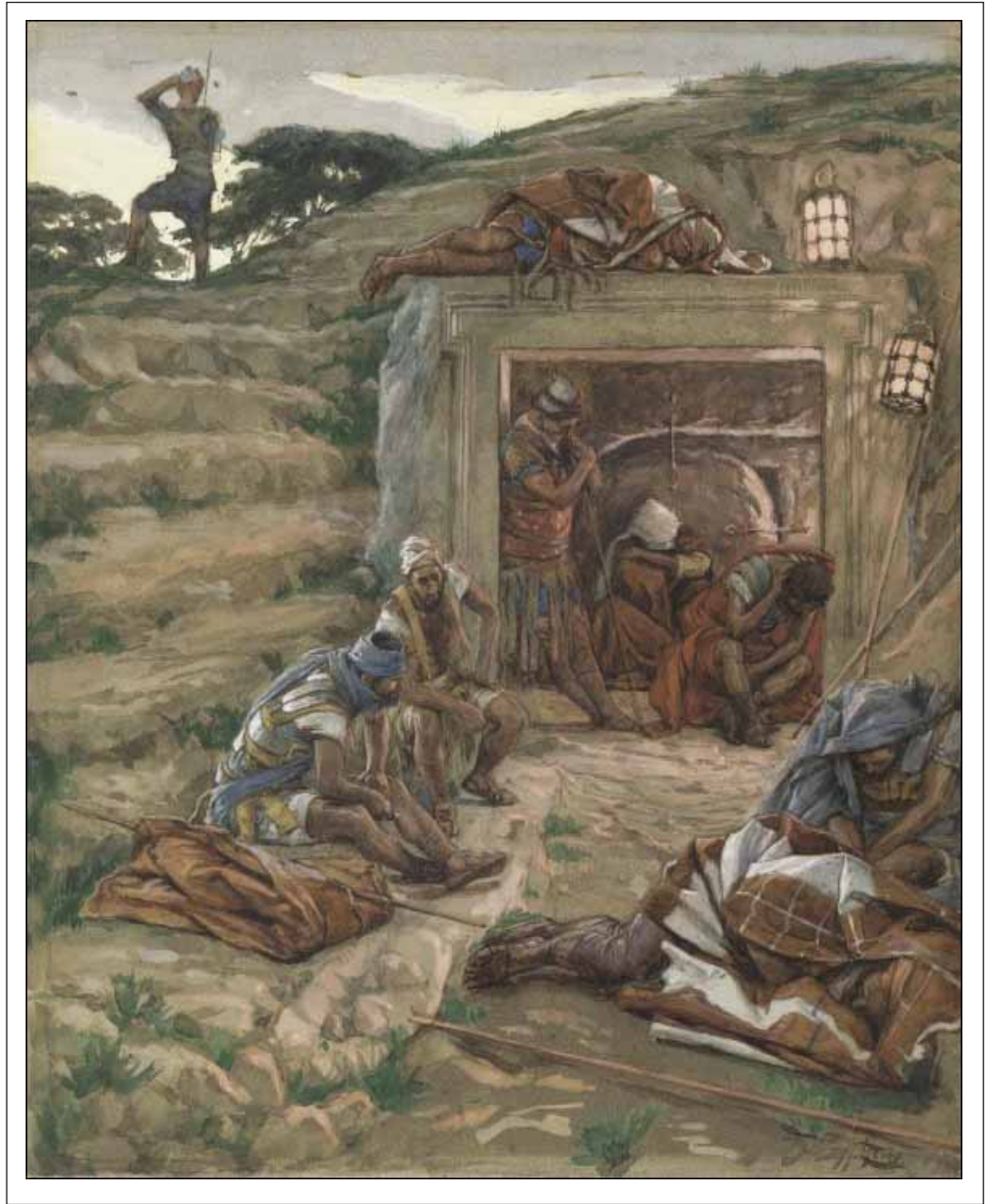
Tune: [O Traurigkeit](#)

O sorrow deep! Who would not weep
With heartfelt pain and sighing!
God the Father's only Son
In the tomb is lying.

The Paschal Lamb, like Isaac's ram,
In blood was offered for us,
Pouring out his life that He
Might to life restore us.

Blest shall they be eternally
Who ponder in their weeping
That the glorious Prince of Life
Should in death be sleeping.

O Jesus blest, my help and rest,
With tears I pray thee, hear me:
Now, and even unto death,
Dearest Lord, be near me.



“Pilate said to them, ‘You have a guard of soldiers; go, make it as secure as you can.’ So they went and made the sepulchre secure by sealing the stone and setting a guard.” (Jn 27:65-66)

READING: DESCENT INTO HELL

*While gathered together in the silence of this Holy Saturday morning, read
aloud this beloved meditation from an ancient homily.*

[Read the “Ancient Homily for Holy Saturday”](#)



HYMN: REVIVE THY WORK, O LORD

To be said before the evening meal

Tune: [Southwell](#)

Revive thy work, O Lord,
Thy mighty arm make bare;
Speak with the voice that wakes the dead,
And make thy people hear.

Revive thy work, O Lord,
Disturb this sleep of death;
Quicken the smold'ring embers now
By thine almighty breath.

Revive thy work, O Lord,
Exalt thy precious Name;
And, may the love in ev'ry heart
Be kindled to a flame.

Revive thy work, O Lord,
While here to Thee we bow;
Descend, O gracious Lord, descend,
Oh, come, and bless us now.

THE EXSULTET

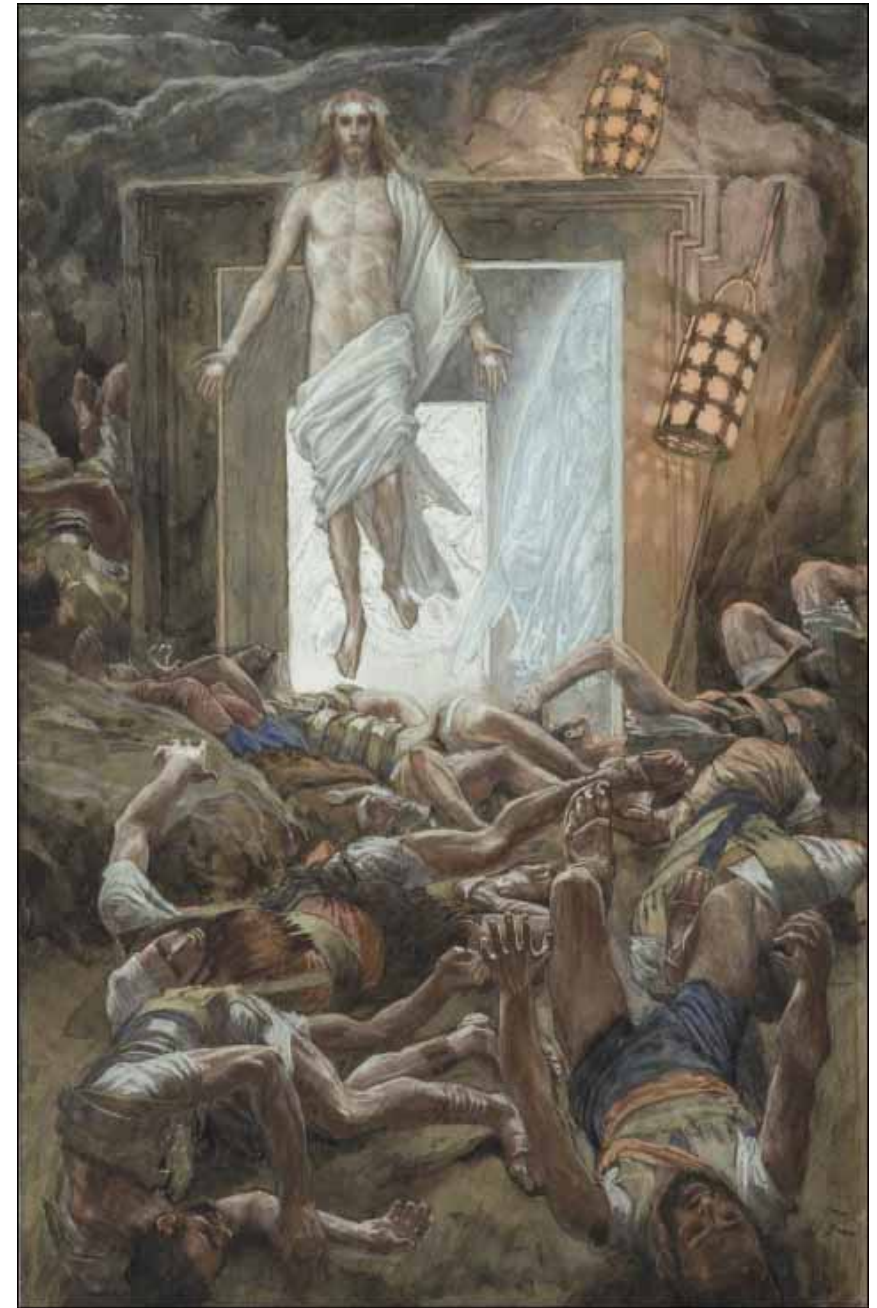
When the darkness of this Holy Night has fallen and your bonfire and candle have been lit, allow the head of the household to proclaim the Exsultet to those present, announcing the end to gloom and sadness.

[Listen to the Exsultet](#)

Exult, let them exult, the hosts of heaven,
exult, let Angel ministers of God exult,
let the trumpet of salvation
sound aloud our mighty King's triumph!
Be glad, let earth be glad, as glory floods her,
ablaze with light from her eternal King,
let all corners of the earth be glad,
knowing an end to gloom and darkness.
Rejoice, let Mother Church also rejoice,
arrayed with the lightning of his glory,
let this holy building shake with joy,
filled with the mighty voices of the peoples.

It is truly right and just,
with ardent love of mind and heart
and with devoted service of our voice,
to acclaim our God invisible, the almighty Father,
and Jesus Christ, our Lord, his Son, his Only Begotten.
Who for our sake paid Adam's debt to the eternal Father,
and, pouring out his own dear Blood,
wiped clean the record of our ancient sinfulness.
These, then, are the feasts of Passover,
in which is slain the Lamb, the one true Lamb,
whose Blood anoints the doorposts of believers.

This is the night,
when once you led our forebears, Israel's children,
from slavery in Egypt
and made them pass dry-shod through the Red Sea.



“The hour has come for the Son of man to be glorified. Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.” (Jn 12:23)

This is the night
that with a pillar of fire
banished the darkness of sin.

This is the night
that even now, throughout the world,
sets Christian believers apart from worldly vices
and from the gloom of sin,
leading them to grace
and joining them to his holy ones.

This is the night,
when Christ broke the prison-bars of death
and rose victorious from the underworld.

Our birth would have been no gain,
had we not been redeemed.
O wonder of your humble care for us!
O love, O charity beyond all telling,
to ransom a slave you gave away your Son!

O truly necessary sin of Adam,
destroyed completely by the Death of Christ!

O happy fault
that earned so great, so glorious a Redeemer!

O truly blessed night,
worthy alone to know the time and hour
when Christ rose from the underworld!

This is the night
of which it is written:
The night shall be as bright as day,
dazzling is the night for me,
and full of gladness.

The sanctifying power of this night
dispels wickedness, washes faults away,

restores innocence to the fallen, and joy to mourners,
drives out hatred, fosters concord, and brings down the mighty.

On this, your night of grace, O holy Father,
accept this candle, a solemn offering,
the work of bees and of your servants' hands,
an evening sacrifice of praise,
this gift from your most holy Church.

But now we know the praises of this pillar,
which glowing fire ignites for God's honor,
a fire into many flames divided,
yet never dimmed by sharing of its light,
for it is fed by melting wax,
drawn out by mother bees
to build a torch so precious.

O truly blessed night,
when things of heaven are wed to those of earth,
and divine to the human.

Therefore, O Lord,
we pray you that this candle,
hallowed to the honor of your name,
may persevere undimmed,
to overcome the darkness of this night.
Receive it as a pleasing fragrance,
and let it mingle with the lights of heaven.
May this flame be found still burning
by the Morning Star:
the one Morning Star who never sets,
Christ your Son,
who, coming back from death's domain,
has shed his peaceful light on humanity,
and lives and reigns for ever and ever.

R. Amen.

EASTER VIGIL READINGS

After the Exsultet has been proclaimed, read through salvation history while gathered around the fire. Conclude by singing the Gloria and standing for the Gospel.

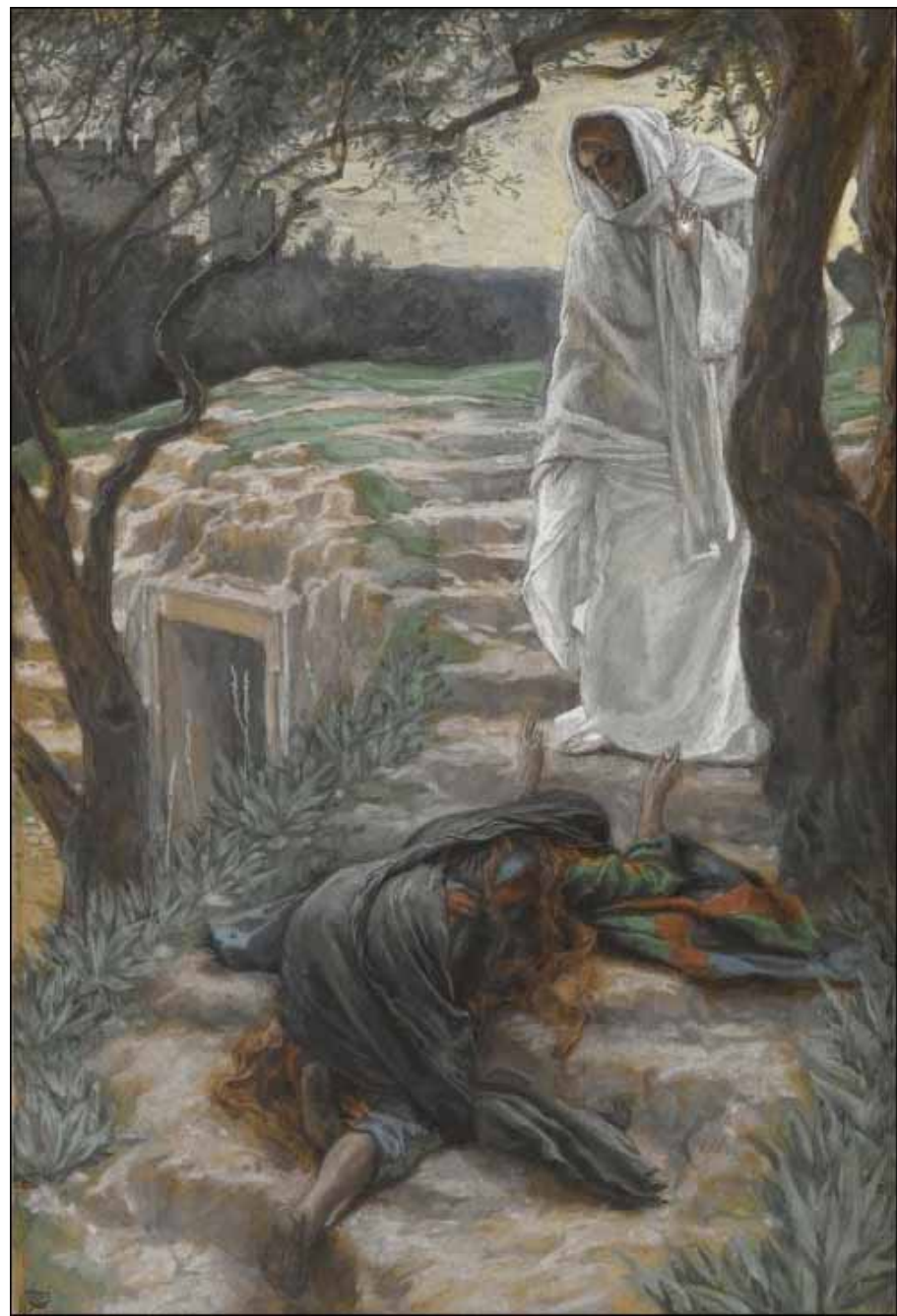
[Read the Seven Easter Vigil Readings](#)

Before the Epistle: [Listen to the Gloria](#)

Before the Gospel: [Reintroduce the Alleluia](#)



“In the beginning...” (Gn 1:1)



"Do not hold me, for I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your God." (Jn 20:17)

SOLEMNITY OF THE RESURRECTION OF THE LORD



Easter is the day that Christians renew the promises they made at baptism. Gather this morning at your home altar. Light your baptismal candles, or find new candles. Recite the Nicene Creed as a household, renewing your faith in the crucified and risen Lord! When finished, allow the head of the household to sprinkle your family with holy water, reminding you of your death and resurrection with Christ in Baptism.



Keep your paschal candle lit throughout the day as a reminder of God's presence with you. Decorate your home altar with flowers and candles, and uncover your sacred images. Celebrate with a festive meal! Play music and enjoy each other in the joy of the risen Lord!

HYMN: SALVE FESTA DIES

As the morning light breaks, recite or sing this ancient hymn for Easter morning while gathered at your home altar.

[Listen to Salve Festa Dies](#)

R. Hail, great day, in all time most worthy of veneration!
By which God conquers hell and holds the stars.

1. Lo, the beauty of the earth arising from winter's death and cold!
Every good gift of the year now with its Master returns.

R. Hail, great day...

2. Daily grows the loveliness, adorned with profusion of flow'r and bud;
Heaven ev'ry gate unbars, flinging her increase of light!

R. Hail, great day...

3. Christ triumphant now ascends, who vanquished and harrowed the
hordes of hell:

Fitly does the light give him praise, meadows and oceans and sky!

R. Hail, great day...

4. He that was nailed to the Cross is Lord and Ruler of all men.
All things created on earth sing to the glory of God:

R. Hail, great day...

5. "Jesus, Savior of the world, Redeemer, all-loving Creator!
Son of the Father supreme, Only Begotten of God!"

R. Hail, great day...

6. "Risen from the grave, O Lord, creation's Author and Prince of life:
Treading the dread pathway of death, life thou bestowest on man!"

R. Hail, great day...



"Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first." (Jn 20:3-4)

SEQUENCE: VICTIMAE PASCHALI LAUDES

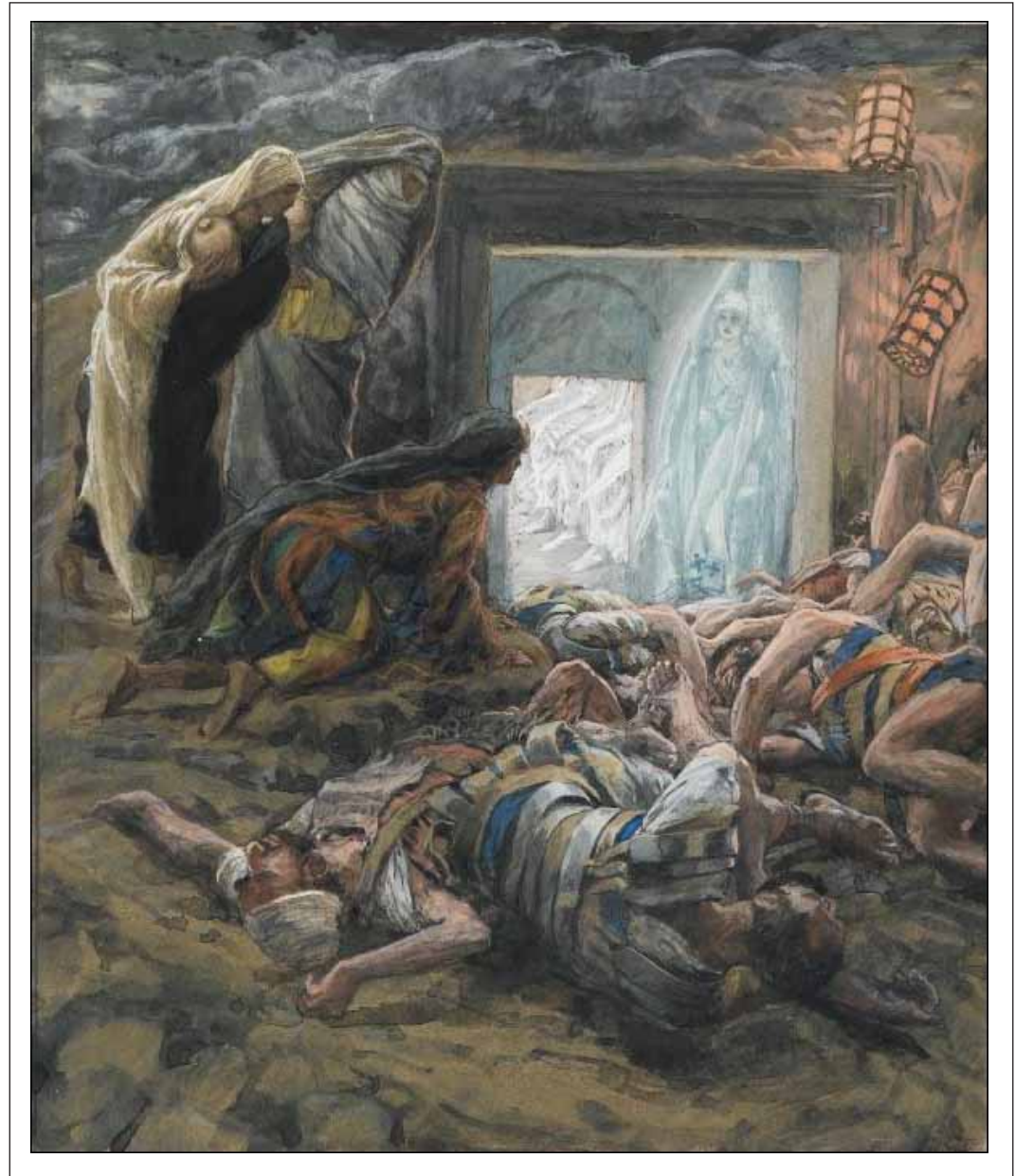
Before the festivities of the day begin, meditate with the Church by asking what Mary saw that Easter morning, which she proclaimed to the apostles.

[Listen to “Victimae Paschali Laudes”](#)

Christians, to the Paschal Victim
Offer your thankful praises!
A Lamb the sheep redeems;
Christ, who only is sinless,
Reconciles sinners to the Father.
Death and life have contended
in that combat stupendous:
The Prince of life, who died, reigns immortal.

Speak, Mary, declaring
What you saw, wayfaring.
“The tomb of Christ, who is living,
The glory of Jesus’ resurrection;
bright angels attesting,
The shroud and napkin resting.
Yes, Christ my hope is arisen;
To Galilee he goes before you.”

Christ indeed from death is risen, our new life obtaining.
Have mercy, victor King, ever reigning!
Amen. Alleluia.



“Now on the first day of the week Mary Mag’dalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb.” (Jn 20:1)

RENEWAL OF CHRISTIAN FAITH

Finish your prayers this morning with a renewal of your faith in the resurrected Christ. While holding lighted candles, profess the truths of the Nicene Creed. When finished, have the head of the household sprinkle everyone present with holy water.

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.



And may almighty God, the Father of our Lord Jesus Christ, who has
given us new birth by water and the Holy Spirit and bestowed on us
forgiveness of our sins, keep us by his grace, in Christ Jesus our Lord, for
eternal life. Amen.



ABOUT THE ARTIST

James Jacques Tissot was born to a devout Catholic family in Nantes, France in the fall of 1836. After having spent many years as a painter, Tissot experienced a rebirth of his faith. Tissot spent years painting his famous collection “Life of Christ,” from which the images in this guide are taken. Tissot died in 1902 at Buillon.

ACKNOWLEDGEMENTS

Ubi Caritas

Ancient Roman Chant

Pange Lingua

St. Thomas Aquinas, O.P.

Saevo Dolorum Turbine

Hymn from the old Roman Breviary (1827).
Translated by Edward Caswall (1849).

The Reproaches

Ancient Text

An Ancient Homily for Holy Saturday

Liturgy of the Hours © 1975, ICEL

O Sorrow Deep

Text by Johann Rist (1641).
Translated by Charles Winfred Douglas (1940).

Revive Thy Work, O Lord

Text by Albert Midlane (1858),
based on Habakkuk 3:2.

The Exsultet

Roman Missal © 2010, ICEL.

Salve Festa Dies

Text by Venantius Fortunatus (530-609).
Translated by the Dominican nuns of Summit, NJ.

Victimae Paschali Laudes

Taken from The Roman Missal approved by the National
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