



## THREE HOLY DAYS – THE EASTER TRIDUUM 2025

“... He has risen ...” (Lk 24:5)

‘The [Jubilee Year] theme is “**Jesus Christ our Hope**”  
for He is the aim of our pilgrimage, and He Himself is the way, the path to follow.’  
(Pope Francis)

### GOSPEL FOR THE EASTER VIGIL

On the first day of the week, at the first sign of dawn, they went to the tomb with the spices they had prepared. They found that the stone had been rolled away from the tomb but on entering, they could not find the body of the Lord Jesus. As they stood there puzzled about this, two men in brilliant clothes suddenly appeared at their side. Terrified, the women bowed their heads to the ground. But the two said to them, ‘Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee: that the Son of Man was destined to be handed over into the power of sinful men and be crucified, and rise again on the third day.’ And they remembered his words. And they returned from the tomb and told all this to the Eleven and to all the others. The women were Mary of Magdala, Joanna, and Mary the mother of James. And the other women with them also told the apostles, but this story of theirs seemed pure nonsense, and they did not believe them. Peter, however, went off to the tomb, running. He bent down and looked in and saw the linen cloths but nothing else; he then went back home, amazed at what had happened.

(Luke 24:1-12)

**Read and re-read the Gospel passage**, pausing for words or phrases that may ‘stand out.’

**Talk with Jesus** about what comes to mind or take some moments to rest in God’s loving presence.

## THE DESTINATION, THE WAY, THE PATH TO FOLLOW

**And so the three holy days:** the Friday of dying, when love goes “unto the end”; that Saturday of waiting for what only such love can do; the Sunday where love is revealed in its transforming power.

*(Tony Kelly, The Creed by Heart, 142)*

## FROM FELLOW PILGRIMS – FOR REFLECTION

**At the moment when all seems to be lost**, at the moment of suffering, when many people feel the need to get down from the Cross, it is the moment closest to the Resurrection. Night becomes darkest precisely before morning dawns, before the light dawns. In the darkest moment God intervenes and raises.

*(Pope Francis, General Audience, St Peter’s Square, 16 April 2014)*

**...Jesus Christ is risen!** He alone has the power to roll away the stones that block the path to life. He, the living One, is himself that path. He is the Way: the way that leads to life, the way of peace, reconciliation and fraternity. He opens that path, humanly impossible, because he alone takes away the sin of the world and forgives us our sins. For without God’s forgiveness, that stone cannot be removed.

*(Pope Francis, Urbi et Orbi Message, 31 March 2024)*

**The logic of eucharistic existence** is inescapable: “Just as I have loved you, you also should love one another.”

*(Jn 13:34) (Tony Kelly, The Creed by Heart, 135)*

**A new path leads through that empty tomb:** the path that none of us, but God alone, could open; the path of life in the midst of death; the path of peace in the midst of war; the path of reconciliation in the midst of hatred; the path of fraternity in the midst of hostility.

*(Pope Francis, Urbi et Orbi Message, 31 March 2024)*

**Those who have gone before us**, and who will follow after, all alike can be healed and made whole. ... In the presence of the Lord, love cannot remain imperfect; and to him who first loved us our prayers commend all who have died. (*Tony Kelly, The Creed by Heart, 158*)

**...His becoming man... will not be complete** until the love he embodies, the cause he lives for, the Spirit he breathes, finally include all who will come to call him “brother”; until all are members of his Body, until he is clothed with the whole of creation, and that creation is itself transformed.  
(*Tony Kelly, The Creed by Heart, 131*)

**The resurrection happens in the present moment**, but it is a present moment bathed in future, a new relationship with God.  
(*Sr Iliia Delio, Making All Things New*)

**Little Easters are all around us**, but we can only see them if we have willingly accepted to be Good Friday people.  
(*Patrick O’Sullivan, Prayer and relationships, 100*)

### **Find words or an image for**

- Insights gained from your reading and prayer today.
- A hope, intention or prayer for the future.

You may like to write down your thoughts or a prayer.



## TWO EASTER BLESSINGS

Deep peace of the running wave to you,  
Deep peace of the flowing air to you,  
Deep peace of the quiet earth to you,  
Deep peace of the shining stars to you,  
Deep peace of the Son of Peace to you.

*(“Celtic Prayers and Blessings” in Maurice Ryan, Heartlines, 69)*

**The blessing of the Emmaus Road be upon you:**  
the blessing that shares sorrow’s burden on the way,  
that wakes to hope because of story and hospitality,  
that is stirred to recognition of the stranger as Jesus,  
the Way, the Truth and the Life, whose Spirit  
sparks and blazes in the world even today. Amen.

*(Mary Wickham RSM)*



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