

THIS IS MY BODY

THE WORD

Getting up from the table, Jesus began to wash his disciples' feet. Jesus said, "Do you understand? I, your Lord and Teacher, have just washed your feet. You then should wash one another's feet. I have given you an example."

Ex 12:1-8,11-14|Ps 115|Cor 11:23-26|Jn 13:1-15s

LOOK CLOSER

What makes a leader? Many people think that a good leader is someone who has power over others or is popular. Jesus teaches us that a Christian leader is someone who serves. They don't bully or dominate. They serve others rather than themselves. When Jesus washed his disciples' feet he was showing them that leadership in his kingdom is not based on power but on love and service.

Try it: Do something for a member of your family as an act of service.

PRAYER SPACE

Symbol: Bread and wine

Lord Jesus, you are the bread of life! Teach us to serve one another as you served your disciples. Amen.

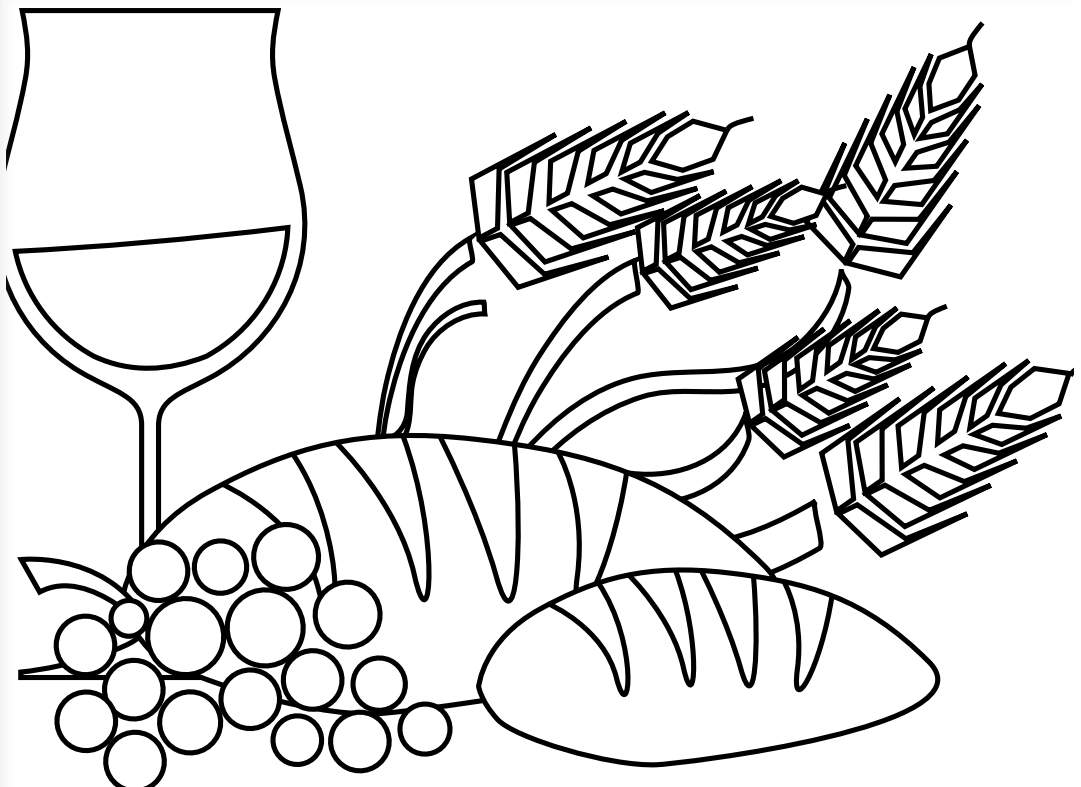


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Eat and Learn! Learn about the Passover and the Christian beginnings of the Holy Mass with a special family meal.

THE EASTER TRIDUUM

The Easter Triduum refers to three days in the Church's calendar which express the central mystery of our Christian faith. It begins on **Holy Thursday** as we focus on Jesus' farewell words and deeds at the Last Supper. **Good Friday** is when we ponder the events of his suffering and death. It finishes with the **Easter Vigil** when we celebrate the liberation of humankind through Christ's resurrection. Of all the Church's celebrations throughout the year, the Easter Triduum is considered the high-point.



The Passover is the highlight of the Jewish calendar. It celebrates God's victory over the Egyptians who had enslaved the Israelites. When the Pharaoh refused to let the Israelites leave, the Lord sent an angel of death over the land killing the first born of every animal and family. But it passed over the Israelites as they had faithfully celebrated the meal and marked their door posts with the blood of the slaughtered lamb. Understanding the rich meaning of the Passover as a message of deliverance, Jesus used this meal to reveal to his disciples his willingness to be put to death in order that they too would be delivered from sin and evil.