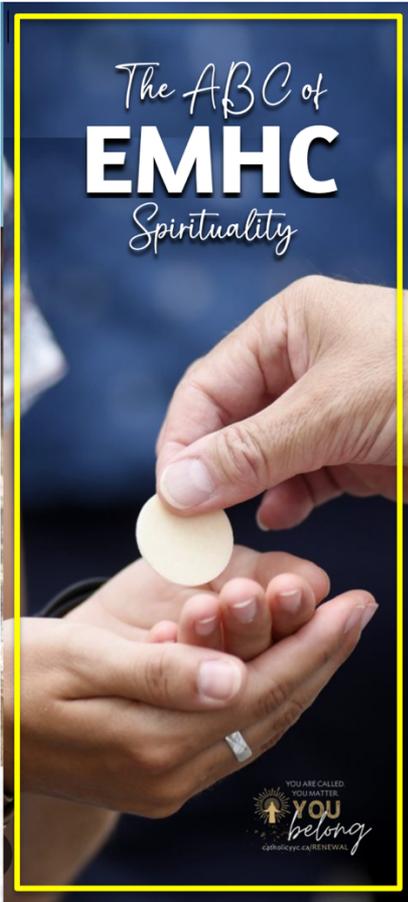


HOLY WEEK &
EASTER TRIDUUM
REFLECTION

Journal 2026

A Prayerful Journey through Holy Week and the Easter
Triduum to Grow in One's Encounter with Christ as
Extraordinary Minister of Holy Communion

The ABC of
EMHC
Spirituality



A Anticipate - Before Mass long for the opportunity to be of service at the altar of sacrifice, knowing it is not a right but a privilege you will perform only if asked.

Pray: Lord, let me be prepared to carry the cross with you!

B Behold - while distributing Holy Communion, be conscious of your role as an instrument, a mediator, an intermediary between the broken state of communicants and the healing power that comes with Jesus in the Eucharist.

Pray (interiorly): May Jesus be with you now and forever!

C Connect - be present to the realities of the broken world we live in, especially the cry of the poor.

Pray: Lord, let me see your presence in the distressing disguise you take in the poor.

Introduction: This Holy Week and Easter Triduum Reflection Journal is designed for all Extraordinary Ministers of Holy Communion (EMHC) serving in various parishes in the Diocese of Calgary. Each day's entry includes the Scripture Readings from the day's lectionary, a brief reflection connecting Holy Week and Easter Triduum themes to our ministry, and a couple of questions for personal reflection. The tone throughout is compassionate and hope-filled, focusing on the spiritual meaning of Holy Week and Easter Triduum – especially finding the presence of Christ and the role of EMHCs in the heart of the Paschal Mystery. May these reflections deepen our understanding of the season and nurture a personal encounter with Christ in those we serve. Start each day with the Opening Prayer and end it with the Closing Prayer below.

Opening Prayer

Lord Jesus, present in Your Word and in the Eucharist, open my heart to the mystery we celebrate this Holy Week and Easter Triduum.

Help me understand more deeply why the Church gives us these sacred rites, how they flow from Scripture and Tradition, and what they reveal about Your saving love.

Make me a faithful minister of Your Body and Blood, serving with humility, reverence, and joy.
Amen.

Closing Prayer

“Jesus, Bread of Life, thank You for nourishing me with Your Word and Your presence.

Strengthen my hands for service, calm my heart with Your peace, and make me a faithful vessel of Your compassion.

May my ministry draw others closer to Your Paschal Mystery.

Amen.”

March 29 — Palm Sunday of the Passion of the Lord

Isaiah 50:4–7 | Philippians 2:6–11 | Gospel: Mark 14:1–15:47

Palm Sunday brings together Christ’s kingship and His suffering, showing the unity of His mission. The liturgy deliberately juxtaposes triumph (“Hosanna!”) with the Passion narrative to reveal that Christ reigns not through domination but through self-emptying love (Phil 2:6–11).

This flows from Scripture and Tradition because the Church enters Holy Week by reenacting Christ’s journey into Jerusalem — the beginning of His Passover. As *Vicesimus Quintus Annus* teaches, the liturgy’s first principle is the reenactment of the Paschal Mystery, drawing us into Christ’s work of redemption. The Passion is proclaimed so the faithful may see the Eucharist as belonging to the same mystery of sacrifice and love.

This Reveals for the Faithful Christ accompanies their triumphs and their suffering; salvation comes through obedience and humility; and that the Eucharist they receive is the same Body given up in the Passion.

As an EMHC you stand as a minister of this unity: joy and sorrow held together in Christ. You offer the Eucharist — **the fruit of the Passion** — to people in every condition of life. Furthermore, your reverence teaches that Holy Week is not a performance, but a **real encounter with the saving love of God**.

Reflection Questions

1. *How does proclaiming or hearing the Passion help me understand the Eucharist I distribute?*
2. *What in Christ’s humility (Phil 2:6–11) can reshape my posture as an EMHC today?*

Notes: _____

March 30 — Monday of Holy Week

Isaiah 42:1–7 | John 12:1–11

The Church begins the week with the **Servant Song** — “He will not break a bruised reed” — to reveal the **identity** of the One whose Passion we will celebrate. Holy Week unfolds as a liturgical catechesis: showing Christ as the gentle Servant who fulfills all Scripture. This is the same Servant who: washes feet, forgives His persecutors, gives His Body and Blood. This day prepares us to understand *why* Holy Thursday exists — the Eucharist is the Servant’s supreme act of self-giving.

In the Gospel, Mary anoints Jesus, participating in what Tradition calls the **preparation of the Paschal Lamb**. Her act signifies that Jesus’ sacrifice is near. The Church uses this reading to teach that the Eucharist is **costly love**, poured out for us. This Reveals for the faithful that Christ approaches His Passion willingly, as the Servant foretold, that the Eucharist is an act of tenderness, not mere ritual, and that liturgy invites them to imitate Mary’s devotion.

On your part, your ministry should reflect a “bruised reed” tenderness. Your gestures, tone, and rhythm must show the faithful that the Eucharist is a **gift poured out**, not a task distributed. As *Vicesimus Quintus Annus* says, the liturgy is where the faithful encounter Christ’s presence in gesture, word, and sacrament.

Reflection Questions

1. *How can I embody the gentleness of the Servant in Isaiah as I minister today?*
2. *What does Mary’s anointing teach me about Eucharistic reverence?*

Notes: _____

March 31 — Tuesday of Holy Week

Isaiah 49:1–6 | John 13:21–33, 36–38

Isaiah reveals the Servant’s mission: “*I will make you a light to the nations.*” Holy Week shows how Christ becomes that light — by giving His life.

The Gospel shifts into the Last Supper setting, highlighting betrayal and failure. The Church intentionally places this before Holy Thursday to teach that the Eucharist is **not reward for the perfect but strength for the weak.**

Tradition reflects this: Christ feeds Judas and Peter even knowing their failures. This act of mercy is foundational to why the Eucharist is celebrated as a Divine Initiative towards reconciliation and communion.

This reveals to the faithful that Christ does not withdraw His gift when we sin; that the Eucharist is an encounter with mercy and that the Church’s liturgical rhythm leads from betrayal → washing of feet → institution of Eucharist.

On your part, you minister to people who, like Peter, want to love Christ but falter; and to people who, like Judas, carry deep hidden wounds. Your welcoming tenderness communicates the mercy of Christ Himself. EMHCs embody the Church’s belief that Christ is **present in word, in sacrament, and in the assembly gathered.**

Reflection Questions

1. *How does Jesus giving Himself to imperfect disciples shape my view of those I serve?*
2. *What part of my ministry needs more mercy and patience?*

Notes: _____

April 1 — Wednesday Of Holy Week (Spy Wednesday)

Isaiah 50:4–9 | Matthew 26:14–25

Isaiah describes the Servant’s obedience in suffering — “I gave my back to those who struck me” — revealing the inner disposition with which Christ enters His Passion.

The Gospel recounts Judas’ betrayal, not as a historical detail, but as theological preparation: **Christ’s sacrifice is freely given even in the face of human treachery.** The rites of the Triduum are built on this truth: Holy Thursday reveals love as stronger than betrayal, Good Friday reveals forgiveness as stronger than sin, and Easter reveals life as stronger than death.

This narrative helps the faithful understand **why** we keep these solemn days: to see God’s love triumph over human failure.

As EMHC, you represent the Church’s unwavering welcome — even to the wounded, the confused, the returning, or the struggling. Your ministry makes visible that Christ still offers Himself to all.

As *Vicesimus Quintus Annus* states, the liturgy is the **epiphany of the Church — one, holy, catholic, apostolic.** As an EMHC, you help manifest that unity and holiness through reverence and charity.

Reflection Questions

1. *How does Christ’s response to betrayal challenge me to serve without resentment or judgment?*
2. *What is Christ calling me to surrender so that I minister with a freer heart?*

Notes: _____

April 2 — Holy Thursday: Evening Mass of The Lord's Supper

Exodus 12:1–8, 11–14 | 1 Corinthians 11:23–26 | John 13:1–15

This liturgy reveals three foundational truths from Scripture and Tradition: 1) The Eucharist is the New Passover - Exodus explains the Passover meal, fulfilled at the Last Supper and Holy Thursday shows Christ offering Himself as the **true Lamb**, establishing the new covenant in His Blood. 2) The Eucharist is the Church's greatest treasure. Paul gives the earliest written account of the Eucharist: "**Do this in remembrance of me.**" The Church celebrates Holy Thursday to remember that the Eucharist is not a symbol but the **actual memorial of the Paschal Mystery** — the representation of Christ's sacrifice. 3) The Eucharist demands service. The washing of feet reveals that Eucharistic worship must lead to humble action. Tradition teaches that receiving Christ means becoming Christ-like.

To the Faithful Holy Thursday reveals that: Christ is present in Word, priest, assembly, and Eucharist and Love expressed in service is inseparable from worship.

Your EMHC ministry this evening is profoundly symbolic: You serve at the liturgy that reveals **why the Eucharist exists**. And thus, your gestures must show humility, tenderness, and awe — echoing Christ kneeling before His disciples.

Reflection Questions

1. *How do the readings deepen my understanding of the Eucharist as sacrifice, presence, and service?*
2. *Which aspect of Jesus' humility do I want to imitate in my ministry tonight?*

Notes: _____

April 3 — Good Friday of The Lord’s Passion

Isaiah 52:13-53:12 | Hebrews 4:14-16; 5:7-9 | John 18:1-19:42

Tradition holds Good Friday as the solemn remembrance of Christ’s sacrifice. Isaiah states: “By His wounds we were healed.” The Church proclaims this to help the faithful see the Cross as redemptive, not tragic. The Letter to the Hebrews reveals Christ as High Priest - He becomes the perfect mediator between God and humanity, offering Himself. Last, John reveals the victory of the Cross - John’s Passion account emphasizes Christ’s sovereignty — He freely lays down His life. Take note that No Mass is offered because Christ Himself offers the perfect sacrifice on Calvary. Furthermore, communion is distributed from hosts consecrated on Holy Thursday, linking the Eucharist to Christ’s sacrifice.

Vicesimus Quintus Annus teaches that the liturgy reenacts the Paschal Mystery so that the faithful understand that salvation is accomplished through Christ’s death and resurrection.

Your ministry today is steeped in silence and awe. You distribute the Eucharist immediately after hearing what happened to Christ’s Body. This is a profound privilege requiring deepest reverence and careful pacing.

Reflection Questions

1. *How does hearing Isaiah and John together shape the way I hold and distribute the Eucharist today?*
2. *What specific gesture or interior attitude will help me maintain solemnity during Good Friday distribution?*

Notes: _____

✦ April 4 — Holy Saturday / The Easter Vigil

Seven Old Testament readings (Creation → Covenant → Exodus → Prophets) New Testament: Romans 6:3–11 | Mark 16:1–7

The Easter Vigil is the **foundation** of all Christian liturgy: 1) The Old Testament readings reveal God’s saving plan. From Creation to Exodus to the Prophets, Tradition teaches that the Vigil retells the story of salvation to help the faithful understand **why Christ’s resurrection is the climax of human history**. 2) Romans reveals baptism as participation in Christ’s death and resurrection. The Vigil is the night when new Christians enter the Church. The Eucharist is their first food in the life of grace. 3) The Gospel reveals the empty tomb. The liturgy dramatizes the passage from darkness to light, from death to life.

As *Vicesimus Quintus Annus* says, the liturgy is the **epiphany of the Church** — one, holy, catholic, and apostolic. Tonight, all those characteristics radiate beautifully in the rites.

Also, tonight, you minister at the most solemn Mass of the Church year. Your reverence helps the newly baptized understand the dignity of the Eucharist. Your calm presence allows the faithful to savor the mystery.

Reflection Questions

1. *How does tonight’s liturgy reveal the fullness of God’s saving plan?*
2. *How can I help the newly baptized encounter Christ through my reverent ministry?*

Notes: _____

April 5 — Easter Sunday of the Resurrection of the Lord

Acts 10:34, 37–43 | Colossians 3:1–4 | John 20:1–9

Easter is the Feast of Feasts, the goal of all the Church’s liturgical life: 1) Acts proclaims the apostolic witness. Peter testifies to the Resurrection — showing that Tradition is grounded in real encounters with the risen Christ, 2) Colossians reveals our new life. The faithful are invited to “seek what is above,” setting hearts on the risen Christ, and 3) John reveals the first moments of Resurrection faith. The empty tomb is not merely proof; it is invitation to deeper belief.

In light of *Vicesimus Quintus Annus*: The liturgy makes present the Paschal Mystery so that the faithful may proclaim it to the world with joy.

In your ministry as EMHC, you distribute not simply the Body of Christ — You distribute **the Risen Christ**, source of eternal life.

Your ministry today expresses hope, joy, and renewed mission.

Reflection Questions

1. *What does it mean for me personally to minister the Risen Christ in the Eucharist?*
2. *How can I carry Easter joy into my ministry in the weeks ahead?*

Notes: _____



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