**The Heart of the Liturgical Calendar: The Triduum**

The Heart of the Liturgical Year is the Triduum, the three holiest days of the Church year: Holy Thursday, Good Friday, and Holy Saturday. They all take place within Lent, the preparation time for Easter.

Holy Thursday

* Christ celebrated Passover with the Apostles
* This was the Last Supper
* Jesus was betrayed by Judas and arrested by the soldiers

Good Friday

* Jesus was crucified and died on the cross
* He took our Original Sin with Him to Heaven
* The gates of Heaven were opened to us

Holy Saturday

* Jesus was in the tomb
* At night, we have the Easter Vigil, which is arguably the most important ceremony of the Church year