



Young Adult Triduum Expedition Itinerary

Holy Thursday

- 6:00pm Arrive at St. Joseph's Formation Center (Drive yourself)
➤ Dinner Available
- 7:00 Intro to Triduum
- 7:30 Mass of the Lord's Supper
- 8:30 Procession to Altar of Repose
- 9:00 Reading of St. John's Gospel, Chapel of Repose
- 10:15 Night Prayer
- 10:30 Repose Sacrament, Lights out

Good Friday

- 7-8am Light Breakfast Available
- 8:00 Morning Office & Lauds, chapel
- 9:00 Morning Hike
- 12:00pm Daytime Prayer
- 12:15 Fast & Silence Begins (Light lunch available in Bistro)
➤ CONFESSIONS AVAILABLE
- 2:00 Passion Service, Chapel
- 4:30 Stations of the Cross outdoors
- 6:00 Light Dinner (Break Silence)
- 7:00 Continued Catechesis on Triduum, prep for Holy Saturday
- 9:00 Night Prayer
- 9:15 Silence
- 10:00 Lights Out

Holy Saturday (this is a day of silence as we reflect on Jesus in the tomb)

7:30am	Morning Office & Lauds
8:15	Breakfast
9:00	Solo Hikes
12:30pm	Light Lunch
1:30	Daytime Prayer @ SJFC
1:45	Catechesis & Prep for Easter Vigil
3:00	Silent Free time; Individual prayer and reflection ➤ CONFESSIONS AVAILABLE
5:30	Evening Prayer
6:00	Dinner in Silence (Spiritual Reading)
7:00	Individual prep for Vigil/Free time
8:00	Easter Vigil!
10:00	Easter Party!
11:00	Lights Out

EASTER SUNDAY!

7:00am	Light breakfast available
8:00	Holy Hour w/ Morning Prayer
9:00	Mass of the Lord's Resurrection
10:30	Easter Brunch/Sharing of Graces
12:00pm	Depart from SJFC