

## [Spirituality](#)



(Eberhard Grossgasteiger/Unsplash)

by NCR Staff

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This weekend marks the holiest days in the Catholic calendar: the triduum of Holy Thursday, Good Friday and Holy Saturday, followed by Easter Sunday.

**On the show today:**

- NCR columnist [Melissa Musick Nussbaum](#)
- Anna Keating, co-author with Melissa of [The Catholic Catalogue: A Field Guide to the Daily Acts That Make Up a Catholic Life](#)

### **Background reading:**

- *The Catholic Catalogue* offers ways to make life a little bit holier, says an [NCR book review](#).
- Another perspective: [Holy Week with a toddler and a newborn](#)
- From the archives: Fr. Tom Reese on [how to cope with Holy Week](#) when you feel less than inspired.

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