



Along a Paschal Journey

Holy Saturday: The Sabbath

I will not leave you comfortless

On this Holy Saturday, a day of resting and waiting, we are reminded of the promise that God makes that God will never abandon us. God is always with us in every breath that we take. Yesterday we spent time focussing on the loss of our dreams. We were reminded of the turmoil experienced by Jesus' followers on Good Friday when everything they had hoped for was gone.

Today, Mary Pellegrino csj invites us into a time of rest. The rhythm of the creation story tells us that God authored this world, brought all things out of nothing and then rested. It is imperative that we also do the same. Creation is not finished by the end of activity. It continues through a combination of activity and rest.

In the Triduum, we very frequently skip over reflecting on Holy Saturday and go straight to Easter Sunday. Yet by having sabbath moments and resting, we enable God to continue to create and recreate the world in and through us. Just like Jesus' followers, Holy Saturday is an important time where we should allow ourselves the space to rest in our loss and grief.

In the Gospels we are told that Mary Magdalene and the other Mary (Mt 27:61), remained sitting facing the tomb. As we go about our day, imagine yourself sitting there with them. Just like Jesus' followers, the invitation in this part of the Easter story is to sit with our own losses. It might even be recognising thoughts and feelings that you may not have considered to be a loss. Today is the space that we allow ourselves to name what may have been unnamed suffering in our own lives. Parker J Palmer observed that *violence is what happens when we don't know what else to do with our suffering*. The space we give today, as part of our Easter journey, is to tend this suffering in the knowledge that when we tend to our own losses we contribute to our own healing and in doing so we help heal the world.



[Click here to play the video](#)

Patient Trust

by Peirre Teilhard de Chardin sj

Above all, trust in the slow work of God.

We are quite naturally impatient in everything
to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something
unknown, something new.

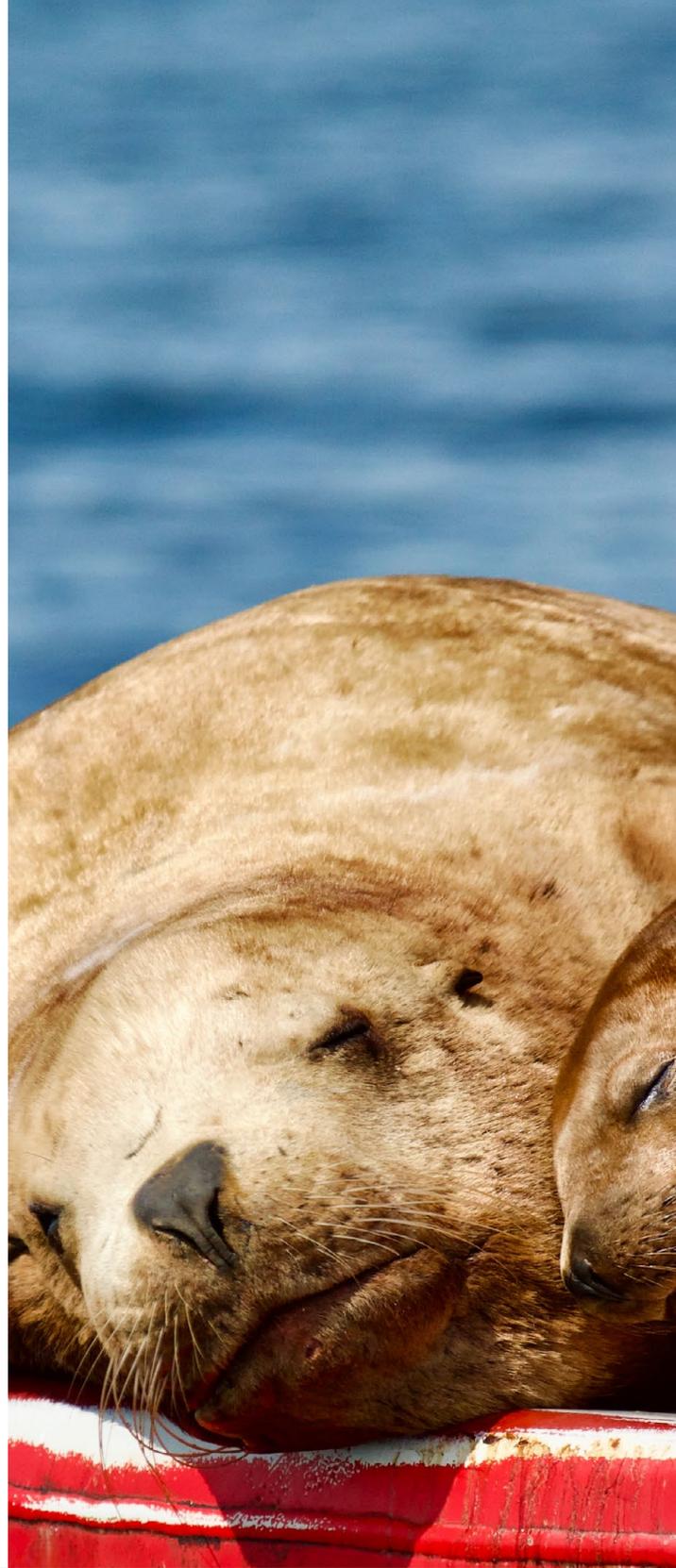
And yet it is the law of all progress
that it is made by passing through
some stages of instability –
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually – let them grow,
let them shape themselves, without undue haste.

Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances
acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit
gradually forming within you will be.

Give God the benefit of believing
that God's hand is leading you
and accept the anxiety of feeling yourself
in suspense and incomplete.



In the company of Jesus' friends and his followers, you are invited to consider these questions:

**What do you notice in the stillness of the Sabbath
as you sit there?**

**Are there losses, sorrows, disappointments that have been
distracting you? If so, what would help you tend to those
losses at this time and how would that help heal the world?**