



HOLY SATURDAY

NOW WE WAIT IN SILENCE.

On this Holy Week journey, today is the in-between day, a liminal place, a thin space. A day to take a breath, to reflect on the week that has past, and to sit in the reality of it all.

Some ancient teachings believed Holy Saturday is the day Christ achieved the “Harrowing of Hell” by descending into a realm of eternal torment and liberating those suffering there. Some traditions designate Holy Saturday as a day to baptize new believers or confirmands, others hold vigil in perpetual prayer, and still others use sacred spaces to move through the stations of the cross.

This year, we invite you to slow down and be present with the truths that have emerged for you both in the lenten wilderness and in the drama of Holy Week.

All of us carry grief and anticipation and unknowing into this day. Below you will find resources to support you today. The invitation is not to do everything on the list, but to find one thing or a few things that feel supportive to you.

You are invited to get outside, to attend to spaces and reflect on our interactions with space, people and the Divine. You might want to bring paper and pencil to journal while you take in this day. If you have others joining you, you may want to spend time journaling and then together to share your reflections.

We encourage you to see what calls to you and let your body do what feels supportive and strengthening. There is no right or wrong way to live through this day, only an invitation to be present in it.

What does support look like for you today?

Stillness

- ❖ Find time for quiet, for being still, listening, noticing, reflecting
- ❖ Set a timer for 5 minutes and just focus on your breathing. Be gentle with yourself when your mind wanders and invite your attention back to breath.

Read John 19:1-42 <https://www.biblegateway.com/passage/?search=John%2019&version=NIV>

- ❖ You might take turns reading the John passage with other people in your household.
- ❖ Read the poem “Here” printed below.
- ❖ You may want to do a *lectio divina* and journal about a word, phrase, feeling, and image that calls to you in the poem.
- ❖ Use of the images linked below for a *visio divina*. Engage with a color, a feeling, an image within the image through art or soul scribing or song.

Movement

- ❖ Take a walk around your neighborhood. Let your body move at the pace that feels supportive to your nervous system.
- ❖ Take a prayer walk around your yard or your neighborhood or through downtown Asheville or in a park.
- ❖ On your walk you may feel called to pause when Spirit invites you to and to breathe into the words that mark the 14 stations of the cross.
 - Jesus is condemned to death
 - Jesus is made to carry his cross
 - Jesus falls the first time
 - Jesus meets his mother
 - Simon of Cyrene is made to carry the cross
 - Veronica wipes Jesus’ face
 - Jesus falls the second time
 - The women of Jerusalem weep over Jesus
 - Jesus falls the third time
 - Jesus is stripped of his garments
 - Jesus is nailed to the cross
 - Jesus dies on the cross
 - Jesus is taken down from the cross
 - Jesus is placed in the tomb

- ❖ Some places you may want to visit if you feel called to move around Asheville:
 - Carrier Park, 220 Amboy Rd
 - Vance Monument, the corner of Biltmore and Patton
 - Grace Covenant Presbyterian Church Community Garden, 789 Merrimon Avenue
 - Once you arrive to your selected space, you are invited to move around in the space, to breathe deep, to find space to observe and to notice:
 - What do you see?
 - How does it feel here?
 - What do you notice about your body?
 - What strikes you about where you are?
 - What, if any, are the connections you make between what you see and the scripture you read or the stations of the cross or your experience of Holy Week?
 - Where is there oppression?
 - Where is there liberation?
 - How is God stirring you?

IMAGES (pictured below)

Black Jesus Stations of the Cross: <https://line.17qq.com/articles/ctrcerrx.html>

Pieta: <http://www.tylonn-j-sawyer.com/american-gods/luoxfpt0czc0llb12kigx4ukcnfgfv>

Ugandan Shroud:

<https://todayscatholic.org/ugandan-stations-of-the-cross-reflects-culture-of-local-parish/>

Stations of the Cross: <http://www.wischik.com/irene/cross/>



POEM

HERE

There are places that our bodies know—
The curve of the couch, the creak of the porch swing,
The number of steps to our love's front door.

There are places that our bodies know,
And then there are places our souls know—
Waiting rooms and sanctuaries,
Nurseries and bedrooms,
Open roads and dinner tables.
These are the travel routes,
The many destinations of a well-lived soul.

And while my soul would always prefer
To stay in the sun, living on the
Front porch swings where life is easy,
From time to time,
We all find ourselves at grief's front door,
In love's waiting room,
Or on the long and treacherous road to justice's house.
So when you do,
Remember:
Your body can be in a familiar space
While your soul can feel a long way from home.
Go easy on her.
She is traveling.
Being here has never been easy.

-Rev. Sarah Are
Sanctified Art





A LOVING GIFT FROM
THE CHILDREN OF
GILBERT D. STANLEY





Photo: www.foto.com

Through Nomadic Eyes:
Stations of the Cross in Lodwar Cathedral, Kenya



1 Jesus is condemned to death



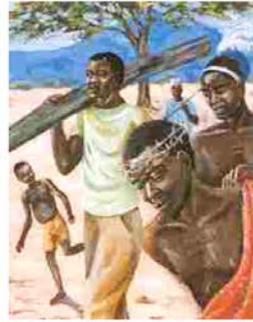
2 Jesus receives his cross



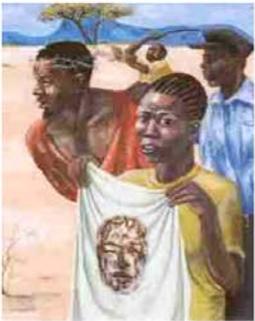
3 Jesus falls the first time



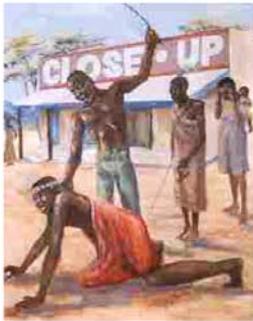
4 Jesus meets his mother



5 Simon helps Jesus to carry his cross



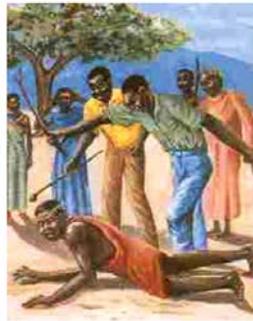
6 Veronica wipes Jesus' face



7 Jesus falls a second time



8 Jesus meets the women of Jerusalem



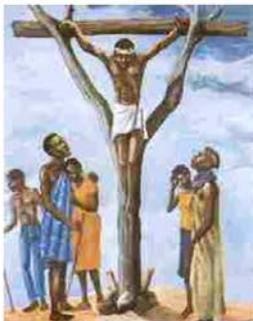
9 Jesus falls a third time



10 Jesus is stripped of his garments



11 Jesus is nailed to the cross



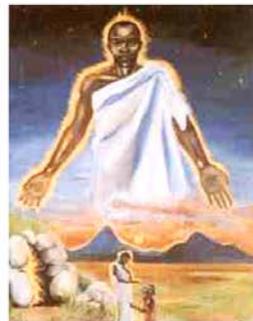
12 Jesus dies on the cross



13 Jesus is taken down from the cross



14 Jesus is laid in the tomb



15 The resurrection of Jesus.