

## Holy Saturday Reflection

By Nazanin Nourmohammadi, postulant

What is Triduum?

Triduum is 3 days of prayers that start on Maundy Thursday and end on the Easter feast, which represents the crucifixion, death, and resurrection of our Lord, Jesus Christ. Many Christians prepare for this event with 40 days of fasting, prayer, and alms giving, in response to the Lord's question, "Could you not watch one hour with me?" (MT 26:40)

On Holy Saturday, people place themselves in the Lord's presence at the altar; this silent time of prayer, on this special night, prepares one to accompany Christ intimately into the 3 days journey in the shadow of darkness. Holy Eucharist instituted on that Thursday, staying with Christ and having devotion with him in the Garden, will help us to taste his loneliness in that night.

On Holy Saturday our Lord lay in his tomb. In Roman Catholicism and eastern orthodox churches, and most of the protestant churches, it is taught that the Lord Jesus descended to the dead to save the souls, whoever died before crucifixion.

To me, on my Nazanin time, was thinking he also may be visiting other galaxies to save them as well, if they are any out there. The Lord always wants us to be thinking critically of issues and to feel the pain of others. We should try to help as much as possible to make it easier for others as he made it possible for us to enter into heaven by just believing in his name. That sometimes is hard to imagine. He has offered us so many blessings in this life.

In many churches people bring baskets of food for family and friends to be blessed by the priest. These foods are then taken to the one who is lonely or the one who does not have a family or financial stability to provide Easter dinner. The blessing by the priest helps to emphasize the strong connection between the family dinner table and the Eucharistic altar in the parish.

In my meditations, I was asking myself, what did they do in Christ's time when a pandemic would happen? We may not know how they handled situations like this but I can ask myself...how much do I feel the pain of others? How much am I praying in the darkness of the epidemic to get out of this situation? How much do I care about my neighbor and how to help when I can't physically be with them? How do I "stay with" someone who really needs me to be awake and watch with them.

There is a light at the end of this "tunnel"...it is Christ, our Lord. As we try to be like him and be there for each other.

Happy Easter to come,

Your servant,  
Nazanin Nour