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Holy Saturday – God Our Refuge

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Psalm 31:1-4

In you, O LORD, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me.
Incline your ear to me;
rescue me speedily.
Be a rock of refuge for me,
a strong fortress to save me.

You are indeed my rock
and my fortress;
for your name's sake
lead me and guide me,
take me out of the net that is hidden
for me,
for you are my refuge.

Meditation

Pause.
Listen.
Exhale.
Breathe.
Listen.

On this Holy Saturday, the rhythms and sounds of life and habit continue their steady thrum. As each of us who has plumbed the depths of grief can attest, in that awe-some and awe-full season of profound silences, the sounds of the world continue. The liminal spaces between jobs, the ache of relationships lost or irrevocably altered, and the unadulterated hollowness of death leave us exposed, vulnerable, and isolated. Holy Saturdays in life stand between the traumatic event and what may be. They mark us as changed…changing…in all the messiness and upheaval such moments require. While the sun shines, our Holy Saturdays leave us uncovered, raw. In these moments and seasons of life, the Psalmist calls upon God our Refuge. God our Refuge welcomes us in our despair when what is home and familiar is no longer safe. No longer tenable. No longer sustained. God our Refuge takes us as we are and welcomes us with bountiful hospitality and compassion rather than suspicion or innuendo. God our Refuge prepares spiritual Home for us just as we would an honored guest or beloved child. Calls us by name. Loves us regardless. In the silences of Holy Saturday, before the sun sets and the first strains of Vigil and *Alleluia*, may we attend to the spaces of aftermath and waiting, transition and uncertainty, and find God our Refuge steadying our hands and hearts and minds.

Pause…Listen…Exhale…Breathe…Listen...