

Reflection – Holy Thursday – April 13, 2017  
by S. Melanie Paradis

The readings for this Holy Thursday are so rich and full.  
The entire liturgy is a gift itself.  
So, I offer to you this simple reflection.

Feet

Baby feet: oh, how sweet

Playing outside barefoot feet: rinse those feet off before you  
come inside

Young adult feet: reminder: schedule that pedicure before  
sandal season

Aged feet: bunions, hammer toes, calluses, ah, put those feet  
up

Feet keep us grounded . . . .and allow us to journey.

Feet keep us balanced, . . . .and allow us to move.

Usually we hear that God knows us so well that each hair on  
our head has been counted. Well, I read somewhere that  
God knows us so well, we are known right down to our toes.

The 3 readings in this Holy Thursday Liturgy are familiar to us.  
We hear them every year. They are full of detail.

In the first reading you can just picture in your imagination:

The angel of God flying over the houses, looking for the sign  
of blood on the lintel and door posts. A sign that the faithful  
dwelled here.

Or in the second reading we can imagine Jesus at supper, eating a meal, sharing bread and wine with his followers. A very common thing to do. We all eat and drink with family and friends.

And then in the Gospel Jesus puts a towel around his waist and kneels in reverence before each one at the table, to wash their feet.

Very vivid images, and very memorable words.

For me one way of looking at these readings includes: Love, Gratitude and Feet.

What is one of the first phrases a child is taught?

What do you say? "Thank you."

When we experience God's love, do we respond in gratitude?

Jesus knew that he was loved by God. Because of this knowledge he was impelled, by gratitude, to respond through word and action.

He taught, he healed, he walked with, he listened. Not because he felt obliged, but because he knew the love of God and wished to show gratitude by showing that love to others.

Jesus became example for us in the Gospel when he washed the feet of the disciples.

And, then, Jesus offered us sustenance and the nourishment to be able to do the same as he did, by giving us his body and blood in the Eucharist.

So, how do we respond to God's love for us? How are we signs of God's love? How do others know that we are followers of Christ?

We may not have the sign on our door posts and lintel as in the first reading of the Passover, yet will the angel of God recognize us as one of the faithful?

Here's where your feet, either physical or spiritual, are important.

Your feet move you to where you can be of service.

Your feet let you stand with and for and by others in need.

Your feet bring you to places you may never have dreamed of in order to be of help.

Your feet carry you to where you can share the love of God with others.

And do you do this out of obligation or force? No, you do this out of love and gratitude for the love you know from God.

"Do as I do" Jesus tells us.

And when we do, we are living signs of love.

So, if the washing of the feet shows that God loves us right down to our toes, and Jesus asks us to do as he did, well then let us come forward and allow ourselves to be loved through the washing of the feet, let us be given the strength we need in the receiving of the Eucharist and let us go forth sharing our lives with others.