

## KARFREITAG / GOOD FRIDAY

The most important festival in the Christian year, is considered a time to meditate on the resurrection of Jesus Christ. The roots lie in the Jewish feast of Passah (Pessach). Easter Sunday falls on the 1st Sunday after the 1st full moon after the start of spring.



The traditional Good Friday procession in the town of Lohr attracts thousands of spectators.

### Good Friday

Good Friday is the day of Jesus Christ's death. On this day, what is known as "The Passion" took place: the procession, Christ nailed to the cross, and Christ's burial.

On Good Friday, Christians in Germany eat fish (no other kinds of meat). This is a very old tradition that goes back to the Greek word for fish - "Ichthys." This word is believed to represent the phrase "Jesus Christos Theos Yos Soter" because the beginning letters of each word (in bold) together make up the word "Ichthys." This phrase means "Jesus Christ, Son of God, Savior." So, fish has become known as a symbol of Jesus Christ, Son of God, and Savior.

The German name for Good Friday, Karfreitag, comes from the old high German form kara and gives the meaning of "sorrowful Friday" to the day when Christians remember the crucifixion of Christ. It is also known as quiet Friday (Stiller Freitag). In former times there were far more restrictions on individual behavior on this day than there are today. The drinking of alcohol was strictly forbidden. No one was allowed to kill an animal, and the blacksmith was not allowed to use either hammer or nails, since these were employed in the Crucifixion. In some homes the crockery which had been specially polished during the Green Thursday spring clean was kept covered up in baskets until Easter Saturday, since it was considered unfitting for anything sparkling to be on view on Good Friday.

Many families eat the familiar Lenten food on Good Friday, choosing fish in preference to eggs or meat, and in some areas the bread eaten on Good Friday has the sign of the cross marked on the crust.

Today, Good Friday is a holiday in Germany, as is the Monday after Easter. Families typically gather over this long weekend, not only to attend religious services but to spend time with one another, observe family traditions and of course, partake in a rousing hunt for Easter eggs on Easter Sunday.

### Good Friday:

The Easter weekend in Germany begins with a quiet Good Friday (Karfreitag). Many families eat fish as their traditional Good Friday lunch.

## Good Friday

The German observance of Karfreitag, or Sorrowful Friday, is similar to Good Friday customs in the United States. Fish is the main course in this day's meals, as families traditionally abstain from meat. Fischfrikadellen mit Grüner Sauce, or fish cakes with green sauce, is a classic recipe for a Karfreitag meal. Chop a combination of smoked and fresh white fish and mix with onion and potato, then form into patties and deep fry. Top the dish with an herb sauce that includes sweet mustard, hard-boiled eggs and sour cream. Serve a tomato salad on the side.