



THE ANGLICAN PARISH OF ST ANDREW, EPSOM

GOOD FRIDAY 2020

A Service of Reflection at the Foot of the Cross for use at home or with others via Zoom

This is a quiet meditative service to be used at home or together via Zoom. At home the music can be found at <https://www.standrewsepsom.org.nz/worship-resources/>. On Zoom, the music will be played for you. Participants will be muted as you enter and throughout the service unless otherwise marked.

During the service you are invited to join in symbolic actions at home. You might like to use symbols from around your home and garden or you could print the images in the attached document and use them. You may like to put it somewhere where others can see it. You will need:



A Cross



A symbol of the way we hurt others
A nail or crown of thorns or a coin to symbolise betrayal



A symbol of the pain we feel
A stone or heavy



A symbol of love and beauty
Flowers or petals

Gathering

“Pilate asked him, ‘So you are a king?’ Jesus answered, ‘You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.’ Pilate asked him, ‘What is truth?’”

John 18: 37-38

On Good Friday, we tell the story of the day that Jesus died. It is a story that can be hard for us to hear and hard for us to understand. Behind the pain of the cross is the truth that Jesus knew the pain we feel. He knew what it was like to be human. He showed us how much God loves us. As we begin this time of prayer I invite you to place your cross in front of you or somewhere where you can see it comfortably.

The congregation is unmuted.

Jesus, you were let down by your friends,
hurt and treated badly.

You loved them still.

Help us to hear the truth of your love for us.

Jesus, we have been hurt by people,
circumstances and situations in our lives.

You heal our hurts.

Help us to see the truth of your love for us.

Jesus, on the cross you opened your arms in love for all people.
You love us always.

Help us feel the truth of your love for us.

Dramatic reading: A View from the Street

Mute all but reader

This story is told from the perspective of a child in the crowd.

Something terrible happened today. I feel very sad. They killed Jesus of Nazareth. They nailed him to a cross.

We watched from the crowd as the soldiers made him carry the cross. We had to be careful not to be seen. There were lots of angry people. They were really mean to Jesus. They made fun of him, spat on him and hit him – hard. He didn't fight back.

Children weren't allowed in the High Priest's house, but I heard that people in there told lies about him. They said he'd spoken against God. I bet he hadn't: Jesus spoke the truth.

Jesus never left children out. He always asked us about our games. He was a friend to anyone who was small or different or in need. It didn't matter to him who you were. You always fitted in with Jesus.

Why did they kill him? I don't understand. I just wish their ears had been opened. I wish they had heard the truth. Pontius Pilate tried to tell them – Jesus had done nothing wrong!

Reflection

The day Jesus was arrested even his friends were too scared to stand beside him. He was abandoned and excluded. He must have felt very left out.

Even now, thousands of years later all around the world we continue to tell lies and twist the truth about other people. We can be very unkind and hurtful towards others. Sometimes we do it because we are scared or ashamed. Sometimes we do it because it makes us feel better.

That day, Jesus didn't get angry. He kept loving the people who were hurting him. Just as he loves us even when we do things wrong.

As you listen to the beautiful piece of music, *He was Despised*, I invite you to place your nail, crown of thorns or spiky plant, at the foot of your cross. This symbol reminds us of the things we do which hurt other people. Some things we mean to do. Some we don't even know that we do.

For all of these things we say: we are sorry. And we ask God to help us to stay calm, to be kind to other people, and to remember that there is space for everyone in God's love.

Musical Reflection

He was Despised from Handel's Messiah

He was despised and rejected of men,
a man of sorrows and acquainted with grief.

Isaiah 53:3

He gave his back to the smiters,
and His cheeks to them that plucked off the hair:
He hid not His face from shame and spitting.

Isaiah 50:6

We pray a prayer of confession: the congregation remains on mute

Gracious God, We leave these nails at the foot of the cross, trusting in your transforming love. They are a symbol of the ways in which we hurt, injure and exclude others and you. We are sorry. Forgive us God. By the power of your Holy Spirit help us to love others as you love us. Show us your wisdom and your truth, O God.

Priest: God forgives and heals you. Be at peace.

Prayers of Thanksgiving and Intercession:

The congregation is unmuted and invited to join in the responses

Loving God,
we thank you that you know our human struggles.
We pray for all the places in your world
where there is pain and suffering.

May all human suffering be transformed
by the power of your Divine love.

Lord in your mercy,
Hear our prayer.

We thank you that you love all people.
We pray for the children of the world,
especially those separated from loved ones at this time.

Help your people, O God,
to remain connected even as we are forced to be apart.

Lord in your mercy,
Hear our prayer.

Dramatic Reading: A View from Beside the Cross *Mute all but reader*

This story is told from the perspective of a Roman centurion

Something amazing happened today. Amazing, but incredibly sad. I came straight here from Golgotha, the place where they have crucified Jesus.

As a centurion it was my job to keep watch over the cross while people die. Usually I quite like crucifixion days. You just sit and wait. But today was different. The crowd was particularly angry. I don't know why. Maybe they were jealous of him? Maybe they were scared?

Even as Jesus hung on the cross, people continued to make fun of him. But through it all he remained incredibly calm.

One of the men who was killed with Jesus, a criminal himself, realised Jesus was innocent. He said to him: Remember me, when you come into your kingdom. Jesus replied: Today you will be me in paradise.

Then suddenly everything went dark, for almost three hours. It was eerie, terrifying. No one knew what to do. Then the earth shook. And apparently the cloth in the temple split in two – right down the middle.

I stayed close to the cross and heard Jesus say: Father, into your hands I commit my spirit.

I realised then, he had been telling the truth. Jesus was the Son of God! Praise be to God. My eyes have been opened. I have seen the truth. Jesus is the Son of God.

Reflection:

Sometimes we can find it hard to see God's truth. We find it hard to understand. We might feel scared or angry or hurt. When we hold on tight to bad things that have happened to us we can be hurt by them again and again. These things can keep us from knowing God's love.

Jesus invites us to leave all our hurts and our pains at the foot of the cross. Jesus said: come to me all who labour and are heavy laden and I will give you rest. There is nothing which is too big for God to handle. Nothing in our human experience which is too big for God to bear. Nothing that can separate us from the love of God.

As we listen to the words of the beautiful hymn *When I Survey the Wondrous Cross* I invite you to place your stone or symbol of the burden's you are carrying at the foot of the cross. As we do so, we remember the ways in which we have been hurt, the fear and pain we feel. We remember the times we feel like we do not deserve God's love. We remember that God love us even when we find it difficult to love ourselves. We lay them at the cross asking God to heal us and draw us into God's loving embrace.

Musical Reflection

1.

When I survey the wondrous Cross
on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

2.

Forbid it, Lord, that I should boast
save in the Cross of Christ my God;
all the vain things that charm me
most,

I sacrifice them to his blood.

3.

See from his head, his hands, his feet,
sorrow and love flow mingling down;
did e'er such love and sorrow meet,
or thorns compose so rich a crown

4.

Were the whole realm of nature mine
that were an offering far too small;
love so amazing, so divine,
demands my soul, my life, my all.

We pray together a prayer of confession: the congregation remains muted

Gracious God, we leave these stones at the foot of the cross, trusting in your love and mercy. They are symbols of all the things that keep us from experiencing the true depth of your love for us. By the power of your Holy Spirit lead us to healing and to wholeness. Reveal your wisdom and your truth to us, O Christ.

Priest: God forgives and heals you. Be at peace.

Prayers of Thanksgiving and Intercession:

The congregation is unmuted and invited to join in the responses

Loving God, we thank you
that the love you offer us casts out fear.
Help us to live in your freedom,
not matter the restrictions
that are placed on our lives.

Lord in your mercy,

Hear our prayer.

As we receive your love, O God,
help us to share that love
as we care for others and for your creation.

Help us to remain calm,
and to be kind and to be courageous,
in every situation of our lives.

We thank you that you are with us as we pray.

We remember especially, O God,
Christians around the world
who, like us, can not gather in person this Easter,

We ask your blessing and your strength at this difficult time.

Lord in your mercy,

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Dramatic reading: A View from the Distance *Mute all but reader*

This story is told from the perspective of one of the women at the cross.

Something beautiful happened today. Beautiful, brutal and sad. Jesus of Nazareth died. They put nails in his hands and feet and pierced his side, even though he was an innocent man.

I travelled with him for three years. He had the most caring, loving heart. People were drawn to him, his love, his peace, his healing power. He transformed lives.

As he hung there on the cross, the soldiers threw dice to decide who would take his clothes. He said quietly: Father forgive them. They know not what they do. In the face of violence, ugliness and pain, Jesus' response was to love. To have mercy and to forgive.

As I stood at a distance and watched, I was overwhelmed by a sense of love. God's love: for me; for each of us; for all creation.

Joseph, a man from Arimathea and Nicodemus must have felt it too. They took Jesus down from the cross so gently. They laid him in tomb. In the face of God's grace and mercy, caring for each other seemed the only possible way to respond. Today my heart has been opened. I have felt the truth. Jesus truly is the revelation of God's love.

Musical Reflection:

As we listen to the following hymn you are invited to place your symbol of beauty at your cross. As you do consider the tenderness of Jesus love for us and the tenderness of his friends love for him when he died.

Musical Reflection:

1. Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

Oh, sometimes it causes me to tremble, tremble, tremble;
were you there when they crucified my Lord?

2. Were you there when they nailed him to the tree?...

3. Were you there when they laid him in the tomb?...

An Alternative Lord's Prayer

The congregation is muted but we all join in prayer

We pray together in words which echo those Christ taught us:

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all, Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and for
ever. Amen.**

Closing prayer:

Mute all but reader

Lord Jesus Christ,
You too our worst:
You gave your best.
You took our hate:
You gave your love.
You too the cross:
You changed everything.
We adore you, O Christ, and we bless you. Amen

Musical Reflection:

Mute all

1. My song is love unknown,
my Saviour's love to me,
love to the loveless shown
that they might lovely be.
O who am I
that for my sake
my Lord should take
frail flesh and die?

2. Sometimes they strew his way,
and his strong praises sing,
resounding all the day
hosannas to their King.
Then "Crucify!"
is all their breath,
and for his death
they thirst and cry.

3. They rise, and needs will have
my dear Lord made away;
a murderer they save,
the Prince of Life they slay.
Yet steadfast he
to suffering goes,
that he his foes
from thence might free.

4. Here might I stay and sing,
no story so divine:
never was love, dear King,
never was grief like thine.
This is my friend,
in whose sweet praise
I all my days
could gladly spend.

We will depart the service in silenceto return on Easter Day.



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Musical Reflection

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on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

2.

Forbid it, Lord, that I should boast
save in the Cross of Christ my God;
all the vain things that charm me
most,

I sacrifice them to his blood.

3.

See from his head, his hands, his feet,
sorrow and love flow mingling down;
did e'er such love and sorrow meet,
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4.

Were the whole realm of nature mine
that were an offering far too small;
love so amazing, so divine,
demands my soul, my life, my all.

We pray together a prayer of confession: the congregation remains muted

**Gracious God, we leave these stones at the foot of the cross,
trusting in your love and mercy. They are symbols of all the
things that keep us from experiencing the true depth of your love
for us. By the power of your Holy Spirit lead us to healing and to
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Prayers of Thanksgiving and Intercession:

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Musical Reflection:

Mute all

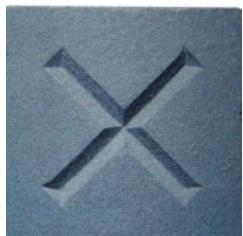
1. My song is love unknown,
my Saviour's love to me,
love to the loveless shown
that they might lovely be.
O who am I
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2. Sometimes they strew his way,
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Then "Crucify!"
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The day Jesus was arrested even his friends were too scared to stand beside him. He was abandoned and excluded. He must have felt very left out.

Even now, thousands of years later all around the world we continue to tell lies and twist the truth about other people. We can be very unkind and hurtful towards others. Sometimes we do it because we are scared or ashamed. Sometimes we do it because it makes us feel better.

That day, Jesus didn't get angry. He kept loving the people who were hurting him. Just as he loves us even when we do things wrong.

As you listen to the beautiful piece of music, *He was Despised*, I invite you to place your nail, crown of thorns or spiky plant, at the foot of your cross. This symbol reminds us of the things we do which hurt other people. Some things we mean to do. Some we don't even know that we do.

For all of these things we say: we are sorry. And we ask God to help us to stay calm, to be kind to other people, and to remember that there is space for everyone in God's love.

Musical Reflection

He was Despised from Handel's Messiah

He was despised and rejected of men,
a man of sorrows and acquainted with grief.

Isaiah 53:3

He gave his back to the smiters,
and His cheeks to them that plucked off the hair:
He hid not His face from shame and spitting.

Isaiah 50:6

We pray a prayer of confession: the congregation remains on mute

Gracious God, We leave these nails at the foot of the cross, trusting in your transforming love. They are a symbol of the ways in which we hurt, injure and exclude others and you. We are sorry. Forgive us God. By the power of your Holy Spirit help us to love others as you love us. Show us your wisdom and your truth, O God.

Priest: God forgives and heals you. Be at peace.

Prayers of Thanksgiving and Intercession:

The congregation is unmuted and invited to join in the responses

Loving God,
we thank you that you know our human struggles.
We pray for all the places in your world
where there is pain and suffering.

May all human suffering be transformed
by the power of your Divine love.

Lord in your mercy,
Hear our prayer.

We thank you that you love all people.
We pray for the children of the world,
especially those separated from loved ones at this time.

Help your people, O God,
to remain connected even as we are forced to be apart.

Lord in your mercy,
Hear our prayer.

Dramatic Reading: A View from Beside the Cross *Mute all but reader*

This story is told from the perspective of a Roman centurion

Something amazing happened today. Amazing, but incredibly sad. I came straight here from Golgotha, the place where they have crucified Jesus.

As a centurion it was my job to keep watch over the cross while people die. Usually I quite like crucifixion days. You just sit and wait. But today was different. The crowd was particularly angry. I don't know why. Maybe they were jealous of him? Maybe they were scared?

Even as Jesus hung on the cross, people continued to make fun of him. But through it all he remained incredibly calm.

One of the men who was killed with Jesus, a criminal himself, realised Jesus was innocent. He said to him: Remember me, when you come into your kingdom. Jesus replied: Today you will be me in paradise.

Then suddenly everything went dark, for almost three hours. It was eerie, terrifying. No one knew what to do. Then the earth shook. And apparently the cloth in the temple split in two – right down the middle.

I stayed close to the cross and heard Jesus say: Father, into your hands I commit my spirit.

I realised then, he had been telling the truth. Jesus was the Son of God! Praise be to God. My eyes have been opened. I have seen the truth. Jesus is the Son of God.

Reflection:

Sometimes we can find it hard to see God's truth. We find it hard to understand. We might feel scared or angry or hurt. When we hold on tight to bad things that have happened to us we can be hurt by them again and again. These things can keep us from knowing God's love.

Jesus invites us to leave all our hurts and our pains at the foot of the cross. Jesus said: come to me all who labour and are heavy laden and I will give you rest. There is nothing which is too big for God to handle. Nothing in our human experience which is too big for God to bear. Nothing that can separate us from the love of God.

As we listen to the words of the beautiful hymn *When I Survey the Wondrous Cross* I invite you to place your stone or symbol of the burden's you are carrying at the foot of the cross. As we do so, we remember the ways in which we have been hurt, the fear and pain we feel. We remember the times we feel like we do not deserve God's love. We remember that God love us even when we find it difficult to love ourselves. We lay them at the cross asking God to heal us and draw us into God's loving embrace.

Musical Reflection

1.

When I survey the wondrous Cross
on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

2.

Forbid it, Lord, that I should boast
save in the Cross of Christ my God;
all the vain things that charm me
most,

I sacrifice them to his blood.

3.

See from his head, his hands, his feet,
sorrow and love flow mingling down;
did e'er such love and sorrow meet,
or thorns compose so rich a crown

4.

Were the whole realm of nature mine
that were an offering far too small;
love so amazing, so divine,
demands my soul, my life, my all.

We pray together a prayer of confession: the congregation remains muted

Gracious God, we leave these stones at the foot of the cross, trusting in your love and mercy. They are symbols of all the things that keep us from experiencing the true depth of your love for us. By the power of your Holy Spirit lead us to healing and to wholeness. Reveal your wisdom and your truth to us, O Christ.

Priest: God forgives and heals you. Be at peace.

Prayers of Thanksgiving and Intercession:

The congregation is unmuted and invited to join in the responses

Loving God, we thank you
that the love you offer us casts out fear.
Help us to live in your freedom,
not matter the restrictions
that are placed on our lives.

Lord in your mercy,

Hear our prayer.

As we receive your love, O God,
help us to share that love
as we care for others and for your creation.

Help us to remain calm,
and to be kind and to be courageous,
in every situation of our lives.

We thank you that you are with us as we pray.

We remember especially, O God,
Christians around the world
who, like us, can not gather in person this Easter,

We ask your blessing and your strength at this difficult time.

Lord in your mercy,

Hear our prayer.

Dramatic reading: A View from the Distance *Mute all but reader*

This story is told from the perspective of one of the women at the cross.

Something beautiful happened today. Beautiful, brutal and sad. Jesus of Nazareth died. They put nails in his hands and feet and pierced his side, even though he was an innocent man.

I travelled with him for three years. He had the most caring, loving heart. People were drawn to him, his love, his peace, his healing power. He transformed lives.

As he hung there on the cross, the soldiers threw dice to decide who would take his clothes. He said quietly: Father forgive them. They know not what they do. In the face of violence, ugliness and pain, Jesus' response was to love. To have mercy and to forgive.

As I stood at a distance and watched, I was overwhelmed by a sense of love. God's love: for me; for each of us; for all creation.

Joseph, a man from Arimathea and Nicodemus must have felt it too. They took Jesus down from the cross so gently. They laid him in tomb. In the face of God's grace and mercy, caring for each other seemed the only possible way to respond. Today my heart has been opened. I have felt the truth. Jesus truly is the revelation of God's love.

Musical Reflection:

As we listen to the following hymn you are invited to place your symbol of beauty at your cross. As you do consider the tenderness of Jesus love for us and the tenderness of his friends love for him when he died.

Musical Reflection:

1. Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

Oh, sometimes it causes me to tremble, tremble, tremble;
were you there when they crucified my Lord?

2. Were you there when they nailed him to the tree?...

3. Were you there when they laid him in the tomb?...

An Alternative Lord's Prayer

The congregation is muted but we all join in prayer

We pray together in words which echo those Christ taught us:

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all, Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and for
ever. Amen.**

Closing prayer:

Mute all but reader

Lord Jesus Christ,
You too our worst:
You gave your best.
You took our hate:
You gave your love.
You too the cross:
You changed everything.
We adore you, O Christ, and we bless you. Amen

Musical Reflection:

Mute all

1. My song is love unknown,
my Saviour's love to me,
love to the loveless shown
that they might lovely be.
O who am I
that for my sake
my Lord should take
frail flesh and die?

2. Sometimes they strew his way,
and his strong praises sing,
resounding all the day
hosannas to their King.
Then "Crucify!"
is all their breath,
and for his death
they thirst and cry.

3. They rise, and needs will have
my dear Lord made away;
a murderer they save,
the Prince of Life they slay.
Yet steadfast he
to suffering goes,
that he his foes
from thence might free.

4. Here might I stay and sing,
no story so divine:
never was love, dear King,
never was grief like thine.
This is my friend,
in whose sweet praise
I all my days
could gladly spend.

We will depart the service in silenceto return on Easter Day.