

# GOOD FRIDAY

10<sup>th</sup> April 2020

## STATIONS OF THE CROSS

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*"Father if you are willing take this cup from me;  
Yet not my will, but yours be done"*

*Lk 22, 42.*

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**Thank you to all the people who have contributed to this service in any way and welcome to all who join us this morning.**

## Introduction (while you wait to gather)

While this prayer has its roots that date back centuries, there is a depth and power to it that still resonates with us today. The movements of this prayer remind us that we are not bystanders to an historical event, but called to find ourselves in the story.

Can you see yourself as Simon? Do you relate to Veronica? Do you ever feel crushed by the weight of your own struggles? Wherever you see yourself, reflecting on the stations helps us understand that we are never alone. When we fall and when we feel like we are on the top of a mountain, Jesus is there — with a love so strong it endured the burden of the Cross.

Just be you — come to the Cross, just as you are! There is no need to be perfect, no need to have your life figured out. You don't have to hide anything. Just be you. Jesus will meet you there. You don't have to fix yourself first or hide the dark parts of your life — that's the whole point of this prayer. It's a way for us to walk with Jesus through the darkest moments he experienced.

The encounters you experience along his way will expand your heart, making room for his love to find a home in your life and give you the courage to make an impact in the lives of those who are experiencing their own darkness. As Pope Francis said, the Cross of Christ teaches us to “look upon others with mercy and tenderness, especially those who suffer.”

## Opening Prayer

O God, our Father, as today we ponder the final hours of Jesus, through which he revealed his love for you and his love for each of us, and his longing and commitment to bringing in the new world of the Kingdom, we ask you to enable us to really know that love in the depths of our being, and to share his servant self-giving in our outreach to others, **Amen.**

### First Station – JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**Reading:** They shouted again, “Crucify him.” Pilate said to them, “Why? What evil has he done?” They only shouted the louder, “Crucify him.” So Pilate, wishing to satisfy the crowd, released Barabbas to them and, after he had Jesus scourged, handed him over to be crucified. *Mk 15:13*

#### **Reflection** (David O’Malley)

*Lord Jesus, you were slow to say “do not” in your preaching but you did say do not judge, do not be afraid, and do not worry. As you face Pilate and the high priests you live those out as an example for us. You do not judge, even as you are being judged. You manage your fear though trust in your Father. You focus your anxiety by remembering that God’s love is stronger than death.*

*Oh that I could face my fears as you did and meet prejudice with calm and with reason.  
Oh that I could hold back from judging others, holding resentments and giving in to revenge in my relationships.*

*Lord, help me to trust the Father as you did, to draw strength from his presence and to hold my head high in honest humility before the manipulation of those around me.*

Our Father.... Hail Mary.... Glory Be to the Father....

Jesus Christ Crucified. **Have mercy on Us.**  
May the souls of the faithful departed,  
through the mercy of God, rest in peace, **Amen.**

## Second Station – JESUS TAKES UP HIS CROSS

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**Reading:** Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” Matt 16:2

### **Reflection** (Gina Hindley)

*This is the first time Jesus gets to feel the weight of His cross, the first time he can comprehend the enormity of the task ahead of Him. He also knows what is waiting for him once he reaches the end of this journey.*

*With all these new sensations, and probable fear running through his veins, he did not succumb to the instinct to flee but chose to embrace His cross, His burden, and fight through His unimaginable emotional and physical pain. He picked up His cross in acceptance that what was to come was the reason for his coming and would bring salvation to us all.*

*We can often feel like we have been given too much responsibility, our workload is high or that we do not have enough time to deal with everything in our lives.*

*When we feel like this, we must remember Jesus picking up His cross and ask ourselves;*

*What crosses are we asked to bear that we struggle to pick up out of fear or laziness?*

*If Jesus can find the strength to complete this mammoth task; what can we achieve, especially if we channel his strength?*

*In the coming months let us emulate Christ and heed his words:*

*“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”*

Our Father.... Hail Mary.... Glory Be to the Father....

Jesus Christ Crucified. **Have mercy on Us.**

May the souls of the faithful departed,

through the mercy of God, rest in peace. **Amen**

## Third Station – JESUS FALLS FOR THE FIRST TIME

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** “Come to me, all you who labour and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” *Matt 11:28-29*

**Reflection** (Bernie Healy)

*Jesus was weakened by the torture he was forced to undergo. Carrying that large heavy piece of wood up to the top of a hill whilst being shoved and hit soon takes its toll and Jesus falls for the first time. He gets up again to continue his painful journey he had accepted. What determination.*

*It also takes determination in the family not to quit at the first obstacle, to keep going after one has fallen, to continue on the way. We need to help each other develop this determination which is founded on God's love for us.*

*Lord, give us, like Don Bosco, the strength to keep going forward in our life of faith and on our Christian mission, no matter what the challenges may be.*

Our Father.... Hail Mary.... Glory Be to the Father....

Jesus Christ Crucified. **Have mercy on Us.**

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through the mercy of God, rest in peace, **Amen.**

**Fourth Station — JESUS MEETS HIS MOTHER**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** "And Simeon blessed them and said to Mary his mother, 'Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.'" *Lk 2:34*

**Reflection** (Sue McDonald)

*As Jesus continues his journey, his eyes meet his Mother's. Mary moves toward her Son, but due to the Cross, their embrace is restricted. No words are spoken. No words are necessary, their connection communicates compassion and love. Despite her immense suffering, Mary remains.*

*The pain of watching a loved one suffer can be unbearable. Sometimes we lack the patience to walk with them in their suffering. Sometimes we turn away because the burden is too heavy. Even though the challenge to love may at times feel overwhelming, we are invited to put ourselves aside and be present to those before us.*

*Jesus, it must have been awful to look into your mother's eyes at such a terrible time. Help me to remember how much love it takes to care for someone. Give me understanding when those who take care of me try to shield me from getting hurt. Help me see their love . . . teach me to love this deeply too.*

Our Father.... Hail Mary.... Glory Be to the Father....

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**Fifth Station — SIMON HELPS JESUS CARRY HIS CROSS**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** As they led him away, they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. *Lk 23:26*

**Reflection** (George Latham)

*We all have crosses to bear in our lives. Burdens we have to carry. They can come from anywhere at any time. Therefore, we must be grounded and spiritually prepared for anything. Grounding ourselves in Christ teaches us compassion, patience, perseverance and gives us the ability to hope. Our cross may be to volunteer our time, give our money or walk with people. Jesus never throws anything at us that we can't overcome when our strength comes from Christ. For us to follow in Simon's footsteps and to walk with Christ means we can bear anything.*

*Lord Jesus, as you have said and promised, even so let it be to me, and grant me to prove worthy. I have carried it, and will carry it even to my death, as you have laid it upon me. Truly the life of a fully devoted servant is a cross, but it leads to paradise. I have begun, I may not return back nor leave it.*

*Let us together go forward. Jesus shall be with us. For Jesus sake we have taken up this cross, for Jesus' sake let us persevere in the cross. He will be our helper, who is our captain. Behold our king who enters in before us. Let us follow bravely, let no one be afraid; let us be prepared.*

Our Father.... Hail Mary.... Glory Be to the Father....

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through the mercy of God, Rest in peace, **Amen.**

**Sixth Station — VERONICA WIPES THE FACE OF JESUS**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." *Matt 25:40*

**Reflection** (Polly Witter)

*Lord, when sweat, blood and dirt covered your face and it became difficult for you to see the road ahead. Veronica, with her compassion, love and a simple act of kindness came and wiped your face and gave you a small moment of relief. You met Veronica's kindness with kindness blessing her with the imprinted veil, a lasting reminder that God is With Us. In this time of uncertainty, fear and anxiousness may we take Veronica's example and meet each other with kindness, love and compassion as we, like Jesus may not see the road ahead. May we look for ways to relieve anxiety and fear in all people and for ways to protect our most vulnerable in society.*

Our Father.... Hail Mary.... Glory Be to the Father....

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**Seventh Station — JESUS FALLS THE SECOND TIME**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

READING: "My grace is sufficient for you, for power is made perfect in weakness." 2 Cor 12:9

**Reflection** (Dan Antonio)

*Albert Einstein defined insanity as the act of doing the same thing over and over again and expecting a different result each time. Here we contemplate Jesus' falling under the weight of the cross, not for the first time, but for the second time. We know that this will not be the last time he falls - time and time again Jesus picks himself up and carries on. Is Jesus 'insane', according to Einstein's definition? If not, then there must be a change taking place after each of Jesus' falls, a change so profound that it gives him the strength to carry on regardless of his pain.*

*I think the clue is in the word 'fall'. We fall in love. We fall for a trick someone plays on us. We also fall out with friends and family. We often fall into sin. Falling involves trust, placing yourself whole-heartedly into the hands of another. That trust changes us, makes us more open, more vulnerable, exposing us either to joy or to heartbreak.*

*Jesus falls time and time again, each time a symbol of his trust in the Father. Do we have allow our 'fallings' to test our relationship of trust in God?*

*Let us entrust to him the 'scariness' of our falling in love. Let us trust him to repair the damage of our 'fall-outs' with friends and family. And, as we gaze on the cross, let us thank him for rescuing us when we fall into sin.*

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**Eighth Station — JESUS MEETS THE WOMEN OF JERUSALEM**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world**

**READING:** “And there followed him a great multitude of the people and of women who were mourning and lamenting for him. <sup>28</sup> But Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children.’” Lk 23:27-28

**Reflection** (Ed McDonagh)

*If you put yourself into the position of Jesus, it's hard to imagine that you would be paying any attention to the crowd at all. Many in this crowd had probably cheered for Pilot to crucify Him and he had a Cross bearing down on Him; it's easy to imagine ourselves walking the same path with our heads down, trying to block out anything and everything until the ordeal is over. But that's not what Jesus does. He has His head up, with all the pain and suffering and humiliation, Jesus is still keeping His head up. If Jesus had not, He would not have noticed those trying to offer him comfort, these women. It is easy in everyday life to get caught up in self-pity. When something is going badly it is easy to isolate ourselves away from people who may laugh and jeer, but if we cut ourselves off from others because some jeer, we miss out on all those who offer us comfort in our most difficult times.*

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**Ninth Station — JESUS FALLS FOR THE THIRD TIME**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** “For nothing will be impossible with God.” Lk 1:37

**Reflection** (Chloe Roberts)

*Our struggles in life are a lesson for greatness and an opportunity to inch closer to our goals. Sometimes it takes a long time to reach these goals. When we struggle it's okay. But it is essential to keep going. Just like Jesus did.*



*Let's take some time to reflect on times where we have struggled or experienced a sense of failure.*

*. What were the struggles you faced?*

*. What did you learn along the way?*

*. What did or have you done differently?*

*Let's think about what we have achieved so far. Let's set some new goals to reach by the end of this year.*

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### **Tenth Station — JESUS IS STRIPPED OF HIS GARMENTS**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** "I can count all my bones. They stare at me and gloat; they divide my garments among them; for my clothing they cast lots." *Psalm 22:18-18*

#### **Reflection** (Sue O'Neill)

*Imprisoned...Tried...Mocked...Beaten and set on a journey carrying a Cross, a Cross upon which you will soon die!*

*And then...the journey ends on Calvary's Hill.*

*-What else could possibly happen?*

*-What else could be asked of you?*

*-What else could be taken from you?*

*Yet, there is more...you are stripped, laid bare. But what your tormentors didn't know was that all they took, you gave freely.*

*You let go in love.*

*As I remember these moments Lord, I feel the warmth of your gaze and the gentleness of your Words as you ask*

*-Where are you journeying to?*

*-What are you holding onto?*

*-Will you give your all to me, be stripped?*

*-What is holding you back?*

*In the safety of your Loving gaze, I remember that -I am safe,*

*-nothing shall I want!*

Our Father.... Hail Mary.... Glory Be to the Father....

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through the mercy of God, rest in peace, **Amen.**

### Eleventh Station — JESUS IS NAILED TO THE CROSS

We adore you, O Christ, and we praise you. **Because by your holy Cross, you redeemed the world.**

**READING:** When they came to the place called the Skull, they crucified him and the criminals there, one on his right, the other on his left. Then Jesus said, “Father, forgive them, they know not what they do.” *Lk 23:33-34*

**Reflection** (Ryan Wilkinson)

*At times we find ourselves judging others, being negative towards other people and even pushing people away. It can be very easy for us to focus on negativity, the faults in others and we can forget that none of us are perfect. Each and every one of us is created in the image and likeness of God.*

*Help us Lord, to see you in the people around us and show us the great gifts that they bring to the world. Strengthen and guide us as we try to make amends with those whom we may have hurt, helping us to move forward as stronger people.*

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### Twelfth Station — JESUS DIES ON THE CROSS

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** Standing by the cross of Jesus were his mother and his mother’s sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, “Woman, behold, your son.” Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home. *John 19:25-27*

**Reflection** (Jessica Wilkinson)

*He is gone. The sacrifice has been made. In the darkness has descended, the crowds must have started to disperse and only the emptiness is left. The tension, the strain, the anger of the crowd is replaced by the pain of His loss, hope seems snuffed out. For us today, we know that the emptiness of the tomb on Sunday morning will replace the painful emptiness they feel with joy, but at that moment despair, confusion and loss must have overwhelmed those at the foot of the cross. All this to save me. Love so perfect, love so pure, love beyond our understanding.*

Our Father.... Hail Mary.... Glory Be to the Father....

Jesus Christ Crucified. **Have mercy on Us.**  
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through the mercy of God, rest in peace, **Amen.**

**Thirteenth Station — JESUS IS TAKEN DOWN FROM THE CROSS**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. *John 19:38*

**Reflection** (Br Ste Lloyd)

*When we are at funerals, before laying our loved one to rest, we start the final journey. Close friends and relatives carry the casket, and we process together out of the Church to the graveside or crematorium. For a lot of people, this is the most heart-wrenching moment. That feeling we get, when we know this is the final goodbye. Joseph of Arimathea knew exactly what that felt like. However, he turned an extremely desolate moment into a moment of service and love. Taking the body of Jesus down from the Cross was a privilege; it was his way of thanking Jesus for everything he had done. It was an act of selfless love and kindness. In our lives, especially during these uncertain times, where and how can we show this type of love, this type of compassion and service to others?  
Dear Jesus, as we reflect on your final, human journey, help us to be selfless in our love, like your friend Joseph.*

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through the mercy of God, rest in peace, **Amen.**

**Fourteenth Station — JESUS IS LAID IN THE TOMB**

We adore you, O Christ, and we praise you. **Because by your holy Cross, you have redeemed the world.**

**READING:** Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me. *John 12:24-26*

## **Reflection** (Fr Michael Winstanley)

*When I die and come to be buried, I hope that some of my friends will be present to say a sad but grateful farewell as I am laid to rest. According to Mark's Gospel that wasn't the case with Jesus. The keynote of Mark's Passion account is the aloneness and isolation of Jesus. He dies alone. The male disciples have all taken to their heels in flight; the religious leaders of his people have unanimously condemned him; the crowds have bayed for his execution by a terrible torture death. There is no mother or Beloved disciple at the cross; devoted Magdalen and her companions stand "at a distance" on Calvary's hill, and do not get involved with the burial. Jesus is saved from a common grave by a man called Joseph of Arimathea, a complete stranger; his motive is that the Law should be observed on the eve of Passover. There is no weeping and no anointing. Technically, Jesus gets a 'dishonourable burial', for a man crucified was accursed in the eyes of the Jewish Law. What a dreadful ending for one so kind and compassionate! "God loved the world so much that He gave his Son..." What more could Jesus do for us?*

Our Father.... Hail Mary.... Glory Be to the Father....

Jesus Christ Crucified. **Have mercy on Us.**  
May the souls of the faithful departed,  
through the mercy of God, rest in peace, **Amen.**

## **Concluding Prayer**

Jesus, help me to pick up and carry the crosses that are placed before me and assist me in easing the burden of those who walk alongside me.  
In You, we find strength. In You, we find light. In You, we find hope. Thank you for your great love for each one of us. Help us to always give witness to this love.