



GOOD FRIDAY

Meditations on the seven words from the Cross
ST THOMAS' CATHEDRAL
MUMBAI

15th April 2022 • 9 A.M. to 12 noon

MEDITATIONS ON THE SEVEN WORDS OF JESUS FROM THE CROSS

The Good Friday liturgy marks the day of Christ's suffering, crucifixion, and death and is a continuation of the Maundy Thursday liturgy. We begin in silence as we ended last night. On this most solemn of days, we fix our gaze on the cross at Golgotha. The cross serves as a sign of God's never failing love for us even in the midst of death.

VOLUNTARY

As Jesus hung upon the cross (*BWV 621*)

J.S. BACH (1685 - 1750)

O man, thy grievous sin bemoan (*BWV 622*)

J.S. BACH

All stand as the choir and clergy enter in silence.

The Presbyter

Behold the Cross displayed,
whereon the Saviour of the world did hang.
O Come, let us worship and bow down.

Friends we are come together that
we may hear again how our Lord and Saviour
suffered upon the Cross, and that hearing we may
offer our lives anew to Him who died for us.

All kneel for a period of silent prayer and meditation.

All stand and Sing

Choir

It is a thing most wonderful
almost too wonderful to be
that God's own Son should come from heaven
and die to save a child like me.

I sometimes think about the cross,
and shut my eyes, and try to see
the cruel nails, and crown of thorns,
and Jesus crucified for me.

Words: Bishop W. W. How (1823 – 97)

Tune: HERONGATE, English traditional melody

CALL TO WORSHIP:*Isaiah 53:4-6*

Presbyter Surely He took up our infirmities and carried our sorrows,
All **yet we considered Him stricken by God,
 smitten by Him, and afflicted.**

Presbyter But He was pierced for our transgressions;
 He was crushed for our iniquities;
All **the punishment that brought us peace was upon Him, and
 by His wounds we are healed.**

Presbyter All we, like sheep, have gone astray,
 each of us has turned to his own way;
All **and the Lord has laid on him the iniquity of us all.**

The Collect for Good Friday*The Presbyter*

Let us pray.

Almighty God, we pray you graciously to behold this your family,
 for whom our Lord Jesus Christ was willing to be betrayed, and
 given into the hands of sinners, and to suffer death upon the
 cross; who now lives and reigns with you and the Holy Spirit,
 one God, for ever and ever.

All **Amen.****Hymn** *(all stand and sing):* **When I survey the wondrous Cross**

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.

Forbid it, Lord, that I should boast,
 Save in the death of Christ my God!
 All the vain things that charm me most,
 I sacrifice them to His blood.

See from His head, His hands, His feet,
 Sorrow and love flow mingled down!
 Did e'er such love and sorrow meet,
 Or thorns compose so rich a crown?

His dying crimson, like a robe,
 Spreads o'er His body on the tree;
 Then I am dead to all the globe,
 And all the globe is dead to me.

Were the whole realm of nature mine,
 That were a present far too small;
 Love so amazing, so divine,
 Demands my soul, my life, my all.

All sit.

Introductory Address :

“If I am lifted up from the Earth I will draw all men unto me.” (*John 12:32*)

HYMN (*all stand and sing*):

Thirty years among us dwelling,
 His appointed time fulfilled,
 Born for this, he meets his Passion,
 For that this he freely willed:
 On the Cross the Lamb is lifted
 Where his life-blood shall be spilled.

He endured the nails, the spitting,
 Vinegar, and spear, and reed;
 From that holy Body broken
 Blood and water forth proceed:
 Earth, and stars, and sky, and ocean
 By that flood from stain are freed.

Faithful Cross! above all other,
 One and only noble tree!
 None in foliage, none in blossom,
 None in fruit thy peers may be;
 Sweetest wood and sweetest iron!
 Sweetest weight is hung on thee.

Words: Bishop Venantius Fortunatus (530 – 609)

Tune: ST THOMAS

"Forgiveness"

It's the hardest thing to give away
 And the last thing on your mind
 today
 It always goes to those who don't deserve

It's the opposite of how you feel
 When the pain they caused is just too real
 Takes everything you have just to say the
 word...

Forgiveness
 Forgiveness

It flies in the face of all your pride
 It moves away the mad inside
 It's always angers own worst enemy
 Even when the jury and the judge
 Say you gotta right to hold a grudge
 It's the whisper in your ear saying 'Set It
 Free'

Forgiveness, Forgiveness
 Forgiveness, Forgiveness

Show me how to love the unlovable
 Show me how to reach the unreachable
 Help me now to do the impossible

Forgiveness, Forgiveness

Help me now to do the impossible
 Forgiveness

It'll clear the bitterness away
 It can even set a prisoner free
 There is no end to what its power can do
 So, let it go and be amazed
 By what you see through eyes of grace
 The prisoner that it really frees is you

Forgiveness, Forgiveness
 Forgiveness, Forgiveness

Show me how to love the unlovable
 Show me how to reach the unreachable
 Help me now to do the impossible
 Forgiveness

I want finally set it free
 So show me how to see what Your mercy
 sees
 Help me now to give what You gave to me
 Forgiveness, Forgiveness

- Mathew West

The First WORD: Unbounded Grace*St. Luke 23.32-35*

And there were also two other, malefactors, led with Him to be put to death. And when they were come to the place, which is called Calvary, there they crucified Him, and the malefactors, one on the right hand, and the other on the left. Then said Jesus, **Father, forgive them; for they know not what they do.** And they parted His raiment, and cast lots. And the people stood beholding. And the rulers also with them derided Him, saying. He saved others; let Him save himself, if He be Christ, the chosen of God.

Cantor Father, forgive them, for they know not what they do.
All **Jesu, in thy dying woes,
 Even while thy life-blood flows,
 Craving pardon for thy foes,
 Hear us, Holy Jesu.**

Prayer:

Almighty God, to whom your crucified Son prayed for the forgiveness of those who did not know what they were doing, grant that we, too, may be included in that prayer. Whether we sin out of ignorance or intention, be merciful to us and grant us your acceptance and peace: in the name of Jesus Christ, our suffering Saviour. Amen.

Hymn (*all stand and sing*): **Forgive Them, O My Father**

“Forgive them, O my Father,
 They know not what they do:”
 The Saviour spake in anguish,
 As the sharp nails went through.

No pained reproaches gave He
 To them that shed His blood,
 But prayer and tenderest pity
 Large as the love of God.

For me was that compassion,
 For me that tender care;
 I need His wide forgiveness
 As much as any there.

It was my pride and hardness
 That hung Him on the tree;
 Those cruel nails, O Saviour,
 Were driven in by me.

And often I have slighted
 Thy gentle voice that chid:
 Forgive me too, Lord Jesus;
 I knew not what I did.

O depth of sweet compassion!
 O love divine and true!
 Save Thou the souls that slight Thee,
 And know not what they do.

All sit.

The Second Word: Abounding Joy

St. Luke 23:39-43

And one of the malefactors which were hanged railed on Him, saying, if thou be Christ, save thyself and us. But the other answering rebuked Him, saying, Dost not Thou fear God, seeing thou art in the same condemnation? And we indeed justly, for we receive the due reward of our deeds; but this man hath done nothing amiss. And He said unto Jesus, Lord; remember me when Thou comest into Thy kingdom. And Jesus said unto Him, Verily I say unto thee, **Today shalt thou be with me in paradise.**

Prayer:

O Lord Jesus Christ, who promised to the repentant the joy of paradise, enable us by the Holy Spirit to repent and to receive your grace in this world and in the world to come. Amen.

Hymn (*all stand and sing*): **I am not Ashamed to own my Lord**

I'm not ashamed to own my Lord,
or to defend His cause,
maintain the honour of His Word
the glory of His Cross.

*Refrain: At the Cross! At the Cross! Where I first saw the light,
And the burden of my heart rolled away!
It was there by faith I received my sight,
And now I am happy all the day!*

Jesus, my God! I know His name,
His name is all my trust:
nor will He put my soul to shame,
nor let my hope be lost. *Refrain*

Firm as His throne His promise stands;
And He can well secure
What I've committed to His hands,
Till the decisive hour. *Refrain*

Then will He own my worthless name
Before His Father's face;
And, in the new Jerusalem,
Appoint my soul a place. *Refrain*

All sit.

The Third Word: Jesus and Mary

St. John 19:25-27

Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple standing by, whom He loved, **He saith unto His mother; Woman behold Thy son! Then saith He to the disciple, Behold Thy mother!** And from that hour that disciple took her unto his own home.

Prayer :

Most gracious Father, you looked with favour on your lowly servant Mary and gave her a name most blessed among all women: Bless we beseech you the women of all nations that they too may find fulfilment in their lives through obedience to your will. Help parents to impart the knowledge of you and your love and children to respond with love and obedience. Grant us, O Lord, the true bonds of friendship that we may share our joys and bear one another's burdens in unity of the Spirit through Jesus Christ our Lord. Amen.

Hymn (*all stand and sing*): **At the Cross Her station Keeping**

At the cross, her station keeping,
 Stood the mournful mother weeping,
 Close to Jesus at the last.
 Through her soul of joy bereavèd,
 Bowed with anguish, deeply grievèd,
 Now at length the sword hath passed.

Who, on Christ's dear mother gazing
 In her trouble so amazing
 Born of woman, would not weep?
 Who, on Christ's dear mother thinking
 Such a cup of sorrow drinking
 Would not share her sorrows deep?

For His people's sins in anguish,
 There she saw the victim languish,
 Bleed in torments, bleed and die:
 Saw the Lord's anointed taken;
 Saw her Child in death forsaken;
 Heard His last expiring cry.

Jesu, may Thy Cross defend me,
 And Thy saving death befriend me,
 Cherished by Thy deathless grace:
 When to dust my dust returneth,
 Grant a soul that to Thee yearneth
 In Thy paradise a place.

All sit.

The Fourth WORD : Dark night of the World*St Luke 23:45-49*

Now from the sixth hour there was darkness over all the land unto the ninth hour. And about the ninth hour Jesus cried with a loud voice, saying, **Eli, Eli, lama sabachthani ? that is to say, My God, my God, why hast Thou forsaken me?** Some of them that stood there, when they heard that, said, This man calleth for Elias. And straightway one of them ran, and took a sponge, and filled it with vinegar, and put it on a reed, and gave Him to drink. The rest said, Let be, let us see whether Elias will come to save Him.

Prayer :

May the love of God be above us to overshadow us; beneath us to uphold us; before us to guide us; behind us to protect us, also beside us and within us to make us able for all things and to give us the joy and peace that the world cannot give, neither can it take it away, through Jesus Christ our Lord. Amen.

Hymn (all stand and sing): O Sacred Head ,sore wounded

O sacred head, sore wounded,
 Defiled and put to scorn;
 O kingly head surrounded
 With mocking crown of thorn:
 What sorrow mars thy grandeur?
 Can death thy bloom deflower?
 O countenance whose splendor
 the hosts of heaven adore!

Thy beauty, long-desirèd,
 Hath vanished from our sight;
 Thy power is all expirèd,
 And quenched the light of light.
 Ah me! for whom thou diest,
 Hide not so far Thy grace:
 Show me, O Love most highest,
 The brightness of Thy face.

In thy most bitter passion
 my heart to share doth cry,
 with Thee for my salvation
 upon the Cross to die.
 Ah, keep my heart thus moved
 to stand Thy Cross beneath,
 to mourn Thee, well-beloved,
 yet thank Thee for Thy death.

All sit.

The Fifth Word : Thirst : His and Ours.

St. John 19: 28-29

After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, **I thirst**. Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth.

Prayer:

Jesu, by Thy wounded feet, direct our path aright; Jesu by Thy nailed hands, move ours to deeds of love; Jesu, by Thy pierced side, cleanse our desires; Jesu, by Thy crown of thorns annihilate our pride, Jesu, by Thy silence, shame our complaints; Jesu, by thy parched lips, curb our cruel speech; Jesu, by Thy closing eyes, look on our sins no more; Jesu, by Thy broken heart knit ours to Thee. Amen.

Hymn (all stand and sing) : His are the Thousand Sparkling Rills

His are the thousand sparkling rills
 That from a thousand fountains burst,
 And fill with music all the hills;
 And yet He saith, "I thirst."

All fiery pangs on battlefields,
 On fever beds where sick men toss,
 Are in that human cry He yields
 To anguish on the Cross.

But more than pains that racked Him then
 Was the deep longing thirst divine
 That thirsted for the souls of men;
 Dear Lord! and one was mine.

O Love most patient, give me grace;
 Make all my soul athirst for thee;
 That parched dry lip, that fading face,
 That thirst, were all for me.

All sit.

The Sixth WORD : The Work Accomplished.

St. John 19 : 30

When Jesus therefore had received the vinegar, He said,
It is finished; and He bowed His head,

Prayer:

O Lord Jesus Christ, who finished the work that you were sent to do, enable us by your Holy Spirit to be faithful to our call. Grant us strength to bear our crosses and endure our sufferings, even unto death. Enable us to live and love so faithfully that we also become good news to the world, joining your witness. O Christ, in whose name we pray. Amen.

Hymn *(all stand and sing): The Old Rugged Cross*

On a hill far away stood an old rugged Cross,
 the emblem of suffering and shame;
 and I love that old Cross where the dearest and best
 for a world of lost sinners was slain.

*Refrain: So I'll cherish the old rugged Cross,
 till my trophies at last I lay down;
 I will cling to the old rugged Cross,
 and exchange it some day for a crown.*

Oh that old rugged Cross, so despised by the world,
 has a wondrous attraction for me;
 for the dear Lamb of God left His glory above
 to bear it to dark Calvary. *Refrain*

In that old rugged Cross, stained with blood so divine,
 a wondrous beauty I see,
 for 'twas on that old Cross Jesus suffered and died,
 to pardon and sanctify me. *Refrain*

To that old rugged Cross I will ever be true,
 its shame and reproach gladly bear;
 then He'll call me some day to my home far away,
 where His glory forever I'll share. *Refrain*

All sit.

The Seventh WORD : Home Coming

St. Luke: 23:44-47

And it was about the sixth hour, and there was a darkness over all the earth until the ninth hour. And the sun was darkened, and the veil of the temple was rent in the midst. And when Jesus had cried with a loud voice, He said, **Father, into Thy hands I commend my spirit;** and having said thus, He gave up the ghost. Now when the centurion saw what was done, He glorified God, saying, certainly this was a righteous man.

All stand and Sing

Cantor Father, into Thy hands I commend my Spirit.

All **May thy life and death supply
 Grace to live and grace to die
 Grace to reach the home on high:
 Hear us, Holy Jesu.**

Prayer:

Father, into whose hands your Son Jesus Christ commended His spirit, grant that we too, following His example, may in all of life and at the moment of our death entrust our lives into your faithful hands of love. In the name of Jesus who gave His life for us all. Amen.

THE STORY OF THE CROSS

(sung by all kneeling)

PART 1: THE QUESTION

- | | |
|---|--|
| <p>1. In His own raiment clad
with His blood dyed,
women walk sorrowing,
by His side.</p> | <p>3. See! They are travelling
on the same road —
Simon is sharing with
Him, the load.</p> |
| <p>2. Heavy that Cross to Him,
weary the weight —
one who will help Him waits,
at the gate.</p> | <p>4. Oh wither wandering,
bear they that tree
He who first carries it —
Who is He?</p> |

PART 2: THE ANSWER

- | | |
|---|---|
| <p>1. Follow to Calvary —
Tread where He trod,
He who forever was
Son of God.</p> | <p>3. As the swift moments fly,
through the blest week
read the great story the
Cross will teach.</p> |
| <p>2. You who would love Him stand
gaze at His face,
tarry awhile on your
earthly race.</p> | <p>4. Is there no beauty to
you who pass by
that lone figure which,
marks the sky ?</p> |

PART 3: THE STORY OF THE CROSS

- | | |
|---|--|
| <p>1. On the Cross lifted
Thy face I scan —
Bearing that Cross for me
Son of Man.</p> | <p>3. No pillow under Thee
to rest Thy head
only the splintered Cross
is Thy bed.</p> |
| <p>2. Thorns form Thy diadem,
rough wood Thy throne,
for us Thy blood is shed —
us alone.</p> | <p>4. Nails pierce Thy hands and feet
Thy side the spear.
No voice is nigh to say:
Help is near.</p> |

5. Shadows of midnight fall,
though it is day —
Thy friends and kinsfolk stand
far away.
6. Loud is Thy bitter cry;
sunk on Thy breast
hangeth Thy bleeding head
without rest.
7. Loud scoffs the dying thief
who mocks at Thee
can it, my Saviour be
all for me ?
8. Gazing afar from Thee,
silent and lone
stand those few weepers Thou
callst Thine own.
9. I see Thy title, Lord,
inscribed above —
Jesus of Nazareth,
King of Love.
10. What, O my Saviour,
here didst Thou see
which made thee suffer and
die for me ?

PART 4 : THE APPEAL FROM THE CROSS (*Presbyter & choir*)

1. Child of my grief and pain —
Watched by my love —
I came to call thee
to realms above.
2. I saw thee wandering,
far off from Me;
In love I seek for thee
do not flee.
3. For thee my blood I shed,
for thee alone
I came to purchase thee
for Mine own.
4. Weep not for My grief
child of My love —
Strive to be with Me in
heaven above.

PART 5 : OUR CRY TO JESUS

1. Oh! I will follow Thee
star of my soul
through the deep shades of
life to the goal.
2. Yes, let Thy Cross be borne
each day by me —
Mind not how heavy, if
but with Thee.
3. Lord if Thou only wilt
make me Thine own
give no companion, save,
Thee alone.
4. Grant through each day of life
to stand by Thee.
With Thee when morning breaks
Ever to be.

Concluding Prayers before the Altar

Let us pray

O Lord support us all the day long of this troublous life, until the shades lengthen and the evening comes, and the busy world is hushed, the fever of life is over and our work is done. Then Lord, in Thy mercy grant us safe lodging a holy rest and peace at last, through Jesus Christ our Lord. Amen.

The Lord's Prayer *(all)*

Our Father, who art in heaven,
 hallowed be thy name;
 thy kingdom come;
 thy will be done;
 on earth as it is in heaven.
 Give us this day our daily bread.
 And forgive us our trespasses,
 as we forgive those who trespass against us.
 And lead us not into temptation;
 but deliver us from evil.
 For thine is the kingdom,
 the power and the glory,
 for ever and ever.
 Amen.

Benediction *(The Presbyter)*

Lord Jesus Christ, Son of the living God, we pray you to set your passion, cross and death between your judgement and our souls, now and in the hour of our death.
 Give mercy and grace to the living; pardon and rest to the dead; to your holy Church peace and concord; and to us sinners everlasting life and glory: And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be amongst you and remain with you always. *All Amen.*

*All keep silence during the tolling of the bell.
 All stand as the procession makes its way to the West Door.*

Another Good Friday— *by Sarah E. Morin*

Let not this day grow stale,
the crumbs of Communion dry upon my tongue,
nor the wine turn rancid
when my long-bottled faith is exposed to air.

Let me not soak my indifference into a sponge
as sour vinegar
and raise it on hyssop branch
to mock the lips of one who thirsts.

Let me not forget
the spilling out,
the red stains
the taste of
the True Wine.

*"Worthy is the Lamb that was slain to receive
power, and wealth and wisdom, and strength,
and honour, and glory and blessing".*

- Revelation 5:12

HOLY SATURDAY

16th April 2022 † 8pm

The Great Vigil of Easter

A quiet contemplative service preparing us for Easter
with the lighting of the Easter fire and the Paschal Candle.

EASTER DAY

17th April 2022 † 9am

Festival Eucharist

We gather to celebrate the deepest, most important truth we
know—that in the life, death, and resurrection of Jesus Christ, God
has entered into our world to bring hope, healing, and new life.