

## **GOOD FRIDAY MID DAY PRAYER**

(Adapted from "Seven Sacred Pauses" by Macrina Wiederkehr)

In this hour of the noonday sun, let us bow to each other and pray for peace.

**Let us be the peace.**

## **HYMN: Voices United #148**

Jesus, remember me when you come into your kingdom.

Jesus, remember me when you come into your kingdom.

## **CONTEMPORARY PSALM**

Antiphon: Be ablaze with enthusiasm. Let us be an alive burning offering before the altar of God. (Hildegard of Bingen)

Take heart.

In this hour of opposites between the waxing and the waning

we pause to remember who we are:

birth givers, peace keepers, joy bringers, light bearers.

Take heart.

We are the light of the world.

In this hour of illumination

let us shine into the broken places with our very own Christ-light.

Take heart.

We can be the peace,

we can be the healing,

we can be the Christ.

Trailing clouds of glory, we have come from the brightness of God.

Take heart.

Our power to love will overshadow our love of power.

In this luminous hour we will see

what we must see, and we will shine

because of what we have seen.

Antiphon: Be ablaze with enthusiasm. Let us be an alive burning offering before the altar of God. (Hildegard of Bingen)

**READING: The Gospel of Mark 15:33-37, 40-41**

**PRAYER: "Illumination, Please!" by Karen Ewan**

Shine on me, Oh Lord

for I am weary.

If I stumble this day

I fear I will never rise.

The work is overwhelming

The demands on my time many.

It's not supposed to be this way,

But how do I stop this merry-go-round

that is merry no more?

Feeling like I am falling

fatigue pulls me down.

I have no strength to reach for the light

Yet I know healing is there.

Oh passion, holy passion

Where have you gone?

I miss your wild energy

for the noonday devil has come

to rob me of my joy.

Oh Great Shining

How can I pray for peace in the world

when there is little peace in my heart?

Oh Great Shining,  
lift me out of this acedia  
and back into your light,  
Shine your love on me.

**AMEN**

Let us bless the Lord.

**Thanks be to God.**