

Holy Week at home
2021

Introduction to Holy week

The glory of Easter is the heart of the Christian gospel. It is the centre of the Church's faith and worship. It is still uncertain when Christians first began to make an annual (as opposed to a weekly) memorial of the death and resurrection of Christ. This *Pascha* (a word derived indirectly from *pesach*, Hebrew 'Passover') was at first a night-long vigil, followed by the celebration of the Eucharist at cock-crow, and all the great themes of redemption were included within it: incarnation, suffering, death, resurrection, glorification. Through participation in the whole sequence of services, the Christian shares in Christ's own journey, from the triumphal entry into Jerusalem on Palm Sunday to the empty tomb on Easter morning. The procession with palms, which was already observed in Jerusalem in the fourth century, is accompanied by the reading or singing of the Passion Narrative, in which the whole story of the week is anticipated.

Maundy Thursday (from *mandatum*, 'commandment', because of the use of John 13.34 in the Antiphon) contains a rich complex of themes: humble Christian service expressed through Christ's washing of his disciples' feet, the institution of the Eucharist, the perfection of Christ's loving obedience through the agony of Gethsemane. After keeping vigil ('Could you not watch with me one hour?')

Thursday passes into Good Friday with its two characteristic episodes. The veneration of the Cross and reading of the Passion. The church remains stripped of all decoration. It continues bare and empty through the following day, which is a day without a liturgy: there can be no adequate way of recalling the death of the Son of God, other than silence and desolation. But within the silence there grows a sense of peace and completion, and then rising excitement as the Easter draws near. Rowan Williams writes that "holy Week and Easter, take us inexorably through a series of changing relations, shifting perspectives that cannot be rushed: it leads us through the passion and resurrection of Jesus, which is the center and the wellspring of what we are...this is a contemplation, a feeding, that requires our flesh and blood, our patience, our passion. It requires that things are done to us, that we allow ourselves to be changed and enlarged."

As we walk the way of the cross with Jesus, may we find ourselves changed and enlarged.

May we find ourselves reclaimed, not as pandemic people but as Easter people!

Wishing you deep peace this Holy week. May you be enfolded in the refuge of God as you take the next steps on this road through death to resurrection.

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Holy Week Schedule

Palm Sunday: St Matthias 10am Zoom - **AbbeyChurch** Livestream 4pm

Tenebrae – March 31st - Service of Shadows 9pm *Emmaus Zoom

Maundy Thursday – April 1 5:00 pm – Dinner and liturgy - followed by an overnight vigil. *Emmaus Zoom

Good Friday – April 2, AbbeyChurch at 3pm

Holy Saturday Quiet Day – April 3 9:30-3pm

Easter Sunday April 4th- Feast of the Resurrection! Flowers to decorate the cross can be dropped off during the week!

St Matthias 10am via Zoom – bring your bells to ring!

AbbeyChurch Livestream at 4pm – send in your bell ringing, dancing videos!

Easter one – April 11. No Sunday worship. Please join in with local (or global!) churches. Or take a walk in God's beautiful resurrection infused creation!

Emmaus Community / Abbey Church Zoom Link:

Join Zoom Meeting

<https://zoom.us/j/188930420?pwd=eXNaREtLY2o1ZzcwSS92L2pnTUJ3Zz09>

Meeting ID: 188 930 420

Passcode: prayer

Dial by your location

+1 778 907 2071 Canada

St Matthias Zoom Link:

Join Zoom Meeting

<https://zoom.us/j/99314785663?pwd=ZXJECdgzTVhQZ0diOEExHQ2tOTFBIZz09>

Meeting ID: 993 1478 5663

Passcode: Matthias

Dial by your location

+1 778 907 2071 Canada

Blessing of Refuge

– Jan Richardson

That I may flee to you
not to escape forever
from the world
that you have created,
the world that you
call beloved

but that in your refuge
I will find
your presence
to strengthen me
your courage
to sustain me
your grace
to encompass me
as I go
where you would
have me go.

Making a Palm Frond Cross



- Gently tear or snap off a blade off the palm stalk. The type of palm doesn't matter provided it bends easily; just test its give before snipping and keep testing until you find blades that are adequately flexible.
- Hold the palm blade pointy side up.
- Fold the blade to the right about half-way down to make a 90 degree
- Fold down once. Then, fold down again. You should now have a small square shape.
- Push the pointy end around the back of the square and fold over
- Take the pointy end on the left and loop it towards you without making any turns.
- Push then pull the pointy end through the square until it comes out of the square.
- Pull through all the way
- Hold onto the square with one hand and tug on the fat and pointed ends to secure it. You should now have a locked 90-degree angle
- Take the pointy end and turning it towards yourself, push through the square. This is the head and base of the cross
- Turn 90 degrees to where the pointy end is facing downward, and the fat end is facing to your right
- Flip it so that the fat end is now on your left.
- Take the fat end and loop it away from you into the square. Pull it until it reaches about the same length as the head
- Turn it over to where the straight fat end faces left again.
- Take the fat end and loop it towards you back into the square. Pull until it is about the same length as the other two parts. Be sure to tuck it inside the other so that you can't see it.
- You're done!



Holy Darkness – A Tenebrae Service for the

Wednesday of Holy Week

Introduction

***Tenebrae** (Latin for 'shadows' or 'darkness') is a service that has been held since the 4th century. This distinctive ceremony includes the gradual extinguishing of candles while a series of readings and psalms are chanted or recited. Tenebrae is a prolonged meditation on Christ's suffering. As lights are extinguished, we ponder the depth of Christ's suffering and death and through the return of the small but persistent flame of the Christ candle at the conclusion of the service, we anticipate the joy of the resurrection.*

Bell x3

Holy God, Holy and Mighty, Holy Immortal One, Have mercy upon us

Psalm 69

In your great mercy, O God,*
answer me with your unfailing help.
Save me from the mire; do not let me sink;*
let me be rescued from those who hate me and out of the deep waters.
Hide not your face from your servant;*
be swift and answer me, for I am in distress.
Draw near to me and redeem me;*
because of my enemies, deliver me.
You know my reproach, my shame, and my dishonor;*
my adversaries are all in your sight.
Reproach has broken my heart, and it cannot be healed;*
I looked for sympathy, but there was none, for comforters, but could find no one.
They gave me gall to eat,*
and when I was thirsty, they gave me vinegar to drink.

Matthew 26:20-25 When it was evening, he took his place with the twelve; and while they were eating, he said, 'Truly I tell you, one of you will betray me.'

And they became greatly distressed and began to say to him one after another, 'Surely not I, Lord?' He answered, 'The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.' Judas, who betrayed him, said, 'Surely not I, Rabbi?' He replied, 'You have said so.'

We extinguish the shadow of betrayal

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 70

Be pleased, O God, to deliver me; *
O LORD, make haste to help me.
Let those who seek my life be ashamed and altogether dismayed; *
let those who take pleasure in my misfortune draw back and be disgraced.
Let those who say to me "Aha!" and gloat over me turn back, *
because they are ashamed.
Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever, "Great is the LORD!"
But as for me, I am poor and needy; *
come to me speedily, O God.
You are my helper and my deliverer; *
O LORD, do not tarry.

Luke 22:40-44 When he reached the place, he said to them, 'Pray that you may not come into the time of trial.' Then he withdrew from them about a stone's throw, knelt down, and prayed, 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed earnestly, and his sweat became like great drops of blood falling down on the ground.

We extinguish the shadow of agony

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 74

O God, why have you utterly cast us off? *
why is your wrath so hot against the sheep of your pasture?
Remember your congregation that you purchased long ago, *
the tribe you redeemed to be your inheritance, and Mt Zion where you dwell.

There are no signs for us to see; there is no prophet left; *
there is not one among us who knows how long.
How long, O God, will the adversary scoff? *
will the enemy blaspheme your Name for ever?

Matthew 26:40-45 Then he came to the disciples and found them sleeping; and he said to Peter, 'So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.' Again he went away for the second time and prayed, 'My Father, if this cannot pass unless I drink it, your will be done.' Again he came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the same words. Then he came to the disciples and said to them, 'Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.'

We extinguish the shadow of loneliness

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 27

The LORD is my light and my salvation; *
whom then shall I fear?
Though an army should encamp against me, *
yet my heart shall not be afraid;
And though war should rise up against me, *
yet will I put my trust in him.
For in the day of trouble he shall keep me safe in his shelter; *
he shall hide me in the secrecy of his dwelling and set me high upon a rock.
Even now he lifts up my head *
above my enemies round about me.
You have been my helper; cast me not away; *
do not forsake me, O God of my salvation.

Matthew 26:47-50, 55-56 While he was still speaking, Judas, one of the twelve, arrived; with him was a large crowd with swords and clubs, from the chief priests and the elders of the people. Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him.' At once he came up to Jesus and said, 'Greetings, Rabbi!' and kissed him. Jesus said to him, 'Friend, do what you are here to do.' Then they came and laid hands on Jesus and

arrested him. At that hour Jesus said to the crowds, 'Have you come out with swords and clubs to arrest me as though I were a bandit? Day after day I sat in the temple teaching, and you did not arrest me. But all this has taken place, so that the scriptures of the prophets may be fulfilled.' Then all the disciples deserted him and fled.

We extinguish the shadow of desertion

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 22

My God, my God, why have you forsaken me? *
and are so far from my cry from the words of my distress?
O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.
Yet you are the Holy One, *
enthroned upon the praises of Israel.
Be not far from me, for trouble is near, *
and there is none to help.
I am poured out like water; all my bones are out of joint; *
my heart within my breast is melting wax.
My mouth is dried out like a pot-sherd;
my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.
Packs of dogs close me in, and gangs of evildoers circle around me; *
they pierce my hands and my feet; I can count all my bones.
They stare and gloat over me; *
they divide my garments among them; they cast lots for my clothing.
Be not far away, O LORD; *
you are my strength; hasten to help me.

Matthew 26: 59-67 Now the chief priests and the whole council were looking for false testimony against Jesus so that they might put him to death, but they found none, The high priest stood up and said, 'Have you no answer? What is it that they testify against you?' But Jesus was silent. Then the high priest said to him, 'I put you under oath before the living God, tell us if you are the Messiah, the Son of God.' Jesus said to him, 'You have said so. But I tell you, From now on you will see the Son of Man seated at the right hand of Power and coming on the clouds of heaven.' Then the high priest tore his clothes and said, 'He has blasphemed! Why do we still need witnesses? You

have now heard his blasphemy. What is your verdict?' They answered, 'He deserves death.' Then they spat in his face and struck him; and some slapped him,

We extinguish the shadow of accusation

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 54

Save me, O God, by your Name; *
in your might, defend my cause.
Hear my prayer, O God; *
give ear to the words of my mouth.
For the arrogant have risen up against me,
and the ruthless have sought my life, *
those who have no regard for God.
Behold, God is my helper; *
it is the Lord who sustains my life.
I will offer you a freewill sacrifice *
and praise your Name, O LORD, for it is good.

Mark 15:12-20 Pilate spoke to them again, 'Then what do you wish me to do with the man you call the King of the Jews?' They shouted back, 'Crucify him!' Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

We extinguish the shadow of mockery

Holy God, Holy and Mighty Holy Immortal One, Have mercy upon us

Psalm 88

O LORD, my God, my Saviour, *
by day and night I cry to you.

Let my prayer enter into your presence; *
incline your ear to my lamentation.
For I am full of trouble; *
my life is at the brink of the grave.
I am counted among those who go down to the Pit; *
I have become like one who has no strength;
Lost among the dead, *
like the slain who lie in the grave,
Whom you remember no more, *
for they are cut off from your hand.
You have laid me in the depths of the Pit, *
in dark places, and in the abyss.
Do you work wonders for the dead? *
will those who have died stand up and give you thanks?
Will your loving-kindness be declared in the grave? *
your faithfulness in the land of destruction?
Will your wonders be known in the dark? *
or your righteousness in the country where all is forgotten?

Luke 23:33-46 When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.']] And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, 'He saved others; let him save himself if he is the Messiah of God, his chosen one!' One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.' It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last... (silence is kept)

It is finished...

We extinguish the shadow of death

Strepitus

Bell rings 33 times...

Mark 15:38-47 Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son!' There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome. These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem. When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus. Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. When he learned from the centurion that he was dead, he granted the body to Joseph. Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where the body was laid.

Dismissal

The Christ Candle is restored

May Jesus Christ who for our sakes became obedient unto death, even death on a cross, keep you and strengthen you.

Amen.

We Depart in Silence



Maundy Thursday

The name 'Maundy' derives from the Latin for 'new commandment' – mandatum novum – which Christ gave his disciples at the 'Last Supper'.

Opening Words

O Christ, pouring yourself out,
love drained to the last drop,
release us from our sins.

O Christ, kneeling as a servant,
washing the disciples' feet,
shocking in your humility,
help us to follow in your way.

O Christ, taking bread and wine,
crystal-clear in your awareness
of the work you must complete,
nourish us on your saving presence.

O Christ, entering Gethsemane,
falling on your face to pray,
uncontainable in your broken heart,
strengthen us to share your sufferings.

Infinite, intimate God,
kneel before us and wash our feet.
**In awe and wonder, we lay ourselves bare
to your redeeming acts of love. Amen**

Opening Poem

Maundy Thursday

Here is the source of every sacrament,
The all-transforming presence of the Lord,
Replenishing our every element
Remaking us in his creative Word.
For here the earth herself gives bread and wine,
The air delights to bear his Spirit's speech,
The fire dances where the candles shine,
The waters cleanse us with His gentle touch.
And here He shows the full extent of love
To us whose love is always incomplete,

In vain we search the heavens high above,
The God of love is kneeling at our feet.
Though we betray Him, though it is the night.
He meets us here and loves us into light.
-Malcom Guite

<https://malcolmguite.wordpress.com/2012/04/04/maundy-thursday/>

Gospel Reading

John 13: 1-15, 34-35

Sacrament of Service

Love of God, poured out for the world: let this water be for us a source of life; as we share in this gift of kindness, wash away our fear, revive our faith, let your love shine through. Amen.

You are invited to wash your hands or feet, cherishing each part, each scar or imperfection, the beauty and the evidence of life - aware and surrounded by the hands of God wrapping you tenderly in love.

The Prayers

Response ***hear our prayer.***

Merciful God, on the night he was betrayed, your Son Jesus Christ washed his disciples' feet.

As we commit ourselves to following his example of love and service, teach us humility. God of grace..

On this night, Jesus prayed for his disciples to be one. As we grieve for the divisions in the church,
unite us. God of grace...

On this night, Jesus commanded his friends to love, but he suffered rejection himself.

As we open our hearts to the rejected and the unloved, fill us with your love.
God of grace...

On this night, Jesus loved his friends to the very end, As we open our hearts to all who face darkness, we pray for the sick, those who mourn, those trapped by violence, addiction, or pain: give healing and hope... God of grace...

Our prayers for ourselves and for the world...

Holy God, on this night you gave us this meal of bread and wine in which we celebrate your great compassion. Grant that we may work with you to fulfil our prayers, and to love and serve others as Christ has loved us; we offer

these prayers trusting and hoping in you and gather them in the words Jesus taught us to pray...

Our Father (in the translation or language of your heart)

Sharing with Christ around our own tables

As we eat with gratitude in our own homes, we remember that we are united across time and place to each other and to the meal Jesus shared with his companions. As we eat and drink we remember that Jesus comes to us as guest and host as we welcome him in.

Oh God, we ask your blessing on this wine (juice) we drink tonight

May the wine (juice) be blessed on my/our lips,

blessed as the intimacy of the wedding feast,

blessed as the miracle made from water,

blessed as the harvest of the grapes,

blessed as the mystery of fermentation,

blessed as the suffering undergone for love.

God we ask your blessing on this bread we eat tonight.

We break it because our ancestors have broken bread for ages upon ages and in ways upon ways.

We break it to remember our vulnerability, that we depend on bread, as we do on each other.

We break it to remember that it is in our brokenness that we meet each other.

We break it to remember that in community we are made whole, that in relationship we make sense.

We break it to remember the earth, to celebrate the growing and dying and growing again of grain.

We break it for the courage to break.

We break it for the courage to heal.

We break it to remember that we must share our bread and our tables with those who need food and a place.

We break it to remembering that on the night before he died Jesus shared bread and wine, companionship and prayer, inviting us in, offering his life that we may be fully his.

As we eat and drink this night, Oh God, may we know Jesus in the breaking of the bread and in our burning hearts. Amen

Dinner

Prayer after Dinner

Holy God, source of all love, on the night of betrayal Jesus commanded his disciples to love one another as he loved them. We thank you for feeding us in this supper. For caressing our hands and feet with your love. Give us the will to love and serve others as he was servant of all. For we live and move and have our being in You, Trinity of Love. Amen.

Stripping the table

The table is cleared and washed, reminding us that Jesus' body was washed before burial, according to ancient custom. Other icons or symbols can be put away at this time.

Final Reading Matthew 26: 36-45

Closing Chant



Stay with me, re - main here with me, watch _____ and

4
pray. _____ watch and pray _____

Words and music: Taizé Community, 1982 (from Matthew 26)



GOOD
friday



THE WAY OF THE CROSS – FOR KIDS

Holy Week, 2021

A SELF-GUIDED TOUR

Use this abbreviated guide to find the stations of the cross “written into nature” in your own yard and neighborhood.

The Rev. Mia Kano

St. Andrew’s Episcopal Church,
Wellesley, MA

HOW TO USE THIS GUIDE

As early Christian theologian Tertullian wrote in the third century, the world is patterned in the shape of the cross. As Christians, we are called to live a cruciform (“cross-shaped”) life. As we look toward making the journey of Holy Week on our own apart from our church community this year, we can be reminded of the solitude Jesus faced in his own journey toward the cross. We can find the shape of his moments of suffering and consolation on Good Friday written into the world around us.

In this abbreviated version for kids, each station has a sentence from scripture, a simple prayer, a question, and an activity.

It can feel odd and difficult to talk about such heavy, morbid topics with kids. But doing the stations of the cross teaches kids that our faith is big enough to hold the saddest and most difficult parts of life. Every child will encounter death, suffering, bullying, and grief, even though we try to protect them from it.

These stations will help kids to know that Jesus experienced what they have—and is with them in those times, too.

Find the stations in your yard or neighborhood!

1. Jesus is condemned to death – find a spout or flowing water
2. Jesus picks up his cross – find a heavy log or rock
3. Jesus falls with the cross – find a quiet place to sit
4. Jesus meets his mother – find a flower
5. Simon of Cyrene helps Jesus carry the cross – find a tree that's leaning against another tree
6. Veronica wipes the face of Jesus – find a tree or rock that's stained
7. Jesus is stripped of his garments – find a tree whose bark is stripped
8. Jesus dies on the cross – find a stump or fallen tree
9. Jesus is laid in the tomb – find a large stone

Mark each station with a piece of red yarn so that you can find each as you pray along it. Trust that God will reveal each station to you when you need them.

1. Jesus is condemned to die

We tell the story:

After Jesus rode into Jerusalem treated like a king, Jesus' jealous enemies pressured the Roman leader of Jerusalem, Pilate, to sentence Jesus to death on the cross. Even though Pilate knew that Jesus was innocent, Pilate did what they demanded. He washed his hands to show that he did not feel responsible for what he did.

We read:

"So when Pilate saw that he could do nothing..he took some water and washed his hands before the crowd, saying, 'I am innocent of this man's blood; see to it yourselves.'"

- Matthew 27: 23-24

We look and remember:

To remember Pilate washing his hands, find a spout or flowing water.

We do and remember:

To remember Pilate washing his hands, do the washing your hands action.



We wonder:

Pilate didn't really want to do this to Jesus, but he saw other people being mean to Jesus and didn't do anything to help. Why do you think that was?

We pray:

Jesus, forgive us for all the times when we have stood by and watched while other people were being treated in a mean way. Help us to forgive the people who have been mean to us, and the people who didn't step up to help. Help us be brave enough to stand up for other people when they need us. Amen.

2. Jesus picks up his cross

We tell the story:

Jesus' punishment was to be nailed on a cross, the very worst death that his enemies could imagine for him. But first, Jesus had to carry his cross outside the city, where he was to be raised up. The cross was very heavy and hard to carry.

We read:

"So they took Jesus; and carrying the cross himself, he went out to what is called the Place of the Skull, which in Hebrew is called Golgotha."

- John 19:16-17

We look and remember:

To remember Jesus picking up his cross, find a heavy log.

We do and remember:

With the help of an adult, try to pick up the heaviest thing you can find.



We wonder:

Why did Jesus willingly carry such a heavy thing such a long way? What do we mean when we say things in our life are "heavy" or "a lot to carry?" Where is God in those times?

We pray:

Jesus, help us to face the hardest parts of our lives. Help us to remember that you know what it feels like to be scared and in pain, and that you are with us even during scary and sad times. Amen.

3. Jesus falls with the cross

We tell the story:

The cross was so hard and so heavy that even Jesus fell down when he was carrying the cross and walking to the Place of the Skull. He didn't just fall once, he fell three times. But Jesus didn't give up, because he knew what he had to do – and he knew the end of the story: Easter Sunday.

We read:

“Upon him was the punishment that made us whole,

and by his bruises we are healed.”

- Isaiah 53:5

We look and remember:

To remember Jesus falling with the cross, we find a place to sit and rest.

We do and remember:

Sit in silence.



We wonder:

Sometimes when we have to deal with something that makes us scared or sad, it can feel like we keep falling, over and over, and nothing can ever go right again. The same thing happened to Jesus. How does Jesus help us get up when we're tired and in pain?

We pray:

Jesus, help us when we feel like giving up. Help us to remember it is okay to fall and need to rest. Thank you for being there to help us up and give us the strength to keep trying. Amen.

4. Jesus meets his mother

We tell the story:

But Jesus wasn't alone. There were three special people who were there to help Jesus and be with him in his pain. The first person Jesus met was his mother, Mary, who loved him just as much as your parents love you. She knew he was very special because of what the angel had told her. She also knew that his life would be difficult.

We read:

Then Simeon...said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.'

- Luke 8:33-35

We look and remember:

To remember Jesus' mother, we find a flower.

We do and remember:

Give your mom or dad a hug!



We wonder:

Jesus must have been grateful his mother was there for him. Who has been there for you when you are sad or scared?

We pray:

Jesus, we thank you for the love of our parents and the other adults who take care of us, the same way that your mother Mary took care of you. Help us to show our love to them every day. Amen.

5 & 6. Simon of Cyrene helps Jesus carry the cross and Veronica wipes the face of Jesus

We tell the story:

Jesus met two friends along the way who helped him. Simon helped Jesus to carry the cross and Veronica wiped the sweat from his face.



We look and remember:

To remember Simon, we find a tree leaning against another tree. To remember Veronica, we find a stained tree or rock.

We read:

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.

- Luke 23:26



We do and remember:

Ask someone how you can help them today.

We wonder:

Everybody needs some help sometimes. Who has helped you? Can you think of a time when you helped somebody else?

We pray:

Jesus, we thank you for the friends in our lives who help us when we feel sad or scared. Help us to be good friends to other people, and to show our love to them by taking care of them. Amen.

7. Jesus is stripped of his garments

We tell the story:

Before Jesus died, the people in charge pushed him around and made fun of him. They took all his clothes, and they made him wear a crown made out of thorns that hurt his head. They were hurting his body, but they also wanted to make him feel bad about himself.

We read:

They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head...they spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him.

- Matthew 27:5-34

We look and remember:

To remember Jesus being stripped, we find a tree whose bark is stripped.

We do and remember:

The best thing we can do to get rid of hate is to cover it up with love. Put your hands of love on the bare part of the tree.



We wonder:

Has anyone ever made you feel bad about yourself by making fun of you? Have you ever seen someone else make another person feel bad by making fun of them?

We pray:

Jesus, forgive us for the times when we have hurt other people or made them feel bad. Help us to think about how we use our words, and to use them in kind and helpful ways instead of using them to hurt people. Amen.

8. Jesus dies on the cross

We tell the story:

Jesus died on the cross. Jesus gave over his spirit and life to God.

We read:

Jesus said, "It is finished." Then he bowed his head and gave up his spirit.

- John 19:30

We look and remember:

To remember Jesus' death on the cross, we find a stump or fallen tree.

We do and remember:

We put things on the altar to show that we're giving them back to God. Lay small stones or leaves on the stump to give all your feelings about Jesus' death back to God.



We pray:

Share a moment of silence.

9. Jesus laid in the tomb

We tell the story:

Jesus' friends were very sad. They took good care of his body. They washed it and wrapped it in spices that smelled good. They went away in grief, but God had a surprise for them on Easter.

We read:

So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock.

- John 19:30

We look and remember:

To remember Jesus laid in the tomb, we find a large stone.

We do and remember:

Head home and wait for Easter to come!



We wonder...

Have you ever been to a funeral?
What happens at a funeral? What do you remember? What can we do when we can't have a funeral?

We pray Jesus' prayer:

Our Father,
Who art in heaven,
Hallowed by 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 trespasses
against us.
And lead us not into temptation,
But deliver us from evil,
For this is the kingdom
And the power and the glory
For ever and ever. Amen.



THE WAY OF THE CROSS

Holy Week, 2021

A SELF-GUIDED TOUR

Use this guide to find the stations of the cross “written into nature” in your own yard and neighborhood.

The Rev. Mia Kano

St. Andrew's Episcopal Church, Wellesley, MA



"Every piece of timber which is fixed in the ground in an erect position is a part of a cross...even our own body assumes as its natural position the latent and concealed outline of a cross."

Tertullian, *The Charge of Worshipping a Cross*, 3rd Century



HOW TO USE THIS GUIDE

As early Christian theologian Tertullian wrote in the third century, the world is patterned in the shape of the cross. As Christians, we are called to live a cruciform ("cross-shaped") life. As we look toward making the journey of Holy Week on our own apart from our church community this year, we can be reminded of the solitude Jesus faced in his own journey toward the cross. We can find the shape of his moments of suffering and consolation on Good Friday written into the world around us. Each station has a scripture passage, prayer from the Book of Common Prayer, and questions to reflect on.

Use this guide to find stations in your own neighborhood, local park, or yard. Please observe local guidelines for masking, social distancing, and dog leashing.

Find the stations in nature...

I. First Station – Jesus is condemned to die

Find a spout or flowing water.

II. Second Station – Jesus takes up his cross

Find a heavy log.

III. Third Station – Jesus falls for the first time

Find a place to sit and rest in silence.

IV. Fourth Station – Jesus meets his mother

Find a flower.

V. Fifth Station – Simon of Cyrene helps Jesus carry the cross

Find a tree leaning against another.

VI. Sixth Station – Veronica wipes the face of Jesus

Find a stained tree or rock.

VII. Seventh Station – Jesus falls the second time

Find a place to sit and rest in silence.

VIII. Eighth Station – Jesus meet the women of Jerusalem

Find a bush or group of flowers.

IX. Ninth Station – Jesus falls for the third time

Find a place to sit and rest in silence.

X. Tenth Station – Jesus is stripped of his garments

Find a tree whose bark is stripped.

XI. Eleventh Station – Jesus is nailed to the cross

Find a wounded tree.

XII. Twelfth Station – Jesus dies on the cross

Find a stump.

XIII. Thirteenth Station – Jesus is taken down from the cross

Find a fallen tree.

XIV. Fourteenth Station – Jesus is laid in the tomb

Find a large stone.

Mark each station with a piece of red yarn so that you can find each as you pray along it. Trust that God will reveal each station to you as you need it!

I. First Station – Jesus is condemned to die



IN NATURE

Find a spout or flowing water

Reflection Question:

What crimes or societal sins do we regularly "wash our hands of"? What brokenness do we need to bear more responsibility for?

Matthew 27: 20-24

Now the chief priests and the elders persuaded the crowds to ask for Barabbas and to have Jesus killed. The governor again said to them, 'Which of the two do you want me to release for you?' And they said, 'Barabbas.' Pilate said to them, 'Then what should I do with Jesus who is called the Messiah?' All of them said, 'Let him be crucified!' Then he asked, 'Why, what evil has he done?' But they shouted all the more, 'Let him be crucified!'

So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, 'I am innocent of this man's blood; see to it yourselves.'

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. Amen.

II. Second Station – Jesus takes up his cross



IN NATURE

Find a heavy log

Reflection Question:

What heavy things have you been carrying lately? Why have those burdens been placed on you? Why have you taken them up willingly? What is worth carrying right now and what is worth letting go of?

Almighty God, whose beloved Son willingly endured the agony and shame of the cross of our redemption: Give us courage to take up our cross and follow him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Mark 15: 16-20

Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

III. Third Station – Jesus falls for the first time



Sit and rest in silence.

Philippians 2:5-11

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

IV. Fourth Station – Jesus meets his mother



IN NATURE

Find a flower

Reflection Question:

Who has been there for you at the most difficult moments of your life? Have you shared your gratitude for them with them and God?

Luke 8:28-35

Simeon took Jesus in his arms and praised God, saying, 'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.'

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.'

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

V. Fifth Station – Simon of Cyrene helps Jesus carry his cross



IN NATURE

Find a tree leaning against another

Reflection Question:

What burdens have you been asked to carry for others? What kept you from feeling resentment? When have you taken up another's cross out of compassion? When has another person taken up yours?

Luke 23:26

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.

Heavenly Father, whose most dear Son, as He walked the way of The Cross, accepted the service of Simon of Cyrene to carry his physical burden for him: grant us each the grace gladly to bear one another's burdens, for the love of him who said, "As you did it to the least of these my brethren, you did it to me," your Son Jesus Christ our Lord, who now lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Isaiah 53: 2-5

For he grew up before him like a young plant,
and like a root out of dry ground;
he had no form or majesty that we should look at him,
nothing in his appearance that we should desire him.
He was despised and rejected by others;
a man of suffering and acquainted with infirmity;
and as one from whom others hide their faces
he was despised, and we held him of no account.

Surely he has borne our infirmities
and carried our diseases;
yet we accounted him stricken,
struck down by God, and afflicted.
But he was wounded for our transgressions,
crushed for our iniquities;
upon him was the punishment that made us whole,
and by his bruises we are healed.

Direct us, O Lord, in all our doings with
your most gracious favor, and further us
with your continual help; that in all our
works begun, continued, and ended in
you, we may obtain everlasting life;
through Jesus Christ our Lord. Amen

VI. Sixth Station – Veronica wipes the face of Jesus

Reflection Question:
In the time before
cameras, instantly
capturing the image of
another was an
outlandish miracle.
How does photography
shape your life and
memory? How has the
explosion of image-
based media affected
your prayer, worship,
and faith life in
positive and negative
ways?



IN NATURE

Find a stained tree or rock

VII. Seventh Station – Jesus falls for the second time



Isaiah 53: 6,7

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

He was oppressed, and he was afflicted,
yet he did not open his mouth;
like a lamb that is led to the slaughter,
and like a sheep that before its
shearers is silent,
so he did not open his mouth.

Sit and rest in silence.

VIII. Eighth Station – Jesus meets the women of Jerusalem



IN NATURE

Find a bush or group of flowers

Reflection Question:

What groups of people or communities are especially suffering right now? How does our compassion shift when we think of communities in addition to individuals?

Luke 23:27-31

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed." Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." For if they do this when the wood is green, what will happen when it is dry?'

Gracious Father, we pray for your holy Catholic Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ your Son our Savior. Amen.

IX. Ninth Station – Jesus falls for the third time



Sit and rest in silence.

Lamentations 3:1, 2, 5-8, 16, 19

I am one who has seen affliction
under the rod of God's wrath;
he has driven and brought me
into darkness without any light;
he has besieged and enveloped me
with bitterness and tribulation;
he has made me sit in darkness
like the dead of long ago.

He has walled me about so that I cannot
escape;
he has put heavy chains on me;
though I call and cry for help,
he shuts out my prayer;
He has made my teeth grind on gravel,
and made me cover in ashes;
The thought of my affliction and my
homelessness
is wormwood and gall!

X. Tenth Station – Jesus is stripped of his garments



IN NATURE

Find a tree whose bark is stripped.

Reflection Question:

What good things has life stripped of you? What things do you need to strip from your own life? What would it feel like to pray to God naked? How are our hearts spiritually naked before God?

John 19:23-24

When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, 'Let us not tear it, but cast lots for it to see who will get it.' This was to fulfil what the scripture says,

'They divided my clothes among themselves,
and for my clothing they cast lots.'

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

XI. Eleventh Station – Jesus is nailed to the cross



IN NATURE

Find a wounded tree.

Reflection Question:

What wounds do you carry? Why do Jesus' nail wounds stay on his resurrected body? What might your wounds and scars do for you?

Mark 15:22-28

Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, 'The King of the Jews.' And with him they crucified two bandits, one on his right and one on his left.

O God our Father, whose Son forgave his enemies while he was suffering shame and death:
Strengthen those who suffer for the sake of conscience; when they are accused, save them from speaking in hate; when they are rejected, save them from bitterness; when they are imprisoned, save them from despair; and to us your servants, give grace to respect their witness and to discern the truth, that our society may be cleansed and strengthened. This we ask for the sake of Jesus Christ, our merciful and righteous Judge. Amen

XII. Twelfth Station – Jesus dies on the cross



IN NATURE

Find a stump.

Reflection Question:

What moments of your life have you felt true despair? What got you through those moments when all felt lost?

Mark 15:33-37

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last.

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

XIII. Thirteenth Station – Jesus is taken down from the cross



IN NATURE

Find a fallen tree.

Reflection Question:

Who has taken care of you when you have been unable to care for yourself? When have you felt most helpless and powerless to help others?

Lamentations 2:11-12

My eyes are spent with weeping;
my stomach churns;
my bile is poured out on the ground
because of the destruction of my people,
because infants and babes faint
in the streets of the city.
They cry to their mothers,
‘Where is bread and wine?’
as they faint like the wounded
in the streets of the city,
as their life is poured out
on their mothers’ bosom.

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness, for your tender mercies' sake. Amen.

XIV. Fourteenth Station – Jesus laid in the tomb



Matthew 25:57-60

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away.

IN NATURE

Find a large stone.

Reflection Question:

As we move into Holy Saturday, we take on waiting in the dark and locked room with the disciples. What are you waiting for? What has you holding your breath?

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.



HOLY

s a t u r d a y

in medias res | “in the middle of things”
an at-home day retreat guide for Holy Saturday



Gestation by Lisa Kagan © Kisa Kagan. <https://familyheirloomarts.com/the-space-between-poetry-and-art-by-lisa-kagan/>

In medias res is a latin term that means 'in the middle of things.

It is meant to convey the middle of the story, the point at which one doesn't know which way the story will go. Today is Holy Saturday, where we find ourselves in the middle of the death of Jesus and His Resurrection. We don't know yet where the story will lead, and it certainly looks bleak. We are also in the beginning of springtime, a season where the seeds that have been underground and in the dark all winter are beginning to take root and form into something new, something visible.

We hope this guided retreat will help you enter into the liminality of Holy Saturday, that you might emerge into Easter with renewed hope, courage, and comfort.



table of contents

plan

- **9:30am** - Morning Prayer on Zoom with this link: <https://us04web.zoom.us/j/188930420>
(and/or dial in +1 778 907 2071 Meeting ID: 188 930 42)
- **10am** - Retreat opening (stay on or join Zoom call)
 - Intro to the day and blessing
 - Centering questions:
 - *How do I come to this day?*
 - *What's the state of my mind, heart, body?*
 - *Anything I need to say or ask so I can be present to God, myself, and others today?*
- **10:30-2:00pm** - Self-guided retreat day
- **Noon** - Optional Midday Prayer
- **2:00pm** - Communal reflection, back on Zoom (same link)
 - Reflection Questions:
 - *What was your experience like today?*
 - *Did anything surprise you?*
 - *How did you experience God in the midst of today?*
 - *What can we hold with you as you wait for tomorrow's Easter (and/or the final Easter)?*
 - Closing prayer and sending blessing

practices

1. Lectio Divina Meditation: Joseph of Arimathea
2. Guided Meditation: Connecting with the body
3. Walking Meditation: Looking for *in medias res*
4. Lenten Examen Meditation: Reviewing this season of Lent
5. Seed Meditation: Discovering the radicle
6. Writing Meditation: Connecting with our longings

poetry & prayers

1. *(a quote)* from Annie Dillard
2. *Collect 14 of Collects for Stations of the Cross* by Padraig O Tuama
3. *What the Living Do* by Marie Howe
4. *Witness* by Denise Levertov
5. *Insha'Allah* by Danusha Lameris
6. *Remembering God after Three Years of Depression* by Derrick Austin
7. *Not the loss alone* by Gregory Orr
8. *The comfort of Darkness* by Galway Kinnell
9. *These Days* by Lynn Ungar

practices

Invitation: Take a deep breath, and entrust your day to God.

Look through these six meditations, and pick one (or a couple) to try.

None of them are magic.

(As Mary Oliver says: *This isn't a contest, but a doorway into thanks, and a silence in which another voice may speak.*)

Let the exercise start a conversation with God (even if a silent one), and let it go where it goes.
Resist taking your spiritual temperature or evaluating your performance, emotions or insights.

However the day takes shape, let God look at you, let God walk with you,

let God love you.



Lectio Divina Meditation | Joseph of Arimathea

When we gather together on zoom for morning prayer, we will do a lectio divina (a sacred reading) of the story of Joseph of Arimathea in Matthew 27:57-66. As a way of deepening into this story, spend more time today contemplating, re-reading, and imagining yourself in this story.

Consider the following questions as prompts for your imagination:

- What line or phrase sticks out to you? Why do you think this strikes you today?
- What thoughts/memories/emotions are evoked in this story?
- What happened in your body as you meditated on this story?
- In what ways can you see yourself like Joseph of Arimathea? How does his life and faith resonate with your own?
- What did Joseph do in this story? What do you think motivated him?
- In what ways can you learn from Joseph? In what ways can his actions inspire you to take some action in your own life?
- What does grief have to do with this story? Is there something we can learn about how to care for our own grief and sorrow in this story?
- Is there a sense of invitation from this story? Something that you feel invited to do, try out, or practice in your own life? Why do you think this invitation is coming to you now?



Guided Meditation | Connecting with the body

To become consciously aware of God's gentle presence and action in your body,
begin to attend to your body experience in the present moment.

RELAX: Try this simple grounding exercise* to relax your body. Sit comfortably in an upright position with eyes closed and usher yourself into silence.

- Begin by becoming aware of your body. Notice how your body is feeling, simply being present to sensations you are experiencing, welcoming in both the body's delight and discomfort.
- Connect to your breath, deepening it gently. As you inhale, imagine God breathing life into you. As you exhale, allow yourself to experience a moment of release and surrender into this time and place, becoming fully present. Take a couple cycles of breath to simply notice this life-sustaining rhythm which continues moment by moment even when you are unaware of it.
- In your imagination, gently allow your breath to carry your awareness from your head (which is your thinking, analyzing, judging center) down to your heart center (where you experience life from a place of greater integration, feeling, and intuition). Consider placing your hand on your heart to experience a physical connection with your heart center and draw your awareness to this place.
- Breathe into your heart center and begin to notice what you are feeling right now in this moment without judging or trying to change it. Take a few moments to simply be present to whatever it is you are feeling and making some room within yourself to experience this without pushing away.
- Call to mind the spark of God which the ancient monks and mystics tell us dwells in your heart. Bring the compassion of God to however you are feeling right now, not trying to change anything, but just gently holding yourself in this space.
- As you experience yourself filling with compassion for your own experience, imagine breathing that compassion out into the world and connecting to other hearts beating across the world in a rhythm of love.
- Gently allow your breath to bring your awareness into your body and prepare to start the lectio process.

READ (*Lectio*): Simply sit with your body for several minutes and notice if any of your bodily sensations particularly draws you. Take a moment to name what you are experiencing right now—again, without judgment or interpretation.

REFLECT (*Meditatio*): Allow your mind to reflect on this body experience. What draws your attention here? What are your beliefs or thoughts about this aspect? What have you learned (and heard) about your inner self in the process? How may they relate to your current life situation and journey?

RESPOND (*Oratio*): Open your mind and heart to your body and welcome what and how you feel. What touches you? Open yourself to the presence of the Spirit in this body experience; what do you feel as you sense this sacred Presence in your body? Allow a prayer to form that expresses whatever you want to say or ask. Write it down or talk it out with God. How do you sense God responding to your prayer? Continue for as long as this dialogue feels fruitful.

REST (*Contemplatio*): Remain in silence for a few minutes, allowing your body to rest with God.

RESOLVE: After a period of unhurried silence, you may wish to journal about this lectio on the body. What is your sense of invitation or prompting from God? How might you bring what you experienced during the lectio into your daily life and ministry?

*Exercise from [Wil Hernandez @ CenterQuest](#), and grounding portion excerpted and adapted from "Heart-Centered Practice" by Christine Valters Paintner (Abbey of the Arts - <http://abbeyofthearts.com>)



Walking Meditation | Discovering *In Medias Res* all around

Holy Saturday is a space and time that is in between.

It is the “dead zone” where nothing appears to be happening and yet so much activity is happening in the hidden and unseen places. It is a liminal space. Liminal literally means “threshold.”

It is a door-way where the entrance becomes the exit. It is a moment between ebbing and flowing, the twilight between sleeping and waking, the “bowl of hush held lifted to the bird’s first trilling.”

Ultimately, it is where death births forth to new life.

*(Text adapted from Dan Miller at The Sacred Braid
and the poem “Easter Eve: A Fantasy” by Vassar Miller)*

- Begin by praying to be available to God’s presence as you take a walk around the block, along the ocean, or through the woods
- Slow down your pace. Stay alert to what’s around you rather than mulling over things in your head.
- Practice the spiritual discipline of noticing. Pay attention to shapes, colors and textures. Notice the relationship of things to one another.
- Look for edges, border places, spaces-in-between, fault lines, thresholds, middle points.
- What attracts your attention? Spend some time exploring this.
- If you’re outside, you may want to take something with you - stone or twig or branch - as a reminder of what you experience.

- Reflect/Journal:
 - ◆ *What were you aware of as you walked?*

 - ◆ *What did you understand in a new or deeper way--both within and around you?*

 - ◆ *Where and how did you hear God in the world? Does this walk stir any action or response in you?*

 - ◆ *Make a note to yourself or in a journal about the one phrase, image, idea, or action that you want to remember from this walk.*



Lenten Examen Meditation | Reviewing the season of Lent

The Examen prayer is a practice of prayerfully reviewing your day in the presence of God. Think of this as time set aside for thankful reflection on where God is in your everyday life. It has five steps which can be practiced and adapted to your own circumstances. Today, rather than reviewing the past day, we recommend that you review this past season of lent, noticing and becoming aware of God's presence to you in the midst of this penitential season.

1. **Still yourself** in silence for a few minutes. Become aware of your breathing, and let it settle into a comfortable rhythm. Recall that you are in God's presence. As you breathe become aware of your body and begin with your head and shoulders, work your way down, letting every part of you relax as you breathe.

*O Lord, my heart is not lifted up, my eyes are not raised too high;
I do not occupy myself with things too great and too marvelous for me.
But I have calmed and quieted my soul, like a weaned child with its mother;
my soul is like the weaned child that is with me. (Psalm 131:1-2)*

2. **Ask God for light and wisdom**, praying that you may receive the light of Christ, so that you can look at your day with the eyes of Christ. Pray for wisdom to understand what you are seeing afresh. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. (2 Corinthians 4:6)
"Then their eyes were opened and they recognized Him." (Luke 24:31)

3. **Give thanks** for the season that you have just lived, which is a gift from God. Express your gratitude for the gifts from this past lenten season.

*"All that I have is yours." (John 17:10)
"What do you have that you did not receive?" (1 Corinthians 4:7)*

4. **Review the season of lent** – Let your mind review the past 40 days, beginning with Ash Wednesday, your lenten commitments made at the beginning, all the way through to palm Sunday and Good Friday. Recall all the moods and feelings and experiences in this past season. You might want to remember them by writing them down or you may wish to talk to Jesus in words, whichever seems better and more natural to you at this time.

Consider the consolations of the season:

- What events and feelings were you drawn to, what gave you life throughout this season?
- What was wind in your sails?

Consider the desolations of the season:

- What events and feelings made you feel driven or deflated?
- What has zapped you of life in this season?
- What circumstance or struggle left you feeling sad, helpless or angry?

*Search me, O God, and know my heart; test me and know my thoughts.
See if there is any hurtful way in me, and lead me in the way everlasting. (Psalm 139:3-24)*

5. **Look forward to tomorrow**, ask God to be with you in every detail of the coming day and season, including what you anticipate and what you do not. If there is a particular grace you desire for the season ahead, name that before God now.

"So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion?" (Luke 11:9-12)



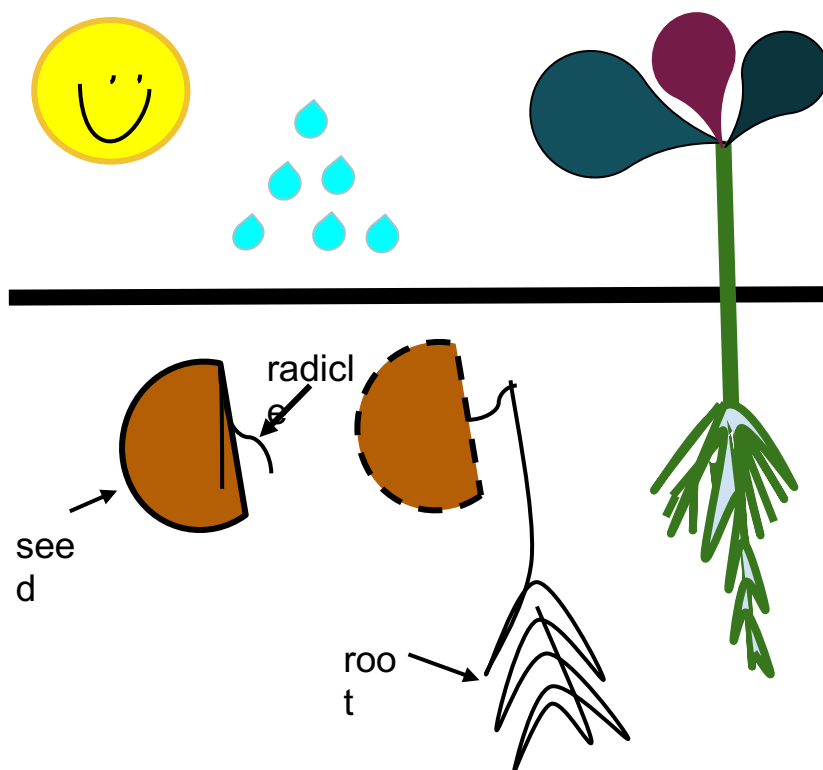
Seed Meditation | Discovering the Radicle

“The etymology of the term radical is from the Latin *radix*, ‘root’...Radical Discipleship is about nothing more and nothing less than *laying bare* the roots of the personal and socio-political pathologies of our imperial society and its dead-end history, even as we seek to *recover* the roots of our deep biblical tradition: namely, the messianic movement of rebellion and restoration, of repentance and renewal, a ‘Way out of no way’ that has been going on since the dawn of resistance to the dusk of empire.” - [Ched Myers @ BCM](#)

“The ‘radicle’ is the first organ to appear when a seed germinates. It grows downward into the soil, anchoring the seedling....and the radicle becomes a taproot.” - [Britannica.com](#)

Look at the image below* of a seed, a radicle, roots, a tender plant and its environment, and use your “Lenten Examen” to name some of these stages in your own life. What, for example, would be:

- The soil/the darkness/the heaviness that your seed is consumed in?
- The new thing/the “radicle” thing starting to grow in this season?
- The seed coating that needs to be shed/broken out of?
- The root system, stemming from the radicle?
- The water/sun/nutrients/grace needed for growth and maturation?



***Or feel free** to use this prompt to draw, paint, collage, build or write about the “radicle” sprouting in your own life, in your own colors, in your own shapes.



Writing Meditation | Connecting with our longings

“Most of us have never discovered where our desires lead us on their own. Instead we attempt to satisfy ourselves in the short-term. We bury our unformed, barely perceptible longings for intimacy with God by settling for whatever forms are immediately available or convenient.” - Janet Ruffing

From the *Artist's Way* by Julia Cameron: “Speed writing is one of the best ways to evade our ‘Censor.’ Wishes might sound frivolous, but should be taken seriously, at least **as a sign of a deeper desire.**”

→ Fill out this “wish list” playfully, honestly, and stream-of-consciously, and see what comes up!

1. I wish _____
2. I wish _____
3. I wish _____
4. I wish _____
5. I wish _____
6. I wish _____
7. I wish _____
8. I wish _____
9. I wish _____
10. I wish _____
11. I wish _____
12. I wish _____
13. I wish _____
14. I wish _____
15. I wish _____
16. I wish _____
17. I wish _____
18. I wish _____
19. I wish _____
20. I most especially wish _____

- Which one surprises you the most, or is most evocative for you?
- How is it a “barely perceptible longing for intimacy with God?”
- Is there a prayer that forms around that longing for you?

poems & prayers

Invitation: Glance over these poems and prayers and pick one to pray with. Treat it like a lectio divina - reading it several times slowly, meditatively, circling the word or phrase that catches your attention, and using that to usher you into conversation and contemplation with God. If a **cool** insight or feeling comes, rest with that. If nothing does, **cool**, rest with God just the same.

(a quote)

By Annie Dillard, *For the Time Being*

There is no less holiness at this time —
as you are reading this —
than there was on the day the Red Sea parted,
or that day in the 30th year, in the 4th month,
on the 5th day of the month as Ezekiel
was a captive by the river Cheban,
when the heavens opened and he saw visions of god.
There is no whit less enlightenment under the tree
at the end of your street
than there was under Buddha's bo tree....
In any instant the sacred may wipe you
with its finger.
In any instant the bush may flare,
your feet may rise,
or you may see a bunch of souls
in trees.

Collects for the Stations of the Cross

By Padraig O Tuama

14 - Jesus is placed in the tomb

Jesus of the unexpected,
for at least some of your life
this was not how you imagined its end.
Yet even at the end,
you kept steady in your conviction.
Jesus, keep us steady.
Jesus, keep us steady.
Because, Jesus, keep us steady.
Amen.

Not the loss alone

by Gregory Orr

Not the loss alone,
But what comes after.
If it ended completely
At loss, the rest
Wouldn't matter.
But you go on.
And the world also.
And words, words
In a poem or song:
Aren't they a stream
On which your feelings float?
Aren't they also
The banks of that stream
And you yourself the flowing?

Insha'Allah

By Danusha Lameris

I don't know when it slipped into my speech
that soft word meaning, "if God wills it."
Insha'Allah I will see you next summer.
The baby will come in spring, insha'Allah.
Insha'Allah this year we will have enough rain.

So many plans I've laid have unraveled
easily as braids beneath my mother's quick fingers.

Every language must have a word for this. A word
our grandmothers uttered under their breath
as they pinned the whites, soaked in lemon,
hung them to dry in the sun, or peeled potatoes,
dropping the discarded skins into a bowl.

*Our sons will return next month, insha'Allah.
Insha'Allah this war will end, soon. Insha'Allah
the rice will be enough to last through winter.*

How lightly we learn to hold hope,
as if it were an animal that could turn around
and bite your hand. And still we carry it
the way a mother would, carefully,
from one day to the next.

Remembering God after Three Years of Depression

By [Derrick Austin](#)

Where was your familiar body, rough hands
smelling of rosemary? Insomnia watched me,
wild-haired, unwashed, like an officer.
Perhaps, the light through the keyhole
was you, floorboards straining in another room.
In the hall, a sleepwalker, like divine love,
sang the blues, bleeding dream into the world.
I feared a knock at the door. I needed a hand.
Would you have found me on the deflated air
mattress, among filthy shirts, half-eaten food?
I don't know what to call doubt when you are here
and I am not. What is it to be exiled in you?
Maybe if I'd been drinking red instead of white.
I had no space in me for less than life.

What the Living Do

By Marie Howe

Johnny, the kitchen sink has been clogged for days,
some utensil probably fell down there.
And the Drano won't work but smells dangerous, and
the crusty dishes have piled up
waiting for the plumber I still haven't called. This is
the everyday we spoke of.
It's winter again: the sky's a deep, headstrong blue,
and the sunlight pours through
the open living-room windows because the heat's on
too high in here and I can't turn it off.
For weeks now, driving, or dropping a bag of
groceries in the street, the bag breaking,
I've been thinking: This is what the living do. And
yesterday, hurrying along those
wobbly bricks in the Cambridge sidewalk, spilling my
coffee down my wrist and sleeve,
I thought it again, and again later, when buying a
hairbrush: This is it.
Parking. Slamming the car door shut in the cold.
What you called that yearning.
What you finally gave up. We want the spring to come
and the winter to pass. We want
whoever to call or not call, a letter, a kiss — we want
more and more and then more of it.
But there are moments, walking, when I catch a
glimpse of myself in the window glass,
say, the window of the corner video store, and I'm
gripped by a cherishing so deep
for my own blowing hair, chapped face, and
unbuttoned coat that I'm speechless:
I am living. I remember you.

The Comfort of Darkness

By Galway Kinnell - 1927-2014

Darkness swept the earth in my dream,
Cold crowded the streets with its wings,
Cold talons pursued each river and stream
Into the mountains, found out their springs
And drilled the dark world with ice.
An enormous wreck of a bird
Closed on my heart in the darkness
And sank into sleep as it shivered.
Not even the heat of your blood, nor the pure
Light falling endlessly from you, like rain,
Could stay in my memory there
Or comfort me then.
Only the comfort of darkness,
The ice-cold, unfreezable brine,
Could melt the cries into silence,
Your bright hands into mine.

Witness

By Denise Levertov, *Selected Poems*

Sometimes the mountain
is hidden from me in veils
of cloud, sometimes
I am hidden from the mountain
in veils of inattention, apathy, fatigue,
when I forget or refuse to go
down to the shore or a few yards
up the road, on a clear day,
to reconfirm
that witnessing presence.

These Days

by Lynn Ungar

Anyone who tells you not to be afraid should have
their head examined.
Cities are burning, hillsides are burning, and the
dumpster fire of our common life is out of control. I
wish I could tell you when it was going to get better.
I wish I could promise that better
was anywhere down this road.
I miss dancing, bodies in something between
conversation and flight.
I miss singing, the way we trusted
the air that moved between us. I miss the casual
assumption that everything would be all right in the
morning. These days I am trying to be buoyed by the
smallest things—
a ripe tomato, a smattering of rain. These days I am
trying to remember that songs of lamentation
are still songs.



EASTER

sunday

EASTER DAWN

This liturgy is usually done at sunrise at a beach and we usually begin a short bit before Sunrise. It has been adapted for a time of physical isolation. If you are not in quarantine, you might wish to go out to the ocean or to a park. You can also use this at home with your curtains open to the brightening sky.

Gather + Recognition of Lands

We gather here in the name of the Triune God and with gratitude on the traditional lands of *(name the nation whose lands you are worshipping on)* You may also wish to recall the watershed you are worshipping in.

The new fire is lit *(light a candle)*

Creator God, you meet us in Christ risen. Your energy warms and brings new life. Your love is irresistible and radiant.

We offer ourselves to you, O God, our consuming fire. Come with your baptism of spirit and fire and make this new fire to illuminate our darkness and inflame us with your love.

Christ yesterday and today, the beginning and the end, Alpha and Omega; all time belongs to you, and all the ages. To Christ be glory and power through every age for ever and ever.

Let us go out to greet the dawn.

For Christ is arising from the dead

Whether inside or out, you are welcomed to take your lit candle and to walk in the darkness, bringing the first glimmers of light to the new day.

Reading: Mark 16:1-3

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, "Who will roll away the stone for us from the entrance to the tomb?"

Song: Alleluia He Is Coming

I looked up and I saw my Lord a-coming
I looked up and I saw my Lord a-coming
Down the road, down the road

Chorus

*Alleluia He is coming, Alleluia He is here
Alleluia He is coming, Alleluia He is here*

I looked up and I saw my Lord a-dying
I looked up and I saw my Lord a-dying



On the cross, on the cross (Chorus)

Ritual of the Stones

We now share a time of silence in which we're all invited to find a small stone somewhere. During this time, reflect on what stone must be rolled away from the tombs, the places of death in our lives, in our choice, and in our relationships. What barriers have we let come between us and our neighbours?

When you have found your stone, please return to the circle...



The following ritual is an ancient practice performed by the catechumens during the Easter Vigil. Just before the first light of dawn they would face the west where the light dies each day and would renounce together that which was hardened and lifeless in their lives. Let us turn to the west in renunciation.

We are all invited to name aloud, or silently, that which we need to renounce...

After the catechumens had turned in renunciation to the west where the sun sinks, they would then turn towards the east, in expectation of the rising sun. Facing the east, they would profess their faith, embracing new life. We will now turn together and face the east...

We are all invited to name out loud (to ourselves, or to those with whom we gather) that which we wish to embrace and nurture in our lives, Our choices and our relationships...

ROLLING AWAY THE STONE

Let us pray:

Holy Listener, Loving and Forgiving God, help us in these first bated moments of celebration to truly search out and roll away the stones that block the way out of the tombed corners of our lives. Open us to recognize what lies between us and the experience of resurrection in our lives. We ask that you be with us though we often cling to our stones: our privilege, our self-focus, our fearfulness, our pride. Help us to cast these stones into the crazy, healing, limitless waters of new life that you offer us this morning. Amen.

You are welcomed to cast away the stone. If you are at a lake or ocean, cast it in. If you are at home, throw it (safely!) out your door or window.

Song: Alleluia He is Coming

I looked up and I saw my Lord a-rising
I looked up and I saw my Lord a-rising
From the grave, from the grave (Chorus 2x)

*Alleluia He is coming, Alleluia He is here
Alleluia He is coming, Alleluia He is here*



PROCLAMATION OF THE RESURRECTION

A reading from the Holy Gospel according to St. Luke

...on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, He has risen!

Alleluia. Christ is risen!

Christ is risen indeed. Alleluia!

Song: Christ the Lord is risen today

Christ the Lord is risen today, alleluia!
earth and heaven in chorus say, alleluia!
Raise your joys and triumphs high; alleluia!
sing, ye heavens and earth reply: alleluia!

Love's redeeming work is done, hallelujah!
fought the fight, the battle won. Hallelujah!
Lo, our sun's eclipse is o'er! Hallelujah!
Lo! he dwells in death no more! Hallelujah!

Lives again our glorious King: hallelujah!
where, O death, is now your sting? Hallelujah!
Once he died, our souls to save: hallelujah!
where your victory, O grave? Hallelujah!

Hail, the Lord of earth and heaven, hallelujah!
praise to you by both be given! Hallelujah!
Every knee to you shall bow, hallelujah!
risen Christ, triumphant now. Hallelujah!

On Easter morning,
we stand luminous in the full moon of spring,
radiant in the rising of the sun.
We rejoice like all of creation
and, like the lily's trumpet,
we open wide our throats and our hearts
to join with all the earth
in celebrating Easter's annual return.

We take hope in the story of Christ,
hope that we will also have our Easter morning
when we will be freed from the prison,
the decaying dusty tomb
of our narrow and stony spirits.
We trust that we too will arise, spring-like,
to a fullness of living and loving.
Amen.



Closing Poem

i thank You God for most this amazing
day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes
(i who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and of love and wings: and of the gay
great happening illimitably earth)
how should tasting touching hearing seeing
breathing any—lifted from the no
of all nothing—human merely being
doubt unimaginable You?

(now the ears of my ears awake and
now the eyes of my eyes are opened)
Edward Estlin Cummings (1894–1962)

Today, as we wait with longing for the time when we can fully celebrate Easter together, we remember that we are Easter people and go into this day with hope and joy on our hearts! You might want to hold your own Easter candle up, as we recommit to practicing resurrection in our lives and in this beautiful world.

Sending

Where the touch of love is felt. **Christ is risen!**
Where enemies are reconciled. **Christ is risen!**
Where solidarity is shown in action. **Christ is risen!**
Where neighbourhoods flourish. **Christ is risen!**
Where compassion is earthed. **Christ is risen!**
Where generosity overflows. **Christ is risen!**
Where trust takes root. **Christ is risen!**
Where friendship grows. **Christ is risen!**
Where hope blossoms. **Christ is risen!**
Where love bears fruit. **Christ is risen!**
Where life comes anew. **Christ is risen!**

All earth is awakening,
resurrected, renewed and revived
May the God who shares heaven and earth,
whom death could not contain,
who lives to disturb and heal us,
Bless us and fill us with peace.

Alleluia! Christ is risen!
Christ is risen indeed! Alleluia!

Sources:

Toronto Catholic Worker, Hodgehill church Easter Dawn, St James Church Piccadilly, Darkness Yielding' (Cotter and Perc

