



# **Holy Week and Easter Prayer Booklet at home**

**Coronavirus (Covid-19) booklet for those self isolating  
Copy - Please do not pass these around**

# Useful information

## Contact information

**Rev. Michelle Ward (Shellie) (Parish Priest)**

**Phone:** 01386 852352

**Mobile:** 07780002565

**Email:** [broadwaycofe@gmail.com](mailto:broadwaycofe@gmail.com)

*You can also make contact through social media church sites  
Stmichaelsandsteadburghas on Facebook, Twitter and Instagram.*

**Rev. Jo Williamson (Curate)**

**Phone:** 01386 853061

**Email:** [revjowilliamson@gmail.com](mailto:revjowilliamson@gmail.com)

## Church of England website

**Coronavirus updates:**

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

This website has up-to-date information and live streaming links to services and prayers

**Prayer for the day:**

<https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer/todays-prayer>

## Worcester Diocese Website

**Podcast of Sermon for Sunday**

<https://www.cofe-worcester.org.uk/news/category/sermon-podcasts/>

**Liturgy and meditations are taken from with permission:**

*Praying with your Cup for Holy Week* by Lilly Lewin, inspired by the writings of Joyce Rupp  
<https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home>.

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<https://jonnybaker.blogs.com/jonnybaker/easter/>

# Contents

<b>Useful Information</b>	<b>p2</b>
<b>Introduction</b>	<b>p4</b>
<b>Palm Sunday</b>	<b>p7</b>
<b>Midday Prayer—Monday—Wednesday of Holy Week</b>	<b>p11</b>
<b>Maundy Thursday</b>	<b>p18</b>
<b>Good Friday</b>	<b>p22</b>
<b>Easter Eve—A Service of Light</b>	<b>p27</b>
<b>Easter Sunday—An Agape Meal</b>	<b>p31</b>
<b>Monday after Easter</b>	<b>p37</b>
<b>A prayer for the medical profession</b>	<b>p39</b>



# Introduction

With Covid 19 (coronavirus) closing our churches but not the church, I've been trying to find ways we can meditate and celebrate Easter together. Now you all know I love a cup of coffee! I stumbled upon Godspace blog and website: [www.godspacelight.com](http://www.godspacelight.com) which I used to read when interested in alternative worship and they have had the amazing idea for this time to use a cup

## **Praying with your Cup for Holy Week.**

Lilly Lewin says, 'I need the reminder that Jesus is holding me in his hand just like I hold my coffee cup each morning! Just my editing process of these prayers helped me focus on Jesus rather than the world's craziness. Maybe like me, you too need to pray with your cup!'

**Praying with our Cup** can be done on your own in the morning and continue you as you use a cup throughout the day. You can pick out a special cup for this devotional time or you could even use paper cups and decorate them with words or pictures for each day. Praying with your cup can be done on your own or with others. You could do this around the table at breakfast as a family or with roommates over dinner. You could do a zoom call with friends or your small group and share your cup practice and prayers together. You could facetime with a friend across the country or down the street. The beautiful thing about technology today is that we are not alone!

If you do this practice in a small group family setting, invite everyone to bring a cup to pray with. Same thing if you are doing this online as a group, plan a time to meet together and invite people to have their cups ready to go.

***Drink deeply of that  
Great Love of Jesus  
today!***

***You are held in  
God's hand.***



# How are you feeling about Holy Week this year?

As you look towards Easter, have you drawn closer to Jesus in the last few days and weeks, or are you feeling like you have been running and running and your cup is now totally empty?

Is your spiritual cup overflowing with energy and gratitude?  
Or are you looking into an empty cup that is dry and needs filling?

## What do you need in your cup, as you look towards Easter Sunday this year?

- Jesus talks a lot about cups in his ministry...
- Giving a cup of cold water to the least of these Matthew 10: 40-42
- Sharing in his cup of suffering when the disciples want a special place of honour Matthew 21:21-23
- Drinking and sharing in the cup of the New Covenant
- And asking God to remove the cup of suffering from him in the Garden of Gethsemane

**This week in the midst of it all, use a cup as your prayer tool.**

**A coffee cup, a tea cup or even a mug.**

**Allow God to speak to you about your life with him as you drink from your cup.**

You might choose a special cup just for Holy Week or you might just see which kind of cup you end up with as you do your prayer focus each day. Allow Jesus to use that cup of coffee, tea or water to be a symbol of where you are on your journey.

**Allow Jesus to refresh you as you drink from your cup each day.**

Allow Jesus to interrupt you in the midst of your day, in the midst of a meeting, to remind you of the cup of salvation, or his cup of suffering, or your need for his living water.

Even a Starbucks cup can remind you to pray ...for the barista, for the other customers in line, for the farmers who grew the coffee, for those who might be suffering for lack of coffee, or for lack of care, due to exploitation of the industrial complex. Hmm...the possibilities!

Included each day in Holy Week are daily prayers / meditations / thoughts throughout this booklet, based around a cup from the website <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home>.

**Use your cup / mug of coffee, tea etc. to draw you closer this week or the week before Easter!**

Take the time to pause and reflect and walk with Jesus on his Way of Suffering. And know that his desire in all of this is to refresh you and provide you with a cup that is overflowing with his love and grace, joy and mercy, even in the midst of all the stillness, lockdown or busyness!



# Palm Sunday

Behold your king comes to you, O Zion,  
meek and lowly, sitting upon an ass.  
Ride on in the cause of truth and for the sake of justice.  
Your throne is the throne of God, it endures for ever;  
and the sceptre of your kingdom is a righteous sceptre.  
You have loved righteousness and hated evil.  
Therefore God, your God,  
has anointed you with the oil of gladness above your fellows.

**Hosanna to the Son of David.  
Blessed is he who comes in the name of the Lord.**

Dear brothers and sisters in Christ, during Lent we have been preparing by works of love and self-sacrifice for the celebration of our Lord's death and resurrection. Today we come together to begin this solemn celebration in union with the Church throughout the world. Christ enters his own city to complete his work as our Saviour, to suffer, to die, and to rise again. Let us go with him in faith and love, so that, united with him in his sufferings, we may share his risen life.

*If you have a Palm cross (new or old) please hold it in your hand.*

We hold our palm cross,  
remembering Jesus our Messiah,  
humble and riding on a donkey.  
May it be a sign to us of the Servant King.  
Make us ready to walk the way of the cross.  
Hosanna in the highest heaven. Amen.

## The Collect

Let us pray for a closer union with Christ in his suffering and in his glory.

*Silence*

True and humble king,  
hailed by the crowd as Messiah:  
grant us the faith to know you and love you,  
that we may be found beside you  
on the way of the cross,  
which is the path of glory.  
**Amen.**



## **Meditation—Palm Sunday: Cup of Praise.**

Cheers or jeers?

As you hold your cup consider where your heart is.

Are you cheering with the crowd today or are you feeling more like a jeering Pharisee?

Are you pouring out praises or curses on those around you?

As you drink from your cup today, take time to praise and thank Jesus for the things He is doing in your life.

As you drink from cups today, pray “Hosanna, blessed is the king who comes in the Name of the Lord”

**Read: Matthew 21: 1-11**

*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home/>*





## Prayers of Intercession

We stand with Christ in his suffering.

For forgiveness for the many times we have denied Jesus,  
let us pray to the Lord.

**Lord, have mercy.**

For grace to have patience and understanding as we cope with the changes Covid-19 (coronavirus) has brought to our lives, for the NHS and keyworkers who aid us and for all affected by the virus in so many different ways,  
let us pray to the Lord.

**Lord, have mercy.**

For Christian people,  
that through the suffering of disunity there may grow a rich union in Christ,  
let us pray to the Lord.

**Lord, have mercy.**

For those who make laws, interpret them, and administer them,  
that our common life may be ordered in justice and mercy,  
let us pray to the Lord.

**Lord, have mercy.**

For those who still make Jerusalem a battleground,  
let us pray to the Lord.

**Lord, have mercy.**

For those who have the courage and honesty  
to work openly for justice and peace,  
let us pray to the Lord.

**Lord, have mercy.**

For those in the darkness and agony of isolation,  
that they may find support and encouragement,  
let us pray to the Lord.

**Lord, have mercy.**

For those who, weighed down with hardship, failure or sorrow,  
feel that God is far from them,  
let us pray to the Lord.

**Lord, have mercy.**

For those who are tempted to give up the way of the cross,  
let us pray to the Lord.

**Lord, have mercy.**

That we, with those who have died in faith,  
may find mercy in the day of Christ,  
let us pray to the Lord.

**Lord, have mercy.**

**Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

Gathering our prayers and praises into one,  
let us pray with confidence as our Saviour has taught us

**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.**

## **The Blessing**

May the blessing of God go with us,  
grace and peace surround us;  
may the hope of the cross inspire us,  
joy and gladness fill our hearts;  
and the blessing of God the Father,  
God the Son and God the Holy Spirit  
be with us and all whom we love  
this day and evermore. Amen.

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# Midday Prayer

## Monday—Wednesday of Holy Week

### Opening Prayer

O God, make speed to save us.  
**O Lord, make haste to help us.**

Let your ways be known upon earth  
**your saving power among the nations.**

Blessed are you, Lord God of our salvation,  
to you be glory and praise for ever.

As we behold your Son, enthroned on the  
cross,

stir up in us the fire of your love,  
that we may be cleansed from all our sins,  
and walk with you in newness of life  
singing the praise of him who died  
for us and our salvation.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

### Saviour of the World

Jesus, Saviour of the world,  
come to us in your mercy:  
we look to you to save and help us.

**By your cross and your life laid down,  
you set your people free:  
we look to you to save and help us.**

When they were ready to perish, you saved your disciples:  
we look to you to come to our help.

**In the greatness of your mercy, loose us from our chains,  
forgive the sins of all your people.**

Make yourself known as our Saviour and mighty deliverer;  
save and help us that we may praise you.

**Come now and dwell with us, Lord Christ Jesus:  
hear our prayer and be with us always.**

And when you come in your glory:  
make us to be one with you  
**and to share the life of your kingdom.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**



That this day may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept.*

As our prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.  
**Amen.**

## **Psalm**

*The appointed psalm is said.*

Monday— Psalm 36

Tuesday— Psalm 71

Wednesday— Psalm 70

*Each psalm ends with*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**



## ***Canticle—The Song of Christ's Glory***

*Refrain:*

**At the name of Jesus  
every knee shall bow.**

Christ Jesus was in the form of God,  
but he did not cling to equality with God.

**He emptied himself, taking the form of a servant,  
and was born in our human likeness.**

Being found in human form he humbled himself,  
and became obedient unto death, even death on a cross.

**Therefore God has highly exalted him,  
and bestowed on him the name above every name,**

That at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth;

**And every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.**

*Philippians 2.5–11*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**At the name of Jesus  
every knee shall bow.**

## ***Meditations***

### **Monday: Cup of Forgiveness, A Confession.**

What do you need to ask forgiveness for?

Talk to God about this. Allow God's love to fill you up today.

As you wash your cup or other dishes, allow this to be a confession.

What is the dirt and grime of life that needs to be washed away?

Ask Jesus to show you.

Allow the water to remind you that Jesus is cleansing and forgiving you daily.

**Read: Matthew 26: 17-30**

## Tuesday: The Cup of Change.

The money changers were cheating people and blocking the way to prayer in the temple. What might be blocking you today?

Talk to Jesus about the things that might be blocking you in prayer or worship.

Who are the people who are blocked from knowing God in your neighbourhood?

Who are the people who are blocked from worship?

Pray for these people or groups to feel the love and acceptance of Jesus today.

Ask Jesus to show you ways to help them feel God's love and hospitality.

**Read: Matthew 21: 12-17**

Many of us have cups of coins at home where we collect change.

Gather the change and give the money to a local charity, to a homeless person, or someone you know who is in need.

## Wednesday: The Cup of Betrayal.

Judas plans to betray Jesus and give him up to leaders who were jealous and afraid of Jesus and his teaching.

As you drink from your cup today, how have you felt betrayed?

Talk to Jesus about this. Tell him your pain.

Pray for this person or situation and ask Jesus to help you forgive and heal.

What about you? Have you betrayed anyone?

Talk to God about this and ask for forgiveness.

Are there ways you have betrayed Jesus in your life?

Talk to Him about this and allow Jesus to forgive you.

**Read: John 13:1-6, 21-30, Matthew 26: 14-15**

*Meditations from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home/>*

*Silence*



## **Responsory**

We adore you, O Christ, and we bless you;  
**by your holy cross, you have redeemed the world.**

Christ committed no sin, no guile was found on his lips.  
**We adore you, O Christ, and we bless you.**

He himself bore our sins in his body on the tree  
that we might die to sin and live to righteousness.  
**By your holy cross, you have redeemed the world.**

By his wounds we have been healed.  
**We adore you, O Christ, and we bless you;**  
**by your holy cross, you have redeemed the world.**

*cf 1 Peter 2*

## **Canticle - The Magnificat (The Song of Mary)**

**God's love for us is revealed  
in that, while we were yet sinners,  
Christ died for us.**

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.

From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.

He has mercy on those who fear him,  
from generation to generation.

He has shown strength with his arm  
and has scattered the proud in their conceit,

Casting down the mighty from their thrones  
and lifting up the lowly.

He has filled the hungry with good things  
and sent the rich away empty.

He has come to the aid of his servant Israel,  
to remember his promise of mercy,

The promise made to our ancestors,  
to Abraham and his children for ever.

*Luke 1.46–55*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**God's love for us is revealed  
in that, while we were yet sinners,  
Christ died for us.**

## **Prayers**

Let us pray to God,  
who alone makes us dwell in safety:

For all who are affected by coronavirus,  
through illness or isolation or anxiety,  
that they may find relief and recovery:  
Lord, hear us,  
**Lord, graciously hear us.**

For those who are guiding our nation at this time,  
and shaping national policies,  
that they may make wise decisions:  
Lord, hear us,  
**Lord, graciously hear us.**

For doctors, nurses and medical researchers,  
that through their skill and insights  
many will be restored to health:  
Lord, hear us,  
**Lord, graciously hear us.**

For the vulnerable and the fearful,  
for the gravely ill and the dying,  
that they may know your comfort and peace:  
Lord, hear us,  
**Lord, graciously hear us.**

We commend ourselves, and all for whom we pray,  
to the mercy and protection of God.

Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

*Silence may be kept.*



*The Collect*

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ our Lord.  
**Amen.**

*The Lord's Prayer is said*

Standing at the foot of the cross,  
let us pray with confidence as our Saviour has taught us

**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.**

May Christ,  
who bore our sins on the cross,  
set us free to serve him  
with joy. **Amen.**

Let us bless the Lord.  
**Thanks be to God.**

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material from which is included here, is copyright  
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# Maundy Thursday

Our Lord Jesus Christ says:

'If you love me, keep my commandments.'

'Unless I wash you, you have no part in me.'

Let us confess to almighty God our sins against his love,  
and ask him to cleanse us.

*Silence is kept.*

Have mercy on us, O God,  
in your great goodness;  
according to the abundance of your compassion  
blot out our offences.

Lord, have mercy.

**Lord, have mercy.**

Against you only have we sinned  
and done what is evil in your sight.

Christ, have mercy.

**Christ, have mercy.**

Purge us from our sin and we shall be clean;  
wash us and we shall be whiter than snow.

Lord, have mercy.

**Lord, have mercy.**

May the Father forgive *us*  
by the death of his Son  
and strengthen us  
to live in the power of the Spirit  
all our days.

**Amen.**



## The Collect

Let us pray that we may love one another as Christ has loved us.

God our Father,  
your Son Jesus Christ was obedient to the end  
and drank the cup prepared for him:  
may we who share his table  
watch with him through the night of suffering  
and be faithful.

**Amen.**

## **Meditation—Maundy Thursday: The Cup of Remembrance ....**

“When you drink this cup remember me,” Jesus said.

The Cup of the New Covenant ...as you drink from your cup today, consider the last supper.

Think about Jesus serving his disciples through washing their feet.

Picture them around the table celebrating the Passover.

What does washing someone’s feet look like in 2020?

How can you serve someone today?

Talk to Jesus about this and then make a plan and act on it.

Do something you wouldn’t normally do for someone in your family, household or office without being asked.

As you drink from your cup today, remember that you are called to love God and love others as Jesus did.

### **READ John 13:31-35**

*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home/>*

### **Prayers of Intercession**

In the power of the Spirit let us pray to the Father through Christ the saviour of the world.

Father,  
on this, the night he was betrayed,  
your Son Jesus Christ washed his disciples’ feet.  
We commit ourselves to follow his example of love and service.  
Lord, hear us  
**and humble us.**

On this night, he prayed for his disciples to be one.  
We pray for the unity of your Church.  
Lord, hear us  
**and unite us.**

On this night, he prayed for those  
who were to believe through his disciples' message.  
We pray for the mission of your Church.  
Lord, hear us  
***and renew our zeal.***

On this night, he commanded his disciples to love,  
but suffered rejection himself.  
We pray for the rejected and unloved.  
Lord, hear us  
***and fill us with your love.***

On this night, he reminded his disciples  
that if the world hated them it hated him first.  
We pray for those who are persecuted for their faith.  
Lord, hear us  
***and give us your peace.***

On this night, he accepted the cup of death  
and looked forward to the new wine of the kingdom.  
We remember those who have died in the peace of Christ.  
Lord, hear us  
***and welcome all your children into paradise.***



## The Dismissal

When the disciples had sung a hymn they went out to the Mount of Olives. Jesus prayed to the Father, 'If it is possible, take this cup of suffering from me.' He said to his disciples, 'How is it that you were not able to keep watch with me for one hour? The hour has come for the Son of Man to be handed over to the power of sinners.'

Christ was obedient unto death.  
Go in his peace.

## The Watch

*A Watch may be kept.*

*The following readings may be used.*

John 13.16-30  
Psalm 113

John 13.31-end  
Psalm 114

John 14.1-14  
Psalm 115

John 14.15-end  
Psalm 116.1-9

John 15.1-17  
Psalm 116.10-end

John 15.18–16.4a  
Psalm 117

John 16.4b-15  
Psalm 118.1-9

John 16.16-end  
Psalm 118.10-18

John 17.1-19  
Psalm 118.19-end

John 17.20-end

Psalm 54  
Luke 22.31-62



# Good Friday

Behold the cross,  
on which hung the Saviour of the world.  
**Come let us worship.**

## Opening Prayer

In the shadow of our suffering  
**is the suffering of Jesus.**

In the shadow of our weakness  
**is the vulnerability of the Christ.**

In the shadow of our pain  
**is the God who cried out.**

We are never rejected,  
**we are never left alone.**

## The Collect

Eternal God,  
in the cross of Jesus  
we see the cost of our sin  
and the depth of your love:  
in humble hope and fear  
may we place at his feet  
all that we have and all that we are,  
through Jesus Christ our Lord. **Amen.**



## **Meditation—Good Friday: The Cup of Suffering.**

Jesus prayed in the Garden of Gethsemane that God would remove the cup of suffering from him. But Jesus was willing to take the cup for each of us. And Jesus is with us in our suffering.

As you drink from your cup today, is there anything in your life you wish God would remove?

Talk to God about this.

Any areas of suffering where you need healing?

Ask Jesus to heal you.

As you drink from your cup today,  
take time to pray for those around the world who are suffering.  
Pray for those who drink from cups of suffering every day.

Pray for places still recovering from the hurricane and earthquake.

Pray for places still in war and conflict.

Pray for the people nearby or around the world who are suffering because of COVID-19.

### **READ Matthew 26: 36-45**

*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home/>*

## **Prayers**

Holy God,  
on this day  
we walk with you into the darkest places of our world,  
and our lives.

Bearing your cross,  
you lead us to discover that even in the darkest places  
your love is ever present;  
that the place of pain  
might be transformed to a place of sharing that pain  
and in leading us to carry pain and sorrow in life  
we discover the healing found within pain and sorrow.

So on this day,  
we see the betrayal of friendship and its consequences.

On this day we remember that your enemies  
appear to have the upper hand.

On this day we remember that all your prophecies  
about the end were justified.

On this day we see how unreliable  
your followers proved to be in a real crisis.

On this day we appeared to see the death of God.

As we gather at the foot of the cross,  
may we know your presence,  
as we reflect upon this day  
and the effect it has on our lives.

Enable us to remember  
that the passage of events is not some distant history,  
but an experience of the religious bigotry, cruelty and  
unreliability  
that continue in our world today.

Grasping at your suffering  
may we meet your willingness to walk on the boundaries of  
what is comfortable  
that we might learn the lengths and depths of God's love.

Lord in your mercy  
**Hear our prayer**

### **A prayer of Alan Paton**

*(1903 to 88 – South African anti-apartheid campaigner and writer)*

*Give us courage, O Lord,  
to stand up and be counted;  
to stand up for those who cannot stand up for themselves;  
to stand up for ourselves when it is needful for us to do so.*

*Let us fear nothing more than we fear Thee.*

*Let us love nothing more than we love Thee ...*

*Let us have no other God before Thee,  
whether nation or party or church.*



*Let us seek no other peace than the peace which is Thine;  
and make us its instruments .....*

**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.**



## Closing Prayer

They looked upon the One they had pierced  
and saw death and emptiness

**And we too look upon the One who died  
and wonder...**

**We wonder at so great a love –  
a love that does not count the cost of loving –  
a love that offers its very self so that we might live –  
a love that would have done the same  
had I been the only one who needed it.**

The sacrifice of love stretched out His arms on the cross  
**and sent forth His spirit  
into the outstretched arms of the Father**

So great a love  
so great a sacrifice...

*We end this afternoon's reflection with a prayer written by Frederick Temple, who was Bishop of Exeter, before going on to become Bishop of London and then Archbishop of Canterbury. His son William, who was born in Exeter and also went on to become Archbishop of Canterbury, said that his father couldn't preach on Good Friday about the cross without tears on his cheeks:*

**O Lord Jesus Christ,  
take us to yourself,  
draw us with cords to the foot of the cross;  
for we have no strength to come,  
and we know not the way.  
You are mighty to save,  
and none can separate us from your love.  
Bring us home to yourself,  
for we are gone astray.  
We have wandered;  
do you seek us.  
Under the shadow of your cross  
let us live all the rest of our lives,  
and there we shall be safe  
through Jesus Christ our Lord,  
Amen**



# Easter Eve

## A service of Light

*You will need a candle and some matches.*

Dear brothers and sisters in Christ,  
on this most holy night,  
when our Lord Jesus Christ passed from death to life,  
the Church invites her children throughout the world  
to come together in vigil and prayer.  
This is the Passover of the Lord.

We remember his death and resurrection  
by hearing his word and celebrating his mysteries,  
confident that we shall share his victory over death  
and live with him for ever in God.

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

*Light the candle, saying*

May the light of Christ, rising in glory,  
banish all darkness from our hearts and minds.

*Hold up the candle and say*

The light of Christ.  
**Thanks be to God.**



## **Meditation—Saturday: The Empty Cup. Loss.**

The disciples hadn't understood that Jesus had to die.  
They hadn't planned on losing their friend.  
And they were afraid that they might die too.  
Look at your empty cup.  
Have you suffered a loss this week, this month, this year?  
Allow Jesus to be with you in that loss.  
Sit with the empty cup and give the loss to Jesus.  
What fears are in your cup today?  
As you hold your cup picture Jesus holding your fears.  
Give your loss and your fear to Jesus.  
Allow Jesus to hold your empty cup today.

*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy-week-at-home/>*

Lighten our darkness,  
Lord, we pray,  
and in your great mercy  
defend us from all perils and dangers of this night,  
for the love of your only Son,  
our Saviour Jesus Christ.

**Amen.**

It is right and good that with hearts and minds and voices  
we should praise you, Father almighty, the unseen God,  
through your only Son, Jesus Christ our Lord,  
who has saved us by his death,  
paid the price of Adam's sin,  
and reconciled us once again to you.

For this is the Passover feast,  
when Christ, the true Lamb of God, is slain  
whose blood consecrates the homes of all the faithful.

This is the night when you first saved our ancestors,  
freeing Israel from her slavery  
and leading her safely through the sea.

This is the night when Jesus Christ vanquished hell,  
broke the chains of death  
and rose triumphant from the grave.

This is the night when all who believe in him are freed from sin,  
restored to grace and holiness,  
and share the victory of Christ.

This is the night that gave us back what we had lost;  
beyond our deepest dreams  
you made even our sin a happy fault.

Most blessed of all nights!  
Evil and hatred are put to flight and sin is washed away,  
lost innocence regained, and mourning turned to joy.

Night truly blessed, when hatred is cast out,  
peace and justice find a home, and heaven is joined to earth  
and all creation reconciled to you.

Therefore, heavenly Father, in this our Easter joy  
accept our sacrifice of praise, your Church's solemn offering.

Grant that this Easter Candle may make our darkness light.  
For Christ the morning star has risen in glory;  
Christ is risen from the dead and his flame of love still burns within us!  
Christ sheds his peaceful light on all the world!  
Christ lives and reigns for ever and ever!  
Amen.

## The Exsultet

*The Exsultet (the Easter Song of Praise) may be sung or said*

Rejoice, heavenly powers! Sing, choirs of angels!  
O Universe, dance around God's throne!  
Jesus Christ, our King, is risen!  
Sound the victorious trumpet of salvation!

Rejoice, O earth, in glory, revealing the splendour of your creation,  
radiant in the brightness of your triumphant King!  
Christ has conquered! Now his life and glory fill you!  
Darkness vanishes for ever!

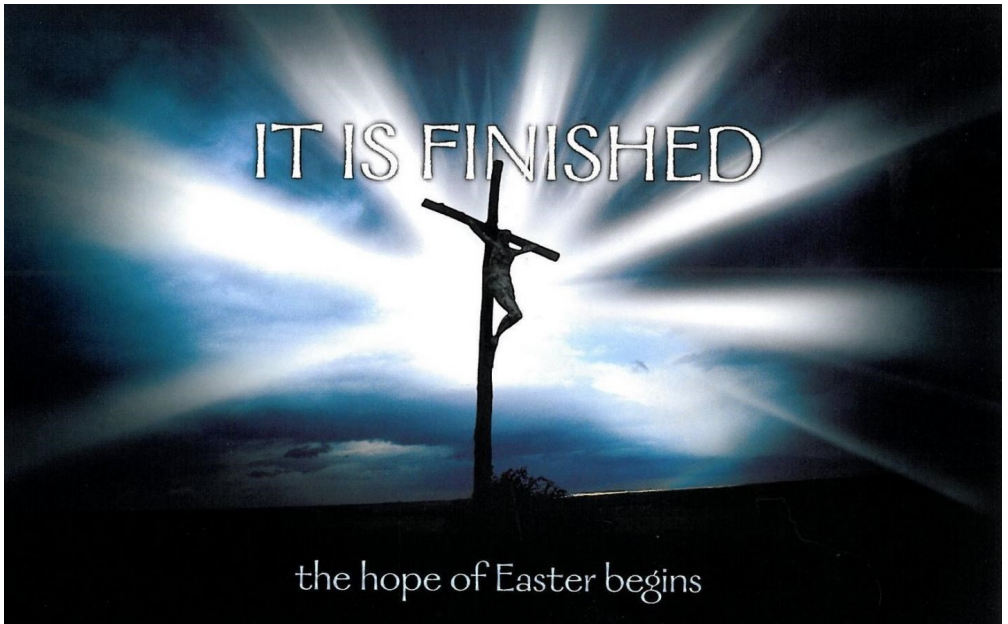
Rejoice, O Mother Church! Exult in glory!  
The risen Saviour, our Lord of life, shines upon you!  
Let all God's people sing and shout for joy.

## Closing Prayer

Eternal God,  
whose Son Jesus Christ is the way, the truth, and the life:  
grant us to walk in his way,  
to rejoice in his truth,  
and to share his risen life;  
who is alive and reigns, now and for ever.  
**Amen.**

## Easter Sunday

*Remember at 10am to sing  
'Jesus Christ is risen today' and  
'Thine be the Glory'  
from your front doors / gardens*



# An Agape Meal

*The Fellowship Meal not only goes back to the early days of the church; it was brought into the church from the parent-faith, Judaism. The meals enjoyed by Jewish religious fraternities, the meals described in the Gospel stories, the meals in Jewish homes today on Sabbath Eve or Festival and records in early Christian writings all help us to understand what an Agape is. In modern times the Agape was revived by the Moravians, and through them by the Methodists, under the name "Love-Feast".*

*You will need bread and wine*

Alleluia. Christ is risen.

***He is risen indeed. Alleluia, alleluia, alleluia.***

This is the day when our Lord Jesus Christ was raised gloriously from the dead, crushing the power of sin and destroying the sting of death. Throughout the world Christians celebrate the mighty power of God as Christ calls us out of darkness to share in his marvellous light. May we, and all Christ's people, shine as lights in the world to the glory of God the Father.

***Confession*** *(a time to say sorry to God)*

Let us examine ourselves  
as we seek to live as Christian's in these testing times

**We confess our failings in Community:  
our lack of understanding,  
our lack of forgiveness  
our lack of openness,  
our lack of sensitivity.**

**We confess the times:  
when we are too eager to be better than others,  
when we are too rushed to care,  
when we are too tired to bother,  
when we are too lazy to really listen,  
when we are too quick to act from motives other than love.**

***Absolution***

**We forgive.  
We trust that we are forgiven.**

## **Meditation—Easter Sunday: Cup of Resurrection and New Life.**

As you drink from your cup today thank Jesus for the New Life that is in you!

Ask Him to show you glimpses of resurrection and hope today and in the days to come.

What things in nature or in other people give you hope?

How can you bring resurrection/hope to someone today?

Ask Jesus to show you and plan an action that can bring hope to someone in your family, friend, group or community.

**READ Matthew 28:1-10 and/or John 20**

*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday-prepping-for-holy->*





## **Creed**

**We believe in one God  
the Creator of all things,  
who loves the whole creation  
with a father's tenderness  
and a mother's strength.**

**We believe in one God,  
our liberator Jesus Christ,  
the Word of God made flesh,  
true God and truly human;  
born among the poor, he lived  
as bringer of God's Kingdom;  
a teacher and a healer,  
a lover of life and a prophet of justice,  
forgiver of sins and a friend of sinners,  
who welcomed the outcasts  
and challenged the powerful,  
whose death on the cross  
defeated sin and death,  
who rose from the dead  
and is alive forever  
in power and glory.**

**We believe in one God,  
the Holy Spirit, the giver of life,  
the Breath of life in all life,  
the gift of God to the people of God,  
Disturber and Comforter.  
The fire and the dove,  
who makes us one community  
in peace and love.**

**We believe in one God,  
a community of love,  
a trinity of holiness,  
the beginning and the end  
of all life. Amen.**

## Prayers

We pray to Jesus who is present with us to eternity.  
Jesus, light of the world,  
bring the light and peace of your gospel to the nations ...  
Jesus, Lord of life,  
**in your mercy, hear us.**

Jesus, bread of life,  
give food to the hungry ...  
and nourish us all with your word.  
Jesus, Lord of life,  
**in your mercy, hear us.**

Jesus, our way, our truth, our life,  
be with us and all who follow you in the way ...  
Deepen our appreciation of your truth  
and fill us with your life.  
Jesus, Lord of life,  
**in your mercy, hear us.**

Jesus, Good Shepherd who gave your life for the sheep,  
recover the straggler,  
bind up the injured,  
strengthen the sick  
and lead the healthy and strong to new pastures.  
Jesus, Lord of life,  
**in your mercy, hear us.**

Jesus, the resurrection and the life,  
we give you thanks for all who have lived and believed in you ...  
Raise us with them to eternal life.  
Jesus, Lord of life, we pray

**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.**

## Agape

Jesus of Bethlehem and Nazareth and Calvary,  
we are expecting you today

Jesus of the manger and the inn,  
Jesus of the workshop and the temple,  
Jesus of the lakeside and the city,  
Jesus of the fireside and the roadside,  
we are expecting you today

**Come, Lord Jesus**

Jesus of Mary and Joseph,  
Jesus of shepherds and angels,  
Jesus of children and animals,  
Jesus of fishermen and priests,  
Jesus of women and men disciples,  
Jesus of all who will receive you,

**Come, Lord Jesus**



## This is a table

<https://jonnybaker.blogs.com/jonnybaker/2013/03/this-is-a-table.html>

This is a table of new expectations  
This is a table where everyone can come to receive  
This is a table for those who haven't met Jesus before  
This is a table with the Lord of the harvest and catch  
This is a table where we are reconciled  
This is a table where there is safety and acceptance  
This is a table which welcomes, invites, provides, unites  
This is a table where uncomfortable things happen  
This is a table that is the natural place to be  
This is a table that is the place to meet people  
This is a table where strength is restored  
This is a table, this is our community

*Take, eat and drink your bread and wine*

## The Dismissal

Alleluia. Christ is risen.  
**He is risen indeed. Alleluia.**

Praise the God and Father of our Lord Jesus Christ.  
**He has given us new life and hope.**  
**He has raised Jesus from the dead.**

God has claimed us as his own.  
**He has brought us out of darkness.**  
**He has made us light to the world.**

Alleluia. Christ is risen.  
**He is risen indeed. Alleluia.**



# Monday after Easter

Let us bless the Father, the Son, and the Holy Spirit.  
Let us praise and exalt him for ever.

**Blessing and honour and glory and power  
be to him who sits upon the throne  
and to the Lamb for ever and ever. Amen.  
Great and marvellous are your works,  
Lord God the almighty;  
just and true are your ways,  
King of saints;  
all glorious your gifts, Spirit of life.  
Blessing and honour  
and glory and wisdom and thanksgiving  
and honour and power and might  
be to our God for ever and ever. Amen.**

## **Meditation—Monday after Easter: The Cup of What is Next?**

The disciples now had a new reality, Jesus was no longer dead!  
For some this was exciting, for others like Peter, it made life uncertain.  
So he goes back to what he did before, fishing!

What were they supposed to do now?

How do they live?

They were being invited into a new life of resurrection,  
a new life of living out the ways of Jesus.

As you drink from your cup today,  
talk to Jesus about any doubts,  
fears or uncertainties you have  
about what is next in your life.

Ask Jesus to show you his great love  
in the middle of the questions  
and the waiting on what is next.

Remember that like Peter,  
Jesus has a call and plan for you  
and loves you more  
than you can even imagine!

**READ John 21: 15-25**



*Meditation from: <https://godspacelight.com/2020/03/13/freerangefriday37prepping-for-holy-week-at-home/>*

*Let us pray*

We thank you, Lord, for the story of Thomas showing us that faith was never easy and that doubt never breaks your love for us.

We lift up to you our demands,  
show me, prove it,  
give me a sign NOW,  
our doubts.

**May your peace be with us**

We offer you  
our fumbling answers  
when others tell us  
you are not proven.

**May your peace be with us**

We offer you  
our pain and reticence  
when we hold back from rejoicing  
because others can't.

**May your peace be with us**

We ask you to meet those  
in need of peace,  
in need of blessing,  
in need of an end to their waiting.

**May your peace be with them.**

**We do believe,  
help us overcome our unbelief**

<https://jonnybaker.blogs.com/jonnybaker/easter/>

For the gift of his Spirit:  
**blessed be Christ.**

For the means of grace:  
**blessed be Christ.**

For the hope of glory:  
**blessed be Christ.**

For the triumphs of his gospel:  
**blessed be Christ.**

For the lives of his saints:  
**blessed be Christ.**

In life and in death:  
**blessed be Christ.**

Now and to the end of the ages:  
**blessed be Christ.**



# **A prayer for the medical profession**

*by Rev Jo Williamson*

**Lord,  
I thank you for the NHS.  
Preserve and strengthen it and keep it safe.**

**May our hospitals and dentists and GP surgeries and hospices  
be signs of your Kingdom -  
witnesses to something greater,  
chapels to eternity,  
reflections of your glory.**



**Give encouragement to those who work in the medical profession.  
Help them to encounter something of the divine in their work.**

**I pray for the safety of these workers,  
whose work takes them into dangerous situations,  
where discomfort, tiredness and anxiety are in free-flow.**

**These Lord, are angels in our midst  
and I praise you for their courage, their bravery and their energy.**

**Amen**

# *EASTER*

HE IS RISEN

