



PRAYERS AND READINGS
for
HOLY WEEK AND EASTER



St Pancras Old Church
Parish of Old St Pancras

Holy Week 2020

Palm Sunday marks the beginning of Holy Week, the most important week of the Church's year. Through this solemn week we journey with our Lord through the events that lead to his suffering, death and resurrection.

We've prepared this booklet so you can unite yourself in pray each day with the whole church throughout the world.

Try and set aside a some time each day of Holy Week to read the Gospel and pray. It might be helpful to set aside the same time each day and prepare a special space in your home – perhaps by lighting a candle or using a cross or holy image.

Please pray for your priests and one another and I will be praying for you. I wish you a blessed Holy Week.

- Fr James

Palm Sunday

5th April, 2020



*Six days before the Passover,
when the Lord came into the city of Jerusalem,
the children ran to meet him;
in their hands they carried palm branches
and with a loud voice cried out:
“Hosanna in the highest!
Blessed are you, who have come in your abundant mercy!”*

A reading from the Holy Gospel according to Matthew.

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, ‘Go into the village ahead of you, and immediately you will find a donkey tied, and a

colt with her; untie them and bring them to me. If anyone says anything to you, just say this, "The Lord needs them." And he will send them immediately.' This took place to fulfil what had been spoken through the prophet, saying,

'Tell the daughter of Zion,
Look, your king is coming to you,
humble, and mounted on a donkey,
and on a colt, the foal of a donkey.'

The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting,

'Hosanna to the Son of David!

Blessed is the one who comes in the name of the Lord!

Hosanna in the highest heaven!'

When he entered Jerusalem, the whole city was in turmoil, asking, 'Who is this?' The crowds were saying, 'This is the prophet Jesus from Nazareth in Galilee.'

Matthew 21:1-11

After reading the Gospel, spend a few minutes thinking about it. Imagine what it would have been like to be there, to have been one of the crowd. Where would you be standing? What would you be doing?

Intercessions

Hosanna to you, the Son of David, the king of ages;
hosanna to you in your triumph over death and hell.

Blessed is he who comes in the name of the Lord.

You went up to Jerusalem to endure the passion and
enter into glory; lead your Church into the paschal feast
of eternal life.

Blessed is he who comes in the name of the Lord.

You made your cross the tree of life; share your victory
with all the baptized.

Blessed is he who comes in the name of the Lord.

You came to save sinners; bring into your kingdom all
who believe, hope and love.

Blessed is he who comes in the name of the Lord.

Then say any intentions and prayers of your own.

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.

Now prepare to make an act of spiritual communion. Imagine you are at church and ready to receive Holy Communion. Spend a few moments meditating on the love that Jesus shows us on the Cross. Say any prayers you usually say before receiving Communion.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

Act of Spiritual Communion

My Jesus, I believe you are present in the Blessed Sacrament.

I love you above all things and I desire to receive you in my soul. Since I cannot receive you in Holy Communion now, at least come spiritually into my heart. As if you have already come to me, I embrace you and join myself wholly to you; do not allow me to distance myself from you.

Amen.

Say any prayers you usually say after receiving Communion.

Father, if this chalice cannot pass without my drinking it, your will be done.

Almighty, ever-living God,
you gave our Saviour the command to become man
and undergo the cross as an example of humility
for all men to follow.

We have the lessons of his sufferings:
give us also the fellowship of his resurrection.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy
Spirit, one God, for ever and ever.
Amen.

✠ The Lord bless us, and keep us from all evil, and
bring us to everlasting life.
Amen.

Monday of Holy Week

6th April 2020



*Contend, O Lord, with my contenders;
fight those who fight me.
Take up your buckler and shield;
arise in my defence, Lord, my mighty help.*

A reading from the Holy Gospel according to John.

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of

pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. So the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

John 12:1-11

After reading the Gospel, spend a few minutes thinking about it. What would it have been like to be one of the guests at the table, sharing in this meal. What would you make of Jesus' words?

Intercessions

Lord Jesus, you went up to Jerusalem to endure the passion and enter into glory;
lead your Church into the paschal feast of eternal life.
Lord, have mercy on us.

Your heart was pierced with a lance;
heal the wounds of our human weakness.
Lord, have mercy on us.

You made your cross the tree of life;
share your victory with all the baptized.
Lord, have mercy on us.

You gave salvation to the repentant thief;
pardon all our sins.
Lord, have mercy on us.

Then say any intentions and prayers of your own.

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,
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my soul. Since I cannot receive you in Holy
Communion now, at least come spiritually into my
heart. As if you have already come to me, I embrace
you and join myself wholly to you; do not allow me
to distance myself from you. Amen.

Say any prayers you usually say after receiving Communion.

Do not hide your face from me in the day of my
distress.

Turn your ear towards me; on the day when I call,
speedily answer me.

Almighty God,
grant that we who are constantly betrayed by our own
weakness may draw the breath of new life from the
passion and death of your Only-Begotten Son,
who lives and reigns with you in the unity of the Holy
Spirit, one God, for ever and ever. Amen.

✠ The Lord bless us, and keep us from all evil, and
bring us to everlasting life. Amen.

Tuesday of Holy Week

7th April 2020



*Do not leave me to the will of my foes, O Lord,
for false witnesses rise up against me
and they breathe out violence.*

A reading from the Holy Gospel according to John.

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples—the one whom Jesus loved—was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the

one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' Now no one at the table knew why he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night.

When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come."

Simon Peter said to him, 'Lord, where are you going?' Jesus answered, 'Where I am going, you cannot follow me now; but you will follow afterwards.' Peter said to him, 'Lord, why can I not follow you now? I will lay down my life for you.' Jesus answered, 'Will you lay down your life for me? Very truly, I tell you, before the cock crows, you will have denied me three times.

John 13:21-33,36-38

After reading the Gospel, spend a few minutes thinking about it. Only the words of Jesus, Judas and Simon Peter are recorded. Judas leaves, and then Jesus begins to speak. When he responds, does Simon Peter speak for you too?

Intercessions

Christ, our Redeemer, let us share in your passion by works of penance,
let us attain the glory of your resurrection.

Sanctify the people you redeemed by your blood.

Grant us the protection of your Holy Mother,
the Comforter of the afflicted,
Help us to extend to others the consolation you have given us.

Sanctify the people you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress and let the power of your salvation shine forth in their lives.

Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross; grant to your servants obedience and patience.

Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory;
let us rejoice one day with them in the fellowship of the saints.

Sanctify the people you redeemed by your blood.

Then say any intentions and prayers of your own.

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,
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my soul. Since I cannot receive you in Holy
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heart. As if you have already come to me, I embrace
you and join myself wholly to you; do not allow me
to distance myself from you. Amen.

Say any prayers you usually say after receiving Communion.

God did not spare his own Son, but handed him over for us all.

Almighty ever-living God,
grant us so to celebrate the mysteries of the Lord's
Passion that we may merit to receive your pardon.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

✠ The Lord bless us, and keep us from all evil,
and bring us to everlasting life.
Amen.

Wednesday of Holy Week

8th April 2020



At the name of Jesus, every knee should bend of those in heaven and on the earth and under the earth, for the Lord became obedient to death, death on a cross: therefore Jesus Christ is Lord, to the glory of God the Father.

A reading from the Holy Gospel according to Matthew.

Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, ‘What will you give me if I betray him to you?’ They paid him thirty pieces of silver. And from that moment he began to look for an opportunity to betray him.

On the first day of Unleavened Bread the disciples came to Jesus, saying, ‘Where do you want us to make

the preparations for you to eat the Passover?’ He said, ‘Go into the city to a certain man, and say to him, “The Teacher says, My time is near; I will keep the Passover at your house with my disciples.” ’ So the disciples did as Jesus had directed them, and they prepared the Passover meal.

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.’

Matthew 26:14-25

After reading the Gospel, spend a few minutes thinking about it. How would it feel to be Judas? Looking into the eyes of Jesus, saying ‘Surely not I, Lord?’ Does Judas realise that Jesus knows he has already betrayed him?

Intercessions

Christ, our Redeemer, let us share in your passion by works of penance,
let us attain the glory of your resurrection.

Sanctify the people you redeemed by your blood.

Grant us the protection of your Holy Mother, the Comforter of the afflicted, help us to extend to others the consolation you have given us.

Sanctify the people you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress and let the power of your salvation shine forth in their lives.

Sanctify the people you redeemed by your blood.

You humbled yourself even to accepting death, death on a cross; grant to your servants obedience and patience.

Sanctify the people you redeemed by your blood.

Share with the dead your bodily glory; let us rejoice one day with them in the fellowship of the saints.

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Then say any intentions and prayers of your own.

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come.

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Say any prayers you usually say after receiving Communion.

The Son of Man did not come to be served but to serve and to give his life as a ransom for many.

O God,
who willed your Son to submit for our sake to the yoke of the Cross, so that you might drive from us the power of the enemy,
grant us, your servants, to attain the grace of the

resurrection.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

✠ The Lord bless us, and keep us from all evil,
and bring us to everlasting life.

Amen.

Maundy Thursday

9th April 2020



*We should glory in the Cross of our Lord Jesus Christ,
in whom is our salvation, life and resurrection,
through whom we are saved and delivered.*

A reading from the Holy Gospel according to John.

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his

hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.'

John 13:1-15

After reading the Gospel, spend a few minutes thinking about it. How would it be to have Jesus himself wash your feet?

Intercessions

Christ, our Redeemer, let us share in your passion by works of penance;

let us attain the glory of your resurrection.

Sanctify the people whom you redeemed by your blood.

Grant us the protection of your Holy Mother, the Comforter of the afflicted;

may we bring to others the consolation you have given us.

Sanctify the people whom you redeemed by your blood.

Unite the faithful to your passion in times of trouble and distress;

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my soul. Since I cannot receive you in Holy
Communion now, at least come spiritually into my
heart. As if you have already come to me, I embrace
you and join myself wholly to you; do not allow me
to distance myself from you. Amen.

Say any prayers you usually say after receiving Communion.

This is the Body that will be given up for you;
this is the Chalice of the new covenant in my Blood,
says the Lord;
do this, whenever you receive it, in memory of me.

O God,
who have called us to participate in this most sacred
Supper, in which your Only Begotten Son, when about
to hand himself over to death, entrusted to the Church
a sacrifice new for all eternity, the banquet of his love,
grant, we pray, that we may draw from so great a
mystery, the fullness of charity and of life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

✠ The Lord bless us, and keep us from all evil,
and bring us to everlasting life.
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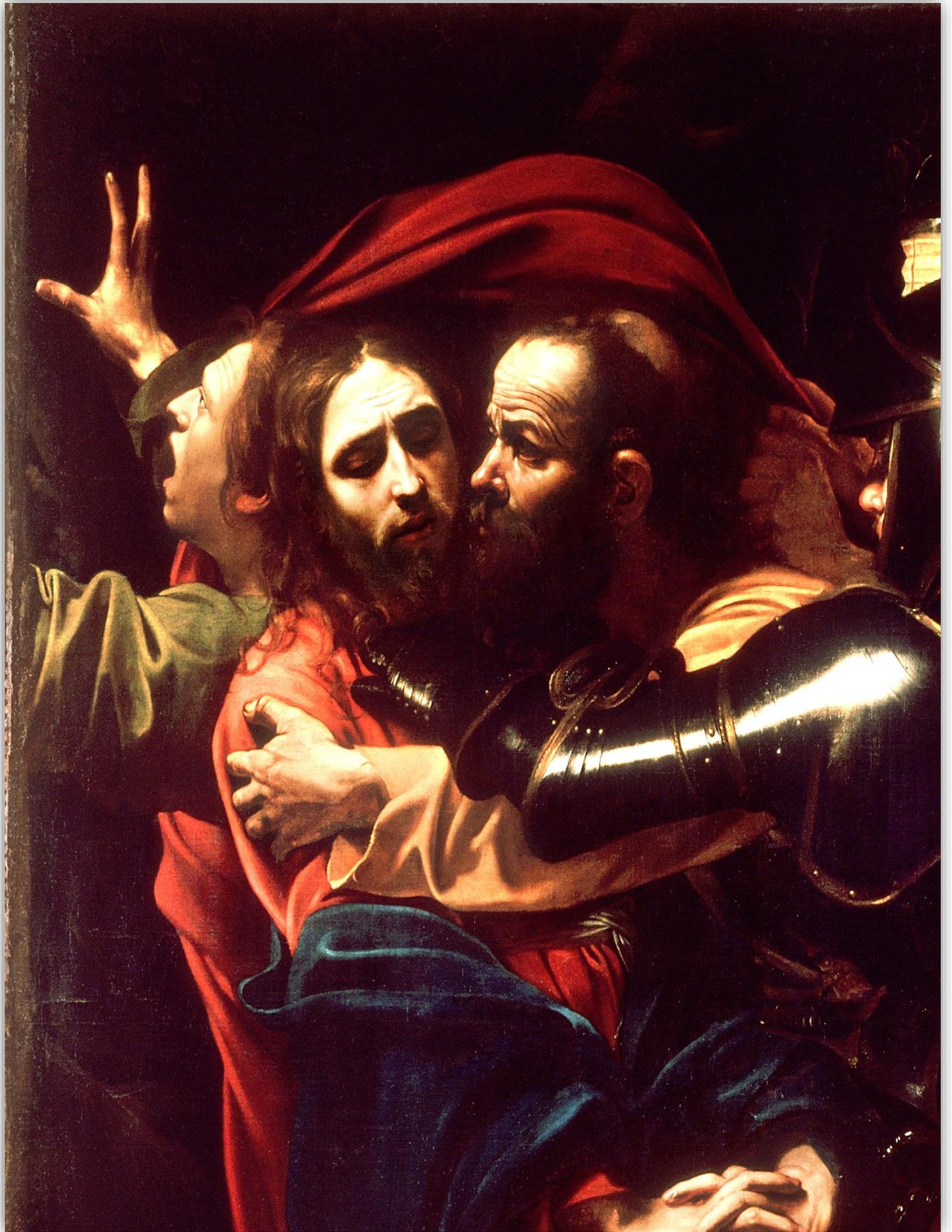
Good Friday

10th April 2020

Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

The Passion of Our Lord Jesus Christ according to John.

After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. Then Jesus, knowing all that was to happen to him, came forward and asked them, 'For whom are you looking?' They answered, 'Jesus of Nazareth.' Jesus replied, 'I am he.' Judas, who betrayed him, was standing with them. When Jesus said to them, 'I am he', they stepped back and fell to the ground. Again he asked them, 'For whom are you looking?' And they said, 'Jesus of Nazareth.' Jesus answered, 'I told you that I am he. So if you are looking for me, let these men go.' This was to fulfil the word that he had spoken, 'I did not lose a single one of those whom you gave me.' Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. Jesus said to Peter, 'Put your sword back into its sheath. Am I not to drink the cup that the Father has given me?'



So the soldiers, their officer, and the Jewish police arrested Jesus and bound him. First they took him to Annas, who was the father-in-law of Caiaphas, the high priest that year. Caiaphas was the one who had advised the Jews that it was better to have one person die for the people.

Simon Peter and another disciple followed Jesus. Since that disciple was known to the high priest, he went with Jesus into the courtyard of the high priest, but Peter was standing outside at the gate. So the other disciple, who was known to the high priest, went out, spoke to the woman who guarded the gate, and brought Peter in. The woman said to Peter, 'You are not also one of this man's disciples, are you?' He said, 'I am not.' Now the slaves and the police had made a charcoal fire because it was cold, and they were standing round it and warming themselves. Peter also was standing with them and warming himself.

Then the high priest questioned Jesus about his disciples and about his teaching. Jesus answered, 'I have spoken openly to the world; I have always taught in synagogues and in the temple, where all the Jews come together. I have said nothing in secret. Why do you ask me? Ask those who heard what I said to them; they know what I said.' When he had said this, one of the police standing nearby struck Jesus on the face, saying, 'Is that how you answer the high priest?' Jesus answered, 'If I have spoken wrongly, testify to the wrong. But if I have spoken rightly, why do you strike me?' Then Annas sent him bound to Caiaphas the high priest.

Now Simon Peter was standing and warming himself. They asked him, 'You are not also one of his disciples,

are you?’ He denied it and said, ‘I am not.’ One of the slaves of the high priest, a relative of the man whose ear Peter had cut off, asked, ‘Did I not see you in the garden with him?’ Again Peter denied it, and at that moment the cock crowed.

Then they took Jesus from Caiaphas to Pilate’s headquarters. It was early in the morning. They themselves did not enter the headquarters, so as to avoid ritual defilement and to be able to eat the Passover. So Pilate went out to them and said, ‘What accusation do you bring against this man?’ They answered, ‘If this man were not a criminal, we would not have handed him over to you.’ Pilate said to them, ‘Take him yourselves and judge him according to your law.’ The Jews replied, ‘We are not permitted to put anyone to death.’ (This was to fulfil what Jesus had said when he indicated the kind of death he was to die.) Then Pilate entered the headquarters again, summoned Jesus, and asked him, ‘Are you the King of the Jews?’ Jesus answered, ‘Do you ask this on your own, or did others tell you about me?’ Pilate replied, ‘I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?’ Jesus answered, ‘My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.’ Pilate asked him, ‘So you are a king?’ Jesus answered, ‘You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.’ Pilate asked him, ‘What is truth?’



After he had said this, he went out to the Jews again and told them, 'I find no case against him. But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?' They shouted in reply, 'Not this man, but Barabbas!' Now Barabbas was a bandit.

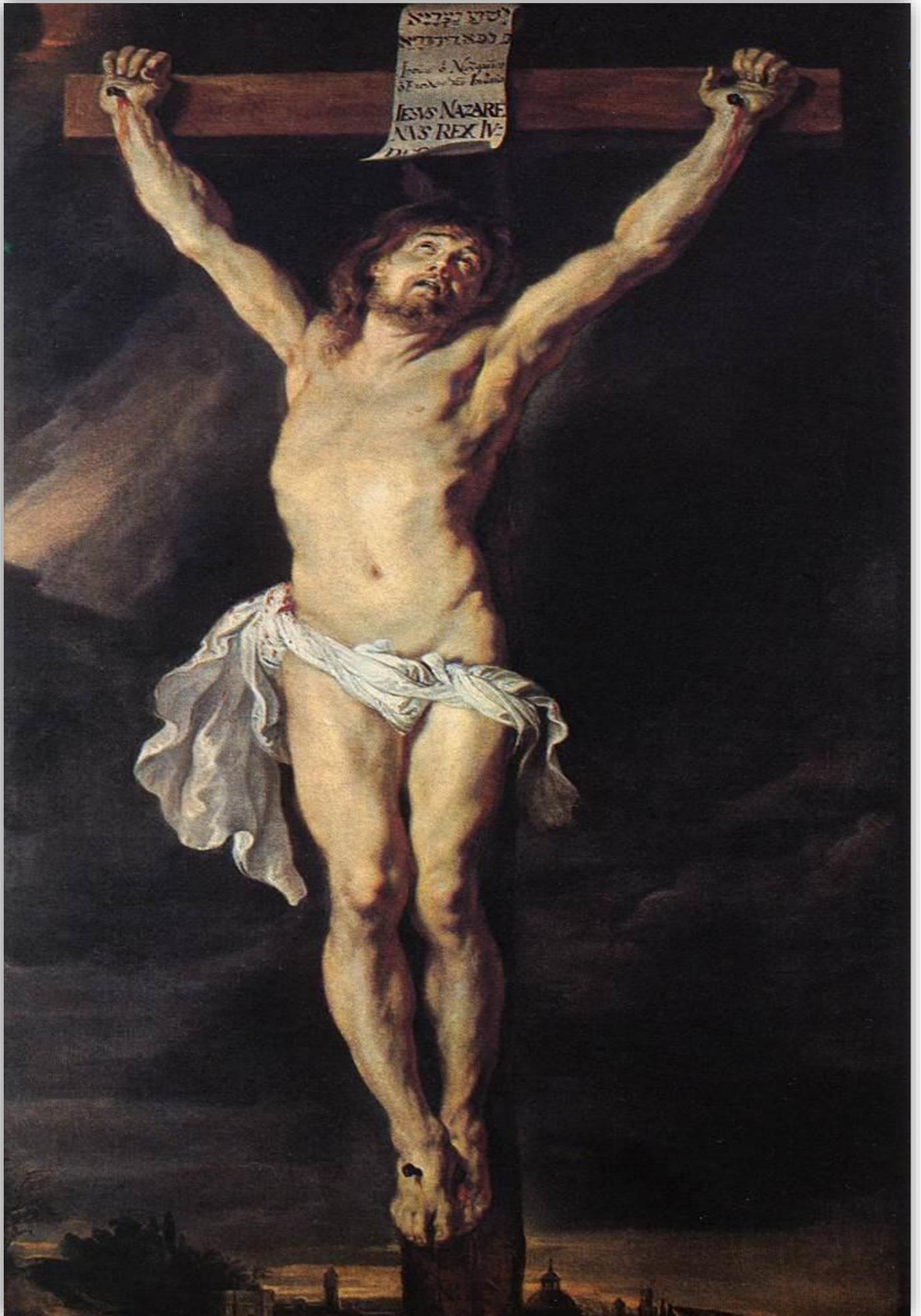
Then Pilate took Jesus and had him flogged. And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. They kept coming up to him, saying, 'Hail, King of the Jews!' and striking him on the face. Pilate went out again and said to them, 'Look, I am bringing him out to you to let you know that I find no case against him.' So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, 'Here is the man!' When the chief priests and the police saw him, they shouted, 'Crucify him! Crucify him!' Pilate said to them, 'Take him yourselves and crucify him; I find no case against him.' The Jews answered him, 'We have a law, and according to that law he ought to die because he has claimed to be the Son of God.'

Now when Pilate heard this, he was more afraid than ever. He entered his headquarters again and asked Jesus, 'Where are you from?' But Jesus gave him no answer. Pilate therefore said to him, 'Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?' Jesus answered him, 'You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin.' From then on Pilate tried to release him, but the Jews cried out, 'If you release this man, you are no friend of the

emperor. Everyone who claims to be a king sets himself against the emperor.'

When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, 'Here is your King!' They cried out, 'Away with him! Away with him! Crucify him!' Pilate asked them, 'Shall I crucify your King?' The chief priests answered, 'We have no king but the emperor.' Then he handed him over to them to be crucified.

So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, 'Jesus of Nazareth, the King of the Jews.' Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. Then the chief priests of the Jews said to Pilate, 'Do not write, "The King of the Jews", but, "This man said, I am King of the Jews."' Pilate answered, 'What I have written I have written.' 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.'

And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), 'I am thirsty.' A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit.

Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. (He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) These things occurred so that the scripture might be fulfilled, 'None of his bones shall be broken.' And again another passage of

scripture says, 'They will look on the one whom they have pierced.'

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.



A prayer for Good Friday

Almighty ever-living God,
who have restored us to life by the blessed Death and
Resurrection of your Christ,
preserve in us the work of your mercy,
that, by partaking of this mystery,
we may have a life unceasingly devoted to you.
Through Christ our Lord.
Amen.

Holy Saturday

11th April 2020



A reading from the Prophet Ezekiel.

The word of the Lord came to me: Mortal, when the house of Israel lived on their own soil, they defiled it with their ways and their deeds; their conduct in my sight was like the uncleanness of a woman in her menstrual period. So I poured out my wrath upon them for the blood that they had shed upon the land, and for the idols with which they had defiled it. I scattered them among the nations, and they were dispersed through the countries; in accordance with their conduct and their deeds I judged them. But when they came to the nations, wherever they came, they profaned my holy name, in that it was said of them, 'These are the people of the Lord, and yet they had to

go out of his land.’ But I had concern for my holy name, which the house of Israel had profaned among the nations to which they came.

Therefore say to the house of Israel, Thus says the Lord God: It is not for your sake, O house of Israel, that I am about to act, but for the sake of my holy name, which you have profaned among the nations to which you came. I will sanctify my great name, which has been profaned among the nations, and which you have profaned among them; and the nations shall know that I am the Lord, says the Lord God, when through you I display my holiness before their eyes. I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

Ezekiel 36:16-17,18-28

Intercessions

Christ, our Lord, you saw your mother standing by the cross;

may we share your saving passion in our time of suffering.

Lord, have mercy on us.

Christ, our Saviour, you died like a grain of wheat
falling into the ground;
gather us to yourself in the harvest of redemption.
Lord, have mercy on us.

Christ, our shepherd, lying in the tomb you were
hidden from men;
teach us to love our real life, which is hidden with you
in God.

Lord, have mercy on us.

Christ, the new Adam, you went down into the world
of the dead to free the just;
may those who are dead in sin hear your voice and
live.

Lord, have mercy on us.

Son of the living God, we were buried with you in
baptism;
let us rise with you, alive to God for ever.

Lord, have mercy on us.

Then say any intentions and prayers of your own.

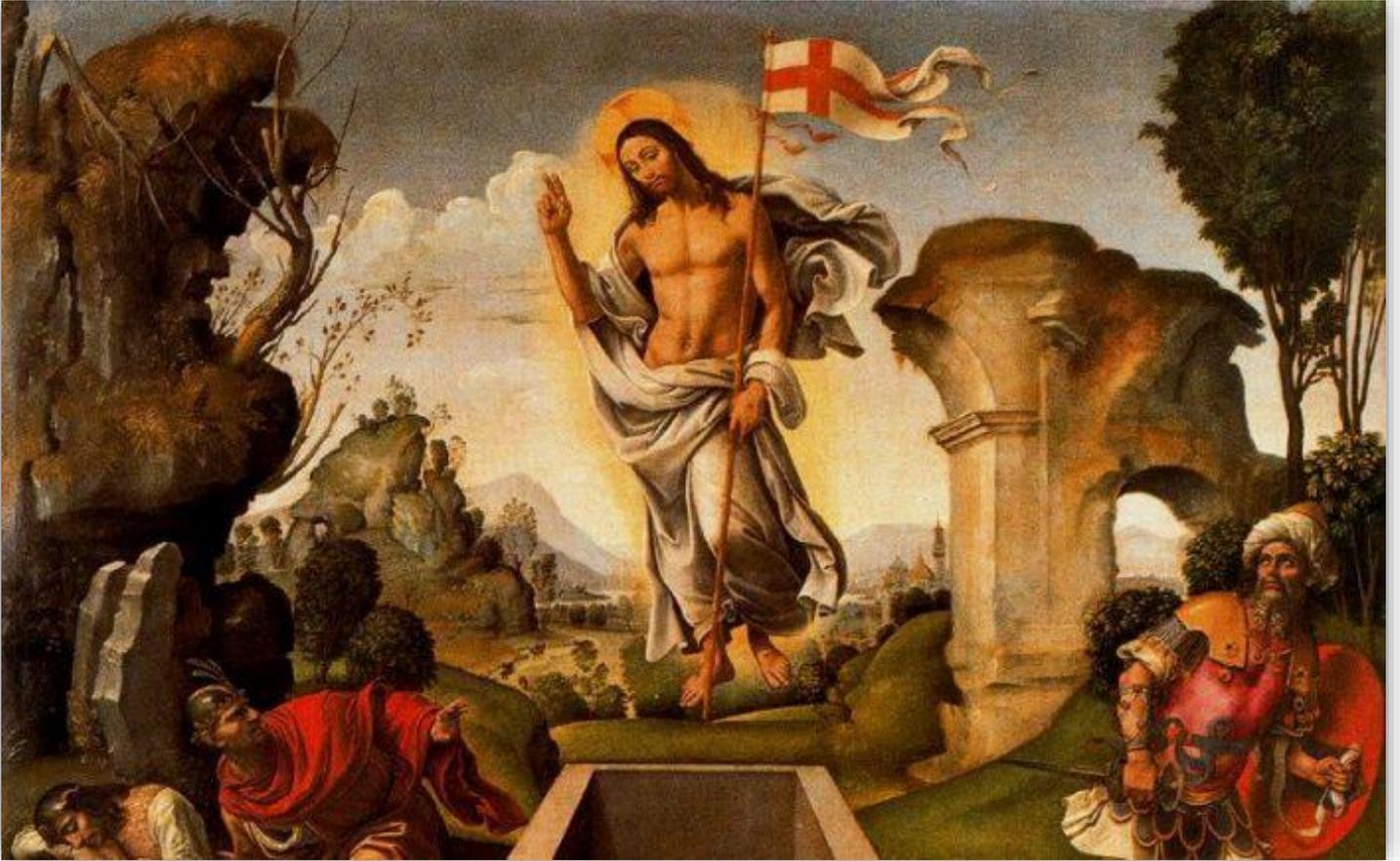
Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the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

Almighty, ever-living God,
whose Only-Begotten Son descended to the realm of
the dead, and rose from there to glory,
grant that your faithful people, who were buried with
him in baptism, may, by his resurrection, obtain eternal
life.

Who lives and reigns with you in the unity of the Holy
Spirit, one God, for ever and ever. Amen.

✠ The Lord bless us, and keep us from all evil, and
bring us to everlasting life. Amen

Easter Sunday



*I have risen, and I am with you still, alleluia.
You have laid your hand upon me, alleluia.
Too wonderful for me, this knowledge, alleluia, alleluia!*

A reading from the Holy Gospel according to Matthew.

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the

women, 'Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, "He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him." This is my message for you.' So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, 'Greetings!' And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, 'Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.'

Matthew 28:1-10

After reading the Gospel, spend a few minutes thinking about it. 'They left the tomb quickly with fear and great joy' – how do you imagine the expressions on their faces? How might you have felt in their place?

Intercessions

Christ, you are the light that drives out darkness and draws humanity to holiness;
let us make this day a living hymn of praise.
Christ, our life, save us.

Lord, you followed the way of suffering, even to the cross;
grant that we may die with you and come to life with you.
Christ, our life, save us.

Our master and our brother, you have made us a kingdom of priests to serve God our Father; let us offer you with joy the sacrifice of praise.
Christ, our life, save us.

King of glory, we look forward to the day of your coming, then we shall see your face and share in your splendour.
Christ, our life, save us.

Then say any intentions and prayers of your own.

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.

Now prepare to make an act of spiritual communion. Imagine you are at church and ready to receive Holy Communion. Spend a few moments meditating on the love that Jesus shows us on the Cross. Say any prayers you usually say before receiving Communion.

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
have mercy on us.

Lamb of God, you take away the sins of the world,
grant us peace.

An act of Spiritual Communion

My Jesus, I believe you are present in the Blessed
Sacrament.

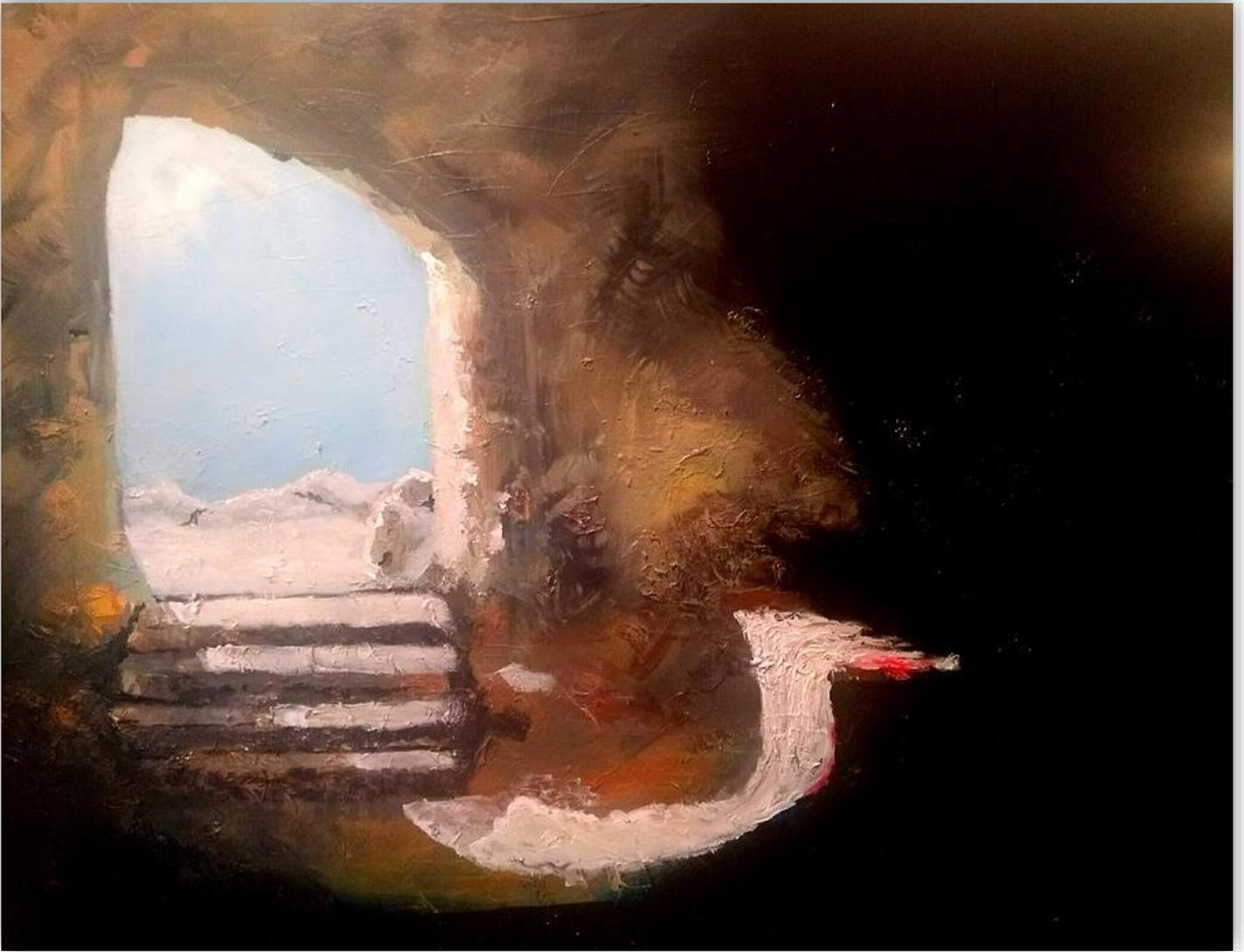
I love you above all things and I desire to receive you in
my soul. Since I cannot receive you in Holy
Communion now, at least come spiritually into my
heart. As if you have already come to me, I embrace
you and join myself wholly to you; do not allow me
to distance myself from you. Amen.

Say any prayers you usually say after receiving Communion.

Christ our Passover has been sacrificed, alleluia;
therefore let us keep the feast with the unleavened
bread of purity and truth, alleluia, alleluia.

O God, who on this day,
through your Only Begotten Son,
have conquered death and unlocked for us the path to
eternity,
grant, we pray, that we who keep the solemnity of the
Lord's Resurrection may, through the renewal brought
by your Spirit, rise up in the light of life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

✠ The Lord bless us, and keep us from all evil,
and bring us to everlasting life.
Amen.





He is risen, Alleluia!