

# *Good Friday*



## *St. Mark's At Home*

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# ST. MARK'S

## EPISCOPAL CHURCH

**W**elcome to St. Mark's At Home! This packet is our effort to help you bring worship and spiritual formation into your home. It is a menu to choose from, not an outline to follow from beginning to end. We know the merry-go-round of some households are operating at break-neck speeds of stress while others have twiddled beyond thumb and index finger to previously unknown depths of boredom.

**T**his is offered as a gift, with no strings or expectations, and not meant to be a burden. Some resources are recommended for specific ages, some are for all; some will change each week, some things will stay the same. Choose what is a gift to you wherever you are right now and ignore the rest. We are all in this together.

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## What's Inside

- Gathering: Suggestions for Virtual Worship
- Spending Time With The Cross
- Prayers and Suggestions for your Table
- Youth and Children
- Music and Arts

## **Gathering** (Suggestions On Preparing for Virtual Worship)

Worship is intended for in-person gatherings in physical space, which is why it is not easy or natural to worship virtually. Our brains and bodies encounter screens in very different ways than our brains and bodies encounter physical spaces. So while we wait; while we rightfully long to gather in-person for worship once again, here are a few practical suggestions for engaging virtual expressions of worship in the meantime:

- On whatever device you're watching on, take a few moments to shut down all other running programs and applications. Temporarily disable your push notifications. Place your phones in another room on silent or Do Not Disturb mode.
- Wash your hands and face, like an Old Testament temple priest. Today we are washing our hands to stay healthy, but it is also a way of signaling through your senses that you are preparing to worship.
- Light a candle--a symbol of Christ's presence with you wherever you are. You can even prepare a small home chapel. Clean off a table. Set out a cross. You are not alone even if you are alone.
- Take a few deep breaths and say a short prayer to prepare your heart to "enter" a different kind of space. We recommend the Collect for Purity:

*Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

# Spending Time With The Cross

## **At-Home Stations of the Cross**

[Stations of the Cross Booklet](#)

## **Suggestions for Personal Devotion**

From the earliest days of the Church, the faithful offered devotions to the cross with prayers and anthems on Good Friday:

*Place a cross or a crucifix on your home altar or table. Sit with this sign of your salvation before you begin this service of prayer.*

### **One:**

*Almighty God,  
Look with loving mercy on your family,  
For whom our Lord Jesus Christ was willing to be betrayed,  
And to be given over to the hands of sinners,  
And to suffer death on the cross;  
Who now lives and reigns with you and the Holy Spirit,  
One God forever and ever.*

**All:** AMEN.

## **The Bidding Prayers**

*Silence is kept after each bidding*

**One:** Dear members of God's family:

We pray for the Church throughout the world. . .

We pray for our bishops, our clergy, and all servants of the Church. . .

We pray for those preparing for baptism. . .

We pray for the Jewish people, the first to hear the word of God. . .

We pray for those who do not share our faith in Jesus Christ. . .

We pray for those who do not believe in God. . .

We pray for God's creation. . .

We pray for those who serve in public office. . .

We pray for those in any need. . .

And we pray for all afflicted by the coronavirus. . .

## **Pray the *Lord's Prayer***

### **Conclude with these words:**

**One** We adore you, O Christ, and we bless you.

**All** By your holy cross you have redeemed the world.

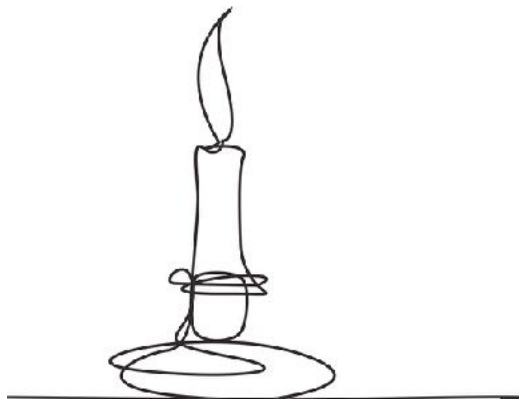
## Prayers and Suggestions for Your Table

*A suggestion for your household table:*

Good Friday is traditionally a day of fasting and prayer. It is typical in many cultures to have a simple, meatless meal on an undecorated table.

A suggested prayer for use prior to an evening meal:

*Merciful God, may the sacrifice of our Savior, Jesus Christ your Son, be the inspiration for us to go forward and follow the light of redemption.  
Amen.*



# Resources for Children and Youth

## **FAMILIES WITH YOUNG CHILDREN**

- **Prepare for the discussion** - It can be difficult to talk to young children about Jesus' death. As parents we fear traumatizing our children or breaking their spirits. Of course, be sensitive to the emotions that might come up with this story. But no one is expecting you to make this a happy story. In fact, as much as you can, allow your children to sit with the sadness of what happened to Jesus without rushing in to insert an artificial "happy ending" (save the real happy ending for Easter). Follow your child's lead in responding to any questions they ask if you're worried about knowing how much to share.
- **Go on a walk** - Take your kids on a walk around your neighborhood or at a nearby trail. Talk about the story of "Jesus' last day" as you walk. Tell them that Jesus was very tired after not getting any sleep the night before. Tell them that Jesus had to walk a long way to the place where he would die. Tell them that he was hurting and had to carry the heavy cross. But he kept going, even though it was hard, because he loved God and loved everyone so much.
- **Watch: "Jesus Wears God's Kingly Crown"** - In [this video](#) of a recent St. Mark's Day School chapel, watch Father Zac share the story of the cross from *The Big Picture Story Bible*.
- **Pray: Sign of the cross** - Good Friday is a great opportunity to explain to children why Christians make the sign of the cross when we pray. Tell them that Christians are marked with the same cross that Jesus died on, so we can remember that we belong to Jesus and that we are to love and serve others just like he did. Have them practice making the sign of the cross themselves, and pray with them. *(continued on next page.)*

## Resources for Children and Youth

- **A bedtime story suggestion** - If you've spent a lot of time with your child today talking about Jesus' death on the cross, consider ending the day with a comforting story from Psalm 23 or something similar in a children's bible (see "The Good Shepherd" in *The Jesus Storybook Bible*). Let your children know that even on the darkest days, God is still with us.

### **FAMILIES WITH OLDER CHILDREN/TEENS**

- **Eliminate distractions** - Take a break from home/online school today (or at least for part of the day). Set some boundaries for screen time and put distractions away. Communicate that this is going to be a special day of remembrance and worship
- **Read and remember** - Your child/teen may be familiar with the story of Jesus' death on the cross, but have them re-read the account from one of the gospels. Bring the whole family together for this. Have older siblings lead younger siblings in understanding the events of Good Friday and getting the basic timeline down.
- **Journal** - Give some writing prompts for everyone to journal and reflect for a few minutes. When you're done, ask if anyone would be willing to share what they wrote.

*When have you felt that you were treated unfairly or punished when you were innocent? Describe that feeling.*

*Write about a time when you were wronged by someone and decided to get back at them. How did it feel? What happened as a result? What would have been different if you had chosen to not retaliate?*

*Think about the loneliest time in your life. What was going on? What made it so difficult? Who were you wishing would come and be with you?*

- **A podcast to listen to** - The [We Wonder](#) podcast is a great resource for older children, ages 7 and up. Download and listen to the short (10-15 min.) Good Friday reflection together.

# Music and the Arts

## **MUSIC**

### **Were You There When They Crucified My Lord?**

Listen to this recording of American soprano Jessye Norman (1845–2019):

<https://www.youtube.com/watch?v=p7SFabDxhNE>

Her performance is powerful in its heartfelt simplicity.

Like most Spirituals, the origins of *Were You There* are impossible to trace, borne not from the pen of an individual but out of the communal slave experience. The series of questions that forms the basis of the song is obviously not meant to be taken literally; none of us were physically present at the Passion of Christ. Rather, like the Jewish Passover experience, it calls the community to remember the past, to bring these historic events to bear on the now and make them part of our story.

The song also calls us to remember the African-American slave experience out of which the song arose. Theologian James Cone writes that “In the mystery of God’s revelation, black Christians believed that just knowing that Jesus went through an experience of suffering in a manner similar to theirs gave them faith that God was with them, even in suffering on lynching trees, just as God was present with Jesus in suffering on the cross.”

The song has transcended the American experience. Mahatma Gandhi said, “I feel that this song gets to the root of the experience of the entire human race under the spread of the healing wings of suffering.”

Check out these varied and wonderful recordings from YouTube:

Mahalia Jackson:

<https://www.youtube.com/watch?v=-4B72Ff3KAY>

Willie Nelson

<https://www.youtube.com/watch?v=-b18DzXH-U>

A Mass Choir in Wales

<https://www.youtube.com/watch?v=9nFE3VSBWG0>

Johnny Cash

<https://www.youtube.com/watch?v=rM14-JucaLI>

King’s College, Cambridge

<https://www.youtube.com/watch?v=K5qUnKC9rPU>



## Music and the Arts

### **ART**

Spent some time meditating on the image below. Begin by listing all the things you notice. Don't rush to interpretation.



*Descent from the Cross* by Sadao Watanabe. Printed with permission

## Music and the Arts

Only after you have spent some time listing your observations, begin asking yourself questions like the following:

- Why did the artist decide to make the image this way instead of that way? Why did they include this detail instead of that one? In what ways is the artist telling this story in a new way than I've heard before? Who might all the characters in the image be? Who or what is missing from this image?
  - Finally: What might God be inviting me to consider through this image?
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On the following page, is an art piece created for our congregation by St. Mark's parishioner Christie Stockstill, titled *The Darkest Day*. This piece is primarily ink and water color, on Mixed Media paper. “As an artist, my strength is fine art photography, but I love art of all genres and media and have recently begun teaching myself to draw and paint. What is one to do, though, when she gets a request for five art pieces created around the themes of Holy Week in the midst of a pandemic and an order to stay-at-home? One must get creative, so I gathered the tools I had, ordered more art paper and got to work.”

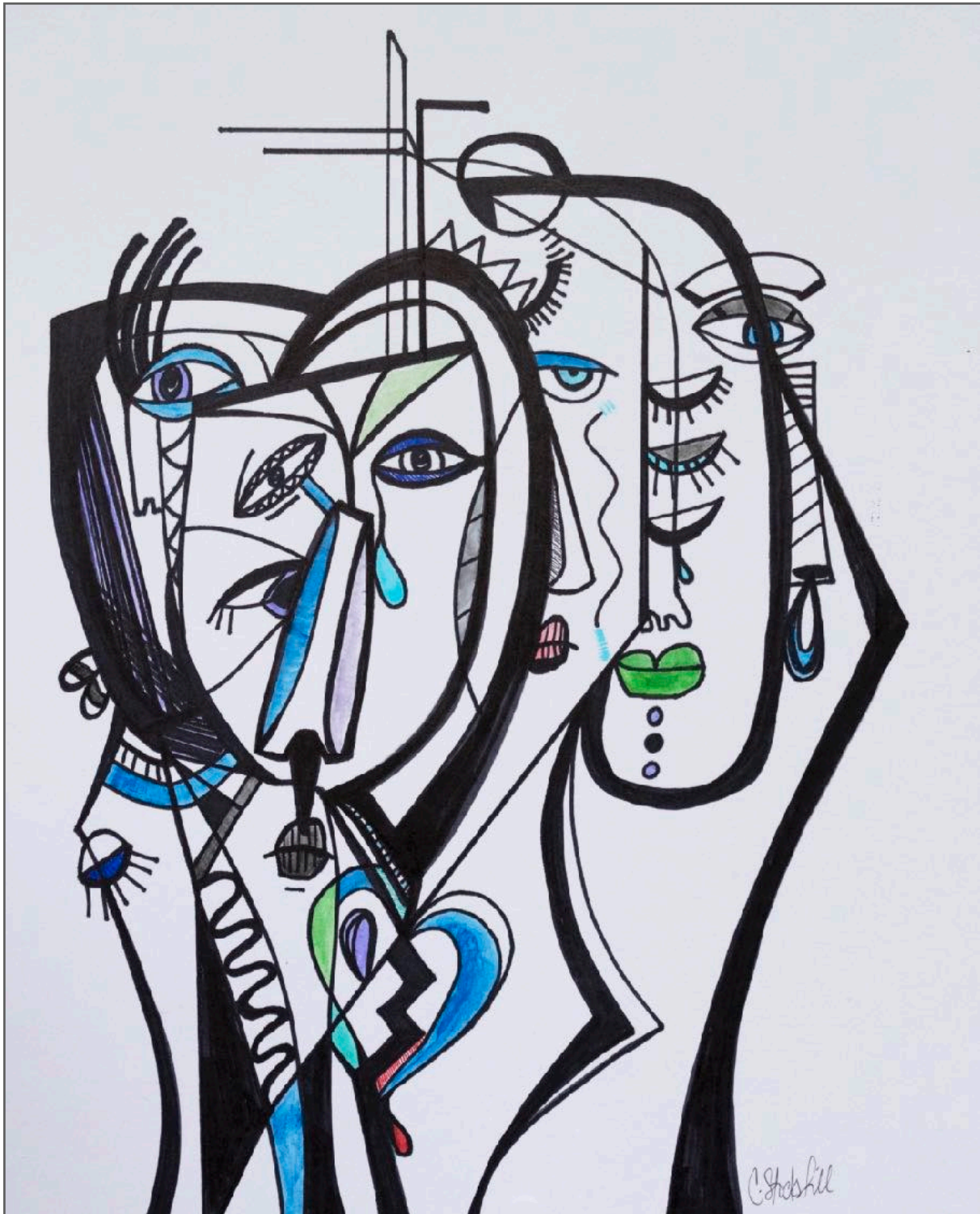


“In *The Darkest Day*, the piece representative of the crucifixion and the heartbreak of Good Friday, I have kept a limited color palette (blues, greens and purples with only a hint of red.) Of the many on-lookers, several have downcast eyes (sadness? shame?) and some have tears. All are somber.”

- Christie

Using the same process as the first art piece, take time to study and list your thoughts, and then proceed with the same questions (above).

## Music and the Arts



*The Darkest Day* by Christie Stockstill