

Welcome to
St. John's Episcopal Church
Chula Vista, CA

Good Friday

Noonday Prayer with the Way of the Cross

March 29, 2024
12:00 noon



*No matter who you are or where you are on your spiritual journey,
you are welcome here*

Celebrant
Reader

Rev. Roger Haenke
Judy Butcher

Officiant O God, make speed to save us.

People **O Lord, make haste to help us.**

Officiant and People

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

Psalm 51 *Miserere mei, Deus*

Have mercy on me, O God, according to your loving-kindness;
in your great compassion blot out my offenses.

Wash me through and through from my wickedness
and cleanse me from my sin.

For I know my transgressions,
and my sin is ever before me.

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

And so you are justified when you speak
and upright in your judgment.

Indeed, I have been wicked from my birth,
a sinner from my mother's womb.

For behold, you look for truth deep within me,
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure;
wash me, and I shall be clean indeed.

Make me hear of joy and gladness,
that the body you have broken may rejoice.

Hide your face from my sins
and blot out all my iniquities.

Create in me a clean heart, O God,
and renew a right spirit within me.

Cast me not away from your presence
and take not your holy Spirit from me.

Give me the joy of your saving help again
and sustain me with your bountiful Spirit.

I shall teach your ways to the wicked,
and sinners shall return to you.

Deliver me from death, O God,
***and my tongue shall sing of your righteousness,
O God of my salvation.***

Open my lips, O Lord,
and my mouth shall proclaim your praise.

Had you desired it, I would have offered sacrifice,
but you take no delight in burnt-offerings.

The sacrifice of God is a troubled spirit;
a broken and contrite heart, O God, you will not despise.

Be favorable and gracious to Zion,
and rebuild the walls of Jerusalem.

Then you will be pleased with the appointed sacrifices, with burnt-offerings and oblations;
then shall they offer young bullocks upon your altar.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Psalm 22 *Deus, Deus meus*

My God, my God, why have you forsaken me?
and are so far from my cry and from the words of my distress?

O my God, I cry in the daytime, but you do not answer;
by night as well, but I find no rest.

Yet you are the Holy One,
enthroned upon the praises of Israel.

Our forefathers put their trust in you;
they trusted, and you delivered them.

They cried out to you and were delivered;
they trusted in you and were not put to shame.

But as for me, I am a worm and no man,
scorned by all and despised by the people.

All who see me laugh me to scorn;
they curl their lips and wag their heads, saying,

“He trusted in the Lord; let him deliver him;
let him rescue him, if he delights in him.”

Yet you are he who took me out of the womb,
and kept me safe upon my mother’s breast.

I have been entrusted to you ever since I was born;
you were my God when I was still in my mother's womb.

Be not far from me, for trouble is near,
and there is none to help.

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

A Reading from the Book of Hebrews

Hebrews 10: 16-25

The Holy Spirit testifies saying,

"This is the covenant that I will make with them after those days, says the Lord:
I will put my laws in their hearts, and I will write them on their minds,"

he also adds,

"I will remember their sins and their lawless deeds no more."

Where there is forgiveness of these, there is no longer any offering for sin.

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

The Word of the Lord

Thanks be to God

The Prayers

Officiant Lord, have mercy.

People ***Christ, have mercy.***

Officiant Lord, have mercy.

Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

***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, and the power, and the glory, for ever and ever. Amen.

Officiant Lord, hear our prayer;
People **And let our cry come to you.**
Officiant Let us pray.

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen.

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake.
Amen.

The Officiant concludes
Let us pray.

We humbly beseech thee, O Father, mercifully to look upon our infirmities; and, for the glory of thy Name, turn from us all those evils that we most justly have deserved; and grant that in all our troubles we may put our whole trust and confidence in thy mercy, and evermore serve thee in holiness and pureness of living, to thy honor and glory; through our only Mediator and Advocate, Jesus Christ our Lord. **Amen.**

The grace of our Lord Jesus Christ, and the love of God and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

Everyone's Way of the Cross

Clarence Enzler

Opening Devotions

V. We will glory in the cross of our Lord Jesus Christ:
R. **In whom is our salvation, our life and resurrection.**

Let us pray. *(Silence)*

Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality; through Jesus Christ our Lord. **Amen.**

Introduction

Christ speaks

These fourteen steps
that you are now about to walk
you do not take alone.

I walk with you.

Though you are you,
and I am I,
yet we are truly one – one Christ

And therefore
my way of the cross
two thousand years ago
and your “way” now
are also one.

But note this difference.
My life was incomplete until I crowned it
by my death.
Your fourteen steps
will only be complete
when you have crowned them
by your life.

Station One Jesus Is Condemned

Christ speaks

In Pilate’s hands, my other self,
I see my Father’s will.
Though Pilate is unjust,
he has earthly power over me.
And so the Son of God obey.
If I can bow to my Father’s will,
can you also submit, even in the face of injustice?

I reply

***My Jesus, Lord,
obedience cost you your life.
For me it costs an act of will –
no more –
and yet how hard it is for me to bend.
Remove the blinders from my eyes
that I may see that it is you alone whom I obey.
Lord, it is you.***

Station Two Jesus Takes His Cross

Christ speaks This cross,
this chunk of tree,
is what my Father chose for me.

The crosses you must bear
are largely products of your daily life.
And yet my Father chose them, too,
for you.

Receive them from his hands.

Take heart, my other self,
I will not let your burdens grow
one ounce too heavy for your strength.

I reply

***My Jesus, Lord,
I take my daily cross.
I welcome the monotony
that often marks my day,
discomforts of all kinds,
the summer's heat, the winter's cold,
my disappointments, tensions, setbacks, cares.***

***Remind me often that
in carrying my cross,
I carry yours with you.
And though I bear a sliver only of your cross,
You carry all of mine, except a sliver,
in return.***

Station Three Jesus Falls

Christ speaks The God who made the universe,
and holds it in existence
by his will alone,
becomes, as man, too weak to bear
a piece of timber's weight.

How human in his weakness is the Son of God.

My Father willed it thus.
I could not be your model otherwise.

If you would be my other self,
you also must accept without complaint
your human frailties.

I reply

Lord Jesus, how can I refuse?

***I willingly accept my weaknesses,
my irritations and my moods,
my headaches and fatigue,
all my defects of body, mind, and soul.***

***Because they are your will for me,
these "handicaps," of my humanity,
I gladly suffer them.***

***Make me content
with all my discontents,
but give me strength
to struggle after you.***

Station Four Jesus Meets His Mother

Christ speaks

My mother sees me whipped.
She sees me kicked and driven like a beast.
She counts my every wound.
But though her soul cries out in agony,
no protest or complaint escapes her lips
or even enters her thoughts

She shares my martyrdom –
and I share hers.
We hide no pain, no sorrow,
from each other's eyes.
This is my Father's will.

I reply

***My Jesus, Lord,
I know what you are telling me.
To watch the pain of those we love
is harder than to bear our own.***

***To carry my cross after you,
I, too, must stand and watch
the sufferings of my dear ones;
the heartaches, sickness and grief
of those I love.***

And I must let them watch mine, too.

***I do believe –
for those who love you
all things work together unto good.***

Station Five Simon Helps Jesus

Christ speaks My strength is gone;
I can no longer bear the cross alone.
And so the legionnaires
make Simon give me aid.

This Simon is like you, my other self.
Give me your strength.

Each time you lift some burden from another's back,
you lift as with your very hand
the cross's awful weight
that crushes me.

I reply ***Lord, make me realize
that every time I wipe a dish,
pick up an object off the floor,
assist a child in some small task,
or give another preference
in traffic or the store;
each time I feed the hungry,
clothe the naked,
teach the ignorant,
or lend my hand in any way –
it matters not to whom –
my name is Simon.
And the kindness I extend to them
I really give to you.***

Station Six Veronica Helps Jesus

Christ speaks Can you be brave enough, my other self,
to wipe my bloody face?

Where is my face, you ask?

At home whenever eyes fill up with tears,
at work when tensions rise,
on playgrounds, in the slums,
the courts, the hospitals, the jails –
wherever suffering exists –
my face is there.
And there I look for you
to wipe away my blood and tears.

I Reply

***Lord, what you ask is hard.
It calls for courage and self-sacrifice,
and I am weak.
Please, give me strength.
Don't let me run away because of fear.

Lord, live in me
and act in me
and love in me.
And not in me alone – in all of us –
so that we may reveal
no more your bloody but your glorious face
on earth.***

Station Seven Jesus Falls Again

Christ speaks

This seventh step, my other self,
is one that tests your will.
From this fall learn to persevere
in doing good.

The time will come
when all your efforts seem to fail
and you will think,
“I can't go on.”

Then turn to me,
my heavy-laden one,
and I will give you rest.

Trust me and carry on.

I reply

***Give me your courage, Lord.
When failure presses heavily on me
and I am desolate,
stretch out your hand
to lift me up.

I know I must not cease,
but persevere in doing good.

But help me, Lord.
Alone, there's nothing I can do.
With you, I can do anything you ask.

I will.***

Station Eight Jesus Consoles the Women

Christ speaks How often had I longed to take
the children of Jerusalem
and gather them to me.
But they refused.

But now these women weep for me
and my heart mourns for them –
mourns for their sorrows that will come.

I comfort those who seek to solace me.

How gentle can you be, my other self?
How kind?

I reply ***My Jesus,
your compassion
in your passion
is beyond compare.***

***Lord, teach me, help me learn.
When I would snap at those
who hurt me with their ridicule,
those who misunderstand,
or hinder me with some misguided helpfulness,
those who intrude upon my privacy –
then help me curb my tongue.***

May gentleness become my cloak.

Lord, make me kind like you.

Station Nine The Third Fall

Christ speaks Completely drained of strength
I lie, collapsed, upon the cobblestones.
My body cannot move.
No blows, no kicks, can rouse it up.

And yet my will is mine.
And so is yours.

Know this, my other self,
your body may be broken,
but no force on earth and none in hell
can take away your will.

Your will is yours.

I reply

***My Lord,
I see you take a moment's rest
then rise and stagger on.
So I can do -
because my will is mine.***

***When all my strength is gone
and guilt and self-reproach
press me to earth and seem to hold me fast,
protect me from the sin of Judas –
save me from despair!***

***Lord, never let me feel
that any sin of mine
is greater than your love.
No matter what my past has been
I can begin anew.***

Station Ten Jesus Is Stripped

Christ speaks

Behold, my other self,
the poorest king who ever lived.
Before my creatures I stand stripped.
The cross – my deathbed –
even this is not my own.

Yet who has ever been so rich?

Possessing nothing, I own all –
my Father's love.

If you, too, would own everything,
be not solicitous
about your food, your clothes,
your life.

I reply

***My Lord,
I offer You my all –
whatever I possess,
and more, my self.***

***Detach me from the cravings for
prestige, position, wealth.
Root out of me
all trace of envy of my neighbor
who has more than I.***

***Release me from the vice of pride,
my longing to exalt myself,
and lead me to the lowest place.***

***May I be poor in spirit, Lord,
so that I can be rich in you.***

Station Eleven Jesus is Crucified

Christ speaks

Can you imagine what a crucifixion is?

My executioners stretch my arms;
they hold my hand and wrist against the wood
and press the nail
until it stabs my flesh.

Then with one heavy hammer smash
they drive it through –
and pain
bursts like a bomb of fire in my brain.

They seize the other arm;
and agony again explodes.

Then raising up my knees
so that my feet are flat against the wood,
they hammer them fast, too.

I reply

My God,

I look at you and think:

Is my soul worth this much?

What can I give you in return?

I here and now accept

for all my life

whatever sickness, torment, agony may come.

To every cross I touch my lips.

O blessed cross that lets me be –

with you –

a co-redeemer of humanity.

Station Twelve Jesus Dies

Christ speaks The cross becomes a pulpit now –
“Forgive them, Father...
You will be with me in Paradise...
There is your mother... There ... your...son...
I thirst...
It is complete.”

To speak I have to raise myself
by pressing on my wrists and feet,
and every move engulfs me
in new waves of agony.

And then, when I have borne enough,
have emptied my humanity,
I let my mortal life depart.

I reply

***My Jesus,
God,
what can I say or do?***

***I offer you my death
with all its pains,
accepting now
the time and kind of death
in store for me.
Not by a single instant
would I lengthen my life's span.***

***I offer you my death
for my own sins
and those of all humanity.***

***My God! My God! Forsake us not.
We know not what we do.***

Station 13 Jesus Is Taken Down

Christ speaks The sacrifice is done.

Yes, my Mass is complete;
but not my mother's
and not yours, my other self.

My mother still must cradle in her arms
the lifeless body of the son she bore.

You, too, must part from those you love,
and grief will come to you.

In your bereavements think of this:
A multitude of souls were saved
by Mary's sharing in my Calvary.
Your grief can also be
the price of souls.

I reply

***I beg you, Lord,
help me accept the partings that must come –
from friends who go away,
my children leaving home,
and most of all, my dear ones
when you shall call them to yourself.***

***Then, give me grace to say:
"As it has pleased You, Lord,
to take them home,
I bow to Your most holy will
And if by just one word
I might restore their lives against your will,
I would not speak."
Grant them eternal joy.***

Station Fourteen Jesus Is Buried

Christ speaks

So ends my mortal life.

But now another life begins
for Mary,
and for Magdalen,
for Peter and for John,
and you.

My work is done.

My work within and through my church
must now commence.

I look to you, my other self.

Day in, day out, from this time forth,
be my apostle –
victim –
saint.

I reply

***My Jesus, Lord,
you know my spirit is as willing
as my flesh is weak.***

***The teaching you could not impart,
the sufferings you could not bear,
the works of love you could not do
in your short life on earth,
let me impart,
and bear,
and do
through you.***

***But I am nothing, Lord.
Help me!***

Conclusion

Christ speaks

I told you at the start, my other self,
my life was not complete
until I crowned it by my death.
Your “way” is not complete
unless you crown it by your life.

Accept each moment as it comes to you,
with faith and trust
that all that happens has my mark on it.
A simple *fiat*, this is all it takes;
a breathing in your heart,
“I will it, Lord.”

So seek me not in far-off places.
I am close at hand.
Your workbench, office, kitchen,
these are altars where you offer love.
And I am with you there.

Go now! Take up your cross
and with your life
complete your way.

Concluding Prayer

To Christ our Lord who loves us, and washed us in his own blood,
and made us a kingdom of priests to serve his God and Father,
to him be glory and dominion for ever and ever. ***Amen.***