



Service YouTube Links

Phrase One (The Church of the Good Samaritan Episcopal, Clearwater, FL): https://youtu.be/dl7QAoBqs54

Phrase Two (Faithpoint United Methodist Church, Urbana, MD): https://youtu.be/GTn8WYdDSU0

Phrase Three (Rock Christian Church, Falls Church, VA): https://youtu.be/4keYzitJIZI

Phrase Three (Church of the Holy Trinity Episcopal, and The Ekklesia Contemporary Ballet Middletown, CT): https://youtu.be/iVfsp7ZPpU8

Phrase Four (Middletown United Methodist Church, Middletown, MD): https://youtu.be/W8GTPsEZZho

Phrase Five (Dumbarton United Methodist Church, Washington, DC): https://youtu.be/v_QqLY3RaGY

Phrase Six (The Church of The Epiphany Episcopal, Washington, DC): https://youtu.be/-y3bAJrmzcY

Phrase Seven (The Falls Church Episcopal, Falls Church, VA): https://youtu.be/A14Ufapn4lg

Good Friday Service (With All The Phrases Combined) https://youtu.be/FbWg8kvztV0

PHRASE ONE

"Facing Sin"



"FATHER, FORGIVE THEM; FOR THEY KNOW NOT WHAT THEY DO" LUKE 23:34 NRSV

By The Rev. Jamie Samilio
The Church of the Good Samaritan Episcopal, Clearwater, FL

What we do in this world matters. We can say we believe, we can pray for the gifts of faith and grace, but somehow the understanding that we are all connected to each other by God's spirit, the spirit that runs through all of us, eludes us. We act in this world as if there are no consequences to our actions, and we do this because we think our actions do not impact our circle or us directly.

We operate in circles, but we fail to see the larger circle that God has drawn around all of us as one human race. We are enough just as we are. We are very good and deserving of God's love – love that is shared through each other. We all have a direct impact on each other. No matter how small or insignificant we feel our actions are, those actions impact the world. What we do in this world matters. We are called to love God and to love each other. We are called to uphold the dignity of all people because God loves everyone – NO EXCEPTIONS! As Micah reminds us, "He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"



Shake Us From Our Slumber (Martin Luther King, Jr)

WHEN OUR EYES DO NOT SEE THE GRAVITY OF RACIAL JUSTICE, SHAKE US FROM OUR SLUMBER AND OPEN OUR EYES, O LORD.

WHEN OUT OF FEAR WE ARE FROZEN INTO INACTION, GIVE US A SPIRIT OF BRAVERY, O LORD.

WHEN WE TRY OUR BEST BUT SAY THE WRONG THINGS, GIVE US A SPIRIT OF HUMILITY, O LORD.

WHEN THE CHAOS OF THIS DIES DOWN,
GIVE US A LASTING SPIRIT OF SOLIDARITY, O LORD.

WHEN IT BECOMES EASIER TO POINT FINGERS OUTWARDS, HELP US TO EXAMINE OUR OWN HEARTS, O LORD.

GOD OF TRUTH, IN YOUR WISDOM, ENLIGHTEN US.
GOD OF HOPE IN YOUR KINDNESS, HEAL US.
CREATOR OF ALL PEOPLE, IN YOUR GENEROSITY, GUIDE US.

RACISM BREAKS YOUR HEART, BREAK OUR HEARTS FOR WHAT BREAKS YOURS, O LORD.

EVER PRESENT GOD, YOU CALLED US TO BE IN RELATIONSHIP WITH ONE ANOTHER

AND PROMISED TO DWELL WHEREVER TWO OR THREE ARE GATHERED. IN OUR COMMUNITY, WE ARE MANY DIFFERENT PEOPLE;

WE COME FROM MANY DIFFERENT PLACES, HAVE MANY DIFFERENT CULTURES.
OPEN OUR HEARTS THAT WE MAY BE BOLD IN FINDING THE RICHES OF
INCLUSION

AND THE TREASURES OF DIVERSITY AMONG US. WE PRAY IN FAITH.

PHRASE TWO

"Finding Forgiveness"



"Is there someone you need to reach out to for support or to check in on to see how they are doing?"

"TODAY YOU WILL BE WITH ME IN PARADISE." LUKE 23:43 NRSV

By Pastor Chris Bishop
Faithpoint United Methodist Church, Urbana, MD

We are accustomed to doing things on our own. At times it is pride, and other times cultural pressures tell us that we should be able to carry the burdens of life alone. Even the best multi-taskers will get burnt out or fail when they try and go at it alone.

Feelings of failure, shame, isolation, and hopelessness were likely welling up in the hearts of the men hanging on the crosses beside Jesus. Those men had few options as to how they would face their remaining time on earth. One chose to go at it alone, but the other decided to put his faith in someone other than himself. That trust gained him new life. Where do you find yourself trying to take on too much or do it all on your own? Why do you overextend yourself? Does this affect your feelings about others or God?

We all have a network of people who we support and who support us. Take a minute and think about or write down who is in your network. This can include friends, family, doctors, mental health professionals, coaches, and others you connect with.

Is there someone from that list you need to reach out to for support or to check in on to see how they are doing?

Remember, the Kingdom is not a zero-sum game. Let's share in paradise together by supporting one another on this journey.

PHRASE TWO

RESPONSE SPACE ON PAGE: 6

PRAYER FOR COMPASSION ON PAGE: 7

A Pray For Compassion (From The Book Of Occasional Services, The Episcopal Church)

GOD OF COMPASSION,

TEACH US TO EMBODY YOUR LOVE

GOD OF FAITHFULNESS,

HELP US BE CONSTANT IN SERVICE

GOD OF ALL CREATION,

GIVE US COMPASSION FOR ALL YOUR CHILDREN

GOD OF BLESSING, HEAR OUR PRAYERS.

(HERE, WE INVITE YOU TO ADD YOUR PRAYERS OF INTERCESSIONS OR THANKSGIVING)

GOD OF LOVE,

DRAW OUR HEARTS TO YOU

PHRASE THREE

"Love Beyond Measure"



In the midst of our own trouble, do we take the time to love?

PHRASE THREE

RESPONSE SPACE ON PAGE: 9

PRAYER FOR LOVE, WRITTEN
BY UNITED METHODIST
WOMEN ROME FIRST STUDY
OF LATIN AMERICA
ON PAGE: 10



"WOMAN, BEHOLD, THY SON! BEHOLD, THY MOTHER!" JOHN 19:26-27 NRSV

By Senior Pastor Denise Wilson Rock Christian Church, Falls Church, VA

This third word of Jesus from the Cross is his final personal act of his earthly reign. As Jesus was dying, his mother was among those who remained with him. It is an act of love that we remember from the Scripture Deuteronomy, Honor thy Father and Mother.

It was a significant moment to make sure Mary was not to be left without care. He realized that this was the moment he would no longer be her son, but now would become her Savior. He left her with the Disciple he trusted, John, the Disciple Whom Jesus Loved. Jesus wanted to make sure she would be in good hands after his death.

Collect Prayer Written by the United Methodist Women

GRACIOUS AND LOVING GOD

YOU ARE ALWAYS THERE LOVING EACH OF US AND SHOWERING

US ALL WITH GRACE

OPEN OUR HEARTS AND MIND TO OTHERS

WHO ARE DIFFERENT AND HELP US TO SHOW WELCOME

AND UNDERSTANDING AND TEACH US HOW TO

RESPOND TO THE NEEDS OF OTHERS

SO THAT WE MIGHT BE A NEIGHBOR AND A FRIEND TO OTHERS

IN THE NAME OF CHRIST AND THE HOLY SPIRIT WHO OPENS ALL DOORS.

AMEN

PHRASE THREE

"Extraordinary, Ordinary Acts" (Part One)

IN THIS PHRASE, JESUS IS SHOWING **US CARE FOR HIS MOTHER AND** FRIEND. ONE OF THE **WAYS WE HAVE USED DANCE IN THIS PROJECT IS TO SHOW A SERIES OF DIFFERENT WAYS WE CAN POSTURE CARE** FOR ONE ANOTHER. **CAN YOU THINK OF MORE WAYS TO POSTURE CARE FOR OTHERS?**

HOW HAVE WE HAD TO REIMAGINE A EMBRACE DUE TO COVID?





"WOMAN, BEHOLD, THY SON! BEHOLD, THY MOTHER!" JOHN 19:26-27 NRSV

By Theologian in Residence Morley van Yperen Ekklesia Contemporary Ballet, Middletown, CT

I once heard a Biblical scholar respond to a question of how to approach the practical application of the Old Testament today by saying, "pay attention to the ordinary people. Pay attention to the women." Ordinary people are rarely the focus of many of the tales in the Old Testament. We often read the stories of prophets and kings. Even more seldomly do we encounter stories of women. When we do, they are noteworthy. In fact, a few of them are so noteworthy that they are included in the first few lines of the New Testament, the genealogy of Jesus in Matthew chapter 1: Tamar, Rahab, Ruth, the wife of Uriah who was the mother of Solomon... and Mary.

Of course, Mary was there at the beginning of the story of Jesus, in a way that only mothers can be-carrying inside her own body the incarnate life of God; bearing the wonder, hope, fear, joy, and the pain of the newborn baby Jesus. She heard the words of Simeon in the temple when Jesus was only days old. "A sword will pierce your innermost being too," he had told her. And she pondered all these things in her heart. The mothers among us can feel right along with Mary what it is to ponder such things, to hold a baby and hear those words of Simeon's. (CONTINUED ON THE NEXT PAGE)

PHRASE THREE

"Extraordinary, Ordinary Acts" (Part Two)

RESPONSE SPACE ON PAGE: 13

PHRASE THREE

NATIVE AMERICAN PRAYER FOR **PEACE** ON PAGE: 14



"WOMAN, BEHOLD, THY SON! BEHOLD, THY MOTHER!" JOHN 19:26-27 NRSV

By Theologian in Residence Morley van Yperen Ekklesia Contemporary Ballet, Middletown, CT

But here we are at the cross. The fourth gospel invites us to stand before the cross with Mary. It is our practice to follow Jesus through the stations of the cross. But here, at these words, we notice that Jesus pays attention to a woman. To Mary. His mother. The body that bore him into this world, the one who held him and loved him as he grew so that he might live and die so that the world might be held too. The last words that Jesus speaks to human beings are for Mary, this woman (the remainder of Jesus' words are to God).

From the agony of the cross, Jesus takes the entirety of Mary's wellbeing and cares for it: for her emotional and physical state. He uses precious last breaths to connect Mary to the disciple he knew would care for her, body and soul. Even as Jesus performs the very act of offering himself as a sacrifice, God in human flesh, emptying himself, humbling himself by becoming obedient to death, even death on a cross (Phil 2:8), Jesus responds to one of the deepest of human connections. He notices the women gathered down there at the foot of his cross. Among them is one specific woman whose heart is being torn from her, and he reaches out and holds it for a moment before placing it in the care of another. When we read the Bible, we should pay attention to ordinary people, the women. Jesus leads us. He notices the ones who are grieving, lonely, and

holds their hearts and assures that they are cared for.



Native American Prayer for Peace

O GREAT SPIRIT OF OUR ANCESTORS, I RAISE MY PIPE TO YOU.

TO YOUR MESSENGERS THE FOUR WINDS,

AND TO MOTHER EARTH WHO PROVIDES FOR YOUR CHILDREN.

GIVE US THE WISDOM TO TEACH OUR CHILDREN

TO LOVE, TO RESPECT,

AND TO BE KIND TO EACH OTHER

SO THAT THEY MAY GROW WITH PEACE IN MIND.

LET US LEARN TO SHARE ALL THE GOOD THINGS YOU PROVIDE

FOR US ON THIS EARTH.

PHRASE FOUR

"Cries of Hope"



"MY GOD, MY GOD, WHY HAST THOU FORSAKEN ME?" MATTHEW 27:46 AND MARK 15:34 NRSV

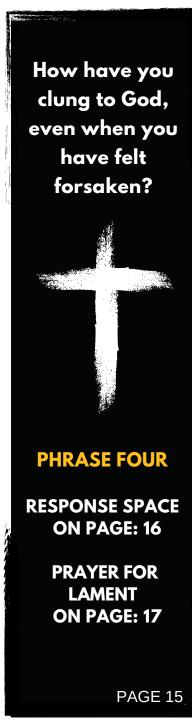
By Reverend Katie Bishop
Middletown United Methodist Church, Middletown, MD

Forgotten. Abandoned. Forsaken. These are reasonable feelings in the midst of our human life. It is hard to reconcile a loving God as we face systemic racism, injustice, suffering, and grief. But following the example of Jesus, we can cling to God - even in the face of feeling forsaken.

Jesus still clings to God - crying out, "My God! My God!" Even forgotten, abandoned, forsaken, alone - Jesus clings to God, crying out in desperation, knowing that God: God is big enough for the breadth of the feelings we experience in our humanity. Our scripture is filled with witnesses of God's people expressing the totality of their human emotion.

We can cling to the hope that God is our God while crying out for God to appear. We can cling to the hope that God is our God while shouting our despair. We can cling to the hope that God is our God while wondering if our God is here.

Let us pray: My God, My God, why have you forsaken me? I cry out in the midst of the brokenness, longing for your intervention. Help me to cling to you, Lord. Amen.



A Prayer of Lament (From Crosswalk)

LORD, I KNOW THAT YOU ARE FAITHFUL OVER ALL THINGS, EVEN THE HARD, DARK TIMES OF MY LIFE. HELP ME NOT BACK AWAY FROM YOU IN MY TIME OF GRIEF. HELP ME INSTEAD TO LEAN INTO YOU AND TRUST YOU. EVEN WHEN I DO NOT UNDERSTAND YOUR WAYS. PLEASE KEEP MY HEAD ABOVE THE WATERS OF ANGUISH AND MY FEET FROM SLIPPING OFF THE GROUND OF TRUTH. HELP ME SEE YOU IN THESE HARD MOMENTS AND GLORIFY YOU IN MY RESPONSE. IN JESUS' NAME, AMEN.

PHRASE FIVE

"Clean Water"



WHAT IS IT THAT YOU THIRST FOR RIGHT NOW?

WHERE DO YOU SEE OTHERS THIRSTING FOR JUSTICE, FOR PEACE, FOR SAFETY?

HOW DOES YOUR
HUMAN NEED
CONNECT YOU WITH
THEIRS?

PHRASE FIVE

RESPONSE SPACE ON PAGE: 19

"FOR THE POWER OF THE SPIRIT AMONG THE PEOPLE OF GOD" (FROM THE EPISCOPAL CHURCH, USA) ON PAGE: 20

"I THIRST". JOHN 19:28 NRSV

By Rev. Rachel Cornwell

Dumbarton United Methodist Church, Washington, DC

I carry a backpack with me on Tuesdays when I walk the streets of Georgetown and Foggy Bottom in Washington, DC, doing street outreach with Georgetown Ministry Center to our unhoused neighbors.

In our backpacks, we always carry with us bottles of water because people who are living on the streets, sleeping in tents or under bridges or in the woods don't have access to clean water; water to bathe or brush their teeth or cook with, or clean water to drink to quench their thirst.

So when we meet them, we offer them water. Jesus cries out from the cross, "I thirst," and we see his humanity. We see a dying man; who has a very human need for someone to give him a drink to quench his thirst. We know that Jesus' cry "I thirst" is a cry in solidarity with all those throughout the world who do not have access to clean water, who physically thirst.

But not only that. Jesus' "I thirst" is a cry of solidarity with all those who thirst for justice, who thirst for righteousness, who thirst for a place to call home, a place of safety and welcome, a sense of inner peace. When Jesus cries, "I thirst," we see his humanity. May we also see the humanity of our siblings who cry out, "I thirst!" May it be so.

"For the Power of the Spirit Among the People of God" (From The Episcopal Church, USA)

GOD OF ALL POWER AND LOVE.

WE GIVE THANKS FOR YOUR UNFAILING PRESENCE

AND THE HOPE YOU PROVIDE IN TIMES OF UNCERTAINTY AND LOSS.

SEND YOUR HOLY SPIRIT TO ENKINDLE IN US YOUR HOLY FIRE.

REVIVE US TO LIVE AS CHRIST'S BODY IN THE WORLD:

A PEOPLE WHO PRAY, WORSHIP, LEARN,

BREAK BREAD, SHARE LIFE, HEAL NEIGHBORS,

BEAR GOOD NEWS, SEEK JUSTICE, REST AND GROW IN THE SPIRIT.

WHEREVER AND HOWEVER WE GATHER.

UNITE US IN COMMON PRAYER AND SEND US IN COMMON MISSION.

THAT WE AND THE WHOLE CREATION MIGHT BE RESTORED AND RENEWED,

THROUGH JESUS CHRIST OUR LORD.

AMEN.

PHRASE SIX

"Reimangined Beginnings"



"IT IS FINISHED." JOHN 19:30 NRSV

By Choir Member Duncan Stevens
The Church of The Epiphany Episcopal, Washington, DC

When have you found

an unexpectedly hopeful

continuation of your story,

after it seemed to be finished?

"It is finished"—nothing more to see! No hope left! Jesus' final words on the cross seemed to confirm what onlookers no doubt thought: his story had ended, and his followers' belief in him was unfounded. The wrong side had won.

Except Jesus meant something else: his redemptive work was finished, and the atoning sacrifice on the cross was accomplished. As we know from the empty tomb and the stone rolled away, there was more to the story after all. What passersby might have considered an admission of defeat was, ultimately, an affirmation triumph over the darker forces of sin and despair.

The story was not, in fact, finished for Jesus, and it is not finished for us. No matter how dark things look, we always have God's saving power to hold on to—and we can remember that, with God, things are often not as they seem.

In a year when it is difficult to be hopeful, let us remember that, just as the crowd on Calvary could not have seen the full truth of God's plan, we cannot always see the future God has planned for us.

PHRASE SIX

RESPONSE SPACE ON PAGE: 22

SCOTTISH BLESSING ON PAGE: 23



"Scottish Blessing"

MAY DAWN FIND YOU AWAKE AND ALERT,

APPROACHING YOUR NEW DAY WITH DREAMS,

POSSIBILITIES, AND PROMISES.

MAY EVENING FIND YOU GRACIOUS AND FULFILLED.

MAY YOU GO INTO THE NIGHT BLESSED,

SHELTERED, AND PROTECTED.

MAY YOUR SOUL CALM, CONSOLE, AND RENEW YOU.

AMEN.

PHRASE SEVEN

"Open Hands"

"FATHER, INTO THY HANDS I COMMEND MY SPIRIT." LUKE 23:46 NRSV

By Interim Rector Andy Anderson The Falls Church Episcopal, Falls Church, VA

It is easy for us to lose God, to let go of God. But it is impossible for God to lose us. God is always reaching out to us, wanting to hold us in deep love. God spoke us into a good creation bearing God's image and life. And God's goodness and love keep coming to us, reminding us not only who we are but whose we are. Think about the poet Rumi's poem you just heard.

But there are other voices. There are other words spoken to us and still speaking that can drown out God's love and care, and God's spirit of life flaming up within. We hear the voices of others who want to make us in their image, not necessarily God's. They come out of fear. They come from sin, theirs and ours. They can come in suffering.

Jesus heard those other voices of fear attempting to make him think he was less than God's beloved. In Luke's Gospel, Jesus heard those voices even on the cross today. Yet, he trusted God's voice always, speaking him into life above all the others. And he knows God's life in him is holding him through it all. He sees that his hands reaching out to others were God's hands that had first reached out to him, joining his in love and service.

God's life and love are known in everything Jesus does. He kept going to the limits of love. And there on the cross, he embodies a love like we've never seen before. Jesus keeps loving and forgiving. And he keeps hearing and believing God's voice above all others, even to the place where love is needed the most, in death.

On Good Friday, we see that the one hanging on the cross is the complete human being, created in God's image living his life free of fear, free of loss. And always free to love. On the cross, Jesus gives himself completely to God's love.

Like Jesus, we, too, are created in God's image and life. In his darkest moment, Jesus trusts God. And into God's trusting loving hands, he gives himself in love to all. And so can we.

In our darkest moments, God is telling us, "Give me your hand." Will we trust that voice and that love?



HOW CAN YOU
COMMIT YOUR
HANDS TO REACH
FORTH IN LOVE IN
THIS WORLD AS
GOD'S HANDS
HAVE REACHED
FORTH FOR YOU,
HOLDING OTHERS
IN LOVE AND
CARE AS YOU
HAVE BEEN HELD?

PHRASE SEVEN

RESPONSE SPACE ON PAGE: 25

"GOD SPEAKS TO EACH OF US AS HE MAKES US" POEM PAGE 26

GOOD FRIDAY MORNING PRAYER ON PAGE: 27

"God Speaks to Each of Us as He Makes Us" (Rainer Maria Rilke)

GOD SPEAKS TO EACH OF US AS HE MAKES US.

THEN WALKS WITH US SILENTLY OUT OF THE NIGHT.

THESE ARE THE WORDS WE DIMLY HEAR:

YOU, SENT OUT BEYOND YOUR RECALL,

GO TO THE LIMITS OF YOUR LONGING.

EMBODY ME.

FLARE UP LIKE A FLAME

AND MAKE BIG SHADOWS I CAN MOVE IN.

LET EVERYTHING HAPPEN TO YOU: BEAUTY AND TERROR.

JUST KEEP GOING. NO FEELING IS FINAL.

DON'T LET YOURSELF LOSE ME.

NEARBY IS THE COUNTRY THEY CALL LIFE.

YOU WILL KNOW IT BY ITS SERIOUSNESS.

GIVE ME YOUR HAND.

"Good Friday Morning Prayer" (Book Of Common Prayer, The Episcopal)

LORD JESUS CHRIST, YOU STRETCHED OUT YOUR HANDS IN LOVE

ON THE HARDWOOD OF THE CROSS

THAT EVERYONE MIGHT COME WITHIN THE REACH OF YOUR SAVING EMBRACE:

SO CLOTHE US IN YOUR SPIRIT
THAT WE, REACHING FORTH OUR HANDS IN LOVE,

MAY BRING THOSE WHO DO NOT KNOW YOU TO THE KNOWLEDGE AND LOVE OF YOU, FOR THE HONOR OF YOUR NAME.

AMEN.

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