



Service of Meditation – Good Friday – April 3, 2026

CP 189 Alone Thou Goest Forth O Lord

Alone thou goest forth, O Lord,
in sacrifice to die:
is this thy sorrow naught to us
who pass unheeding by?

2 Our sins, not thine, thou bearest, Lord;
make us thy sorrow feel,
till through our pity and our shame,
love answers love's appeal.

3. This is earth's darkest hour, but thou
dost light and life restore;
then let all praise be given thee
who livest evermore.

4 Give us compassion with thee, Lord,
that, as we share this hour,
thy cross may bring us to thy joy
and resurrection power

The Ministry of the Word

All we, like sheep have gone astray; we have turned everyone to his own
way,

And the Lord has laid on him the iniquity of us all.

Crist the Lord became obedient unto death,

Even death on a cross.

Silence may be kept.

Almighty God,
Our heavenly Father,
we have sinned
in thought and word and deed;
we have not loved you with our whole heart;
we have not loved our neighbours as ourselves.

We pray you of your mercy,
forgive us all that is past,
and grant that we may serve you
in newness of life
to the glory of your name. Amen.

The Collect of the Day

The Lord be with you.

And also with you.

Let us pray.
Almighty God,
look graciously, we pray, on 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.

Psalm 22 *My God, my God, why have you forsaken me?*

22:1 My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning?

22:2 O my God, I cry by day, but you do not answer; and by night, but find no rest.

22:3 Yet you are holy, enthroned on the praises of Israel.

22:4 In you our ancestors trusted; they trusted, and you delivered them.

22:5 To you they cried, and were saved; in you they trusted, and were not put to shame.

22:6 But I am a worm, and not human; scorned by others, and despised by the people.

22:7 All who see me mock at me; they make mouths at me, they shake their heads;

22:8 "Commit your cause to the LORD; let him deliver-- let him rescue the one in whom he delights!"

22:9 Yet it was you who took me from the womb; you kept me safe on my mother's breast.

22:10 On you I was cast from my birth, and since my mother bore me you have been my God.

22:11 Do not be far from me, for trouble is near and there is no one to help.

22:12 Many bulls encircle me, strong bulls of Bashan surround me;

22:13 they open wide their mouths at me, like a ravening and roaring lion.

22:14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast;

22:15 my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.

22:16 For dogs are all around me; a company of evildoers encircles me. My hands and feet have shriveled;

22:17 I can count all my bones. They stare and gloat over me;

22:18 they divide my clothes among themselves, and for my clothing they cast lots.

22:19 But you, O LORD, do not be far away! O my help, come quickly to my aid!

22:20 Deliver my soul from the sword, my life from the power of the dog!

22:21 Save me from the mouth of the lion! From the horns of the wild oxen you have rescued me.

22:22 I will tell of your name to my brothers and sisters; in the midst of the congregation I will praise you:

22:23 You who fear the LORD, praise him! All you offspring of Jacob, glorify him; stand in awe of him, all you offspring of Israel!

22:24 For he did not despise or abhor the affliction of the afflicted; he did not hide his face from me, but heard when I cried to him.

22:25 From you comes my praise in the great congregation; my vows I will pay before those who fear him.

22:26 The poor shall eat and be satisfied; those who seek him shall praise the LORD. May your hearts live forever!

22:27 All the ends of the earth shall remember and turn to the LORD; and all the families of the nations shall worship before him.

22:28 For dominion belongs to the LORD, and he rules over the nations.

22:29 To him, indeed, shall all who sleep in the earth bow down; before him shall bow all who go down to the dust, and I shall live for him.

22:30 Posterity will serve him; future generations will be told about the Lord,

22:31 and proclaim his deliverance to a people yet unborn, saying that he has done it.

My God, my God, why have you forsaken me?

Gospel

The Lord be with you

And also with you

The Holy Gospel of our Lord Jesus Christ according to Mark

Glory to you, lord Jesus Christ

Mark 14:1-15:47

¹ It was two days before the Passover and the festival of Unleavened Bread. The chief priests and the scribes were looking for a way to arrest Jesus by stealth and kill him;

² for they said, 'Not during the festival, or there may be a riot among the people.'

³ While he was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head.

⁴ But some were there who said to one another in anger, 'Why was the ointment wasted in this way?'

⁵ For this ointment could have been sold for more than three hundred denarii, and the money given to the poor.' And they scolded her.

⁶ But Jesus said, 'Let her alone; why do you trouble her? She has performed a good service for me.'

⁷ For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me.

⁸ She has done what she could; she has anointed my body beforehand for its burial.

⁹ Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.'

¹⁰ Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them.

¹¹ When they heard it, they were greatly pleased and promised to give him money. So he began to look for an opportunity to betray him.

¹² On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?'

¹³ So he sent two of his disciples, saying to them, 'Go into the city, and a man carrying a jar of water will meet you; follow him,

¹⁴ and wherever he enters, say to the owner of the house, "The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?"

¹⁵ He will show you a large room upstairs, furnished and ready. Make preparations for us there.'

¹⁶ So the disciples set out and went to the city and found everything as he had told them; and they prepared the Passover meal.

¹⁷ When it was evening, he came with the twelve.

¹⁸ And when they had taken their places and were eating, Jesus said, 'Truly I tell you, one of you will betray me, one who is eating with me.'

¹⁹ They began to be distressed and to say to him one after another, 'Surely, not I?'

²⁰ He said to them, 'It is one of the twelve, one who is dipping bread into the bowl with me.'

²¹ For 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.'

²² While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.'

²³ Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it.

²⁴ He said to them, 'This is my blood of the covenant, which is poured out for many.'

²⁵ Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.'

²⁶ When they had sung the hymn, they went out to the Mount of Olives.

²⁷ And Jesus said to them, 'You will all become deserters; for it is written, "I will strike the shepherd, and the sheep will be scattered."

²⁸ But after I am raised up, I will go before you to Galilee.'

²⁹ Peter said to him, 'Even though all become deserters, I will not.'

³⁰ Jesus said to him, 'Truly I tell you, this day, this very night, before the cock crows twice, you will deny me three times.'

³¹ But he said vehemently, 'Even though I must die with you, I will not deny you.' And all of them said the same.

³² They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.'

³³ He took with him Peter and James and John, and began to be distressed and agitated.

³⁴ And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.'

³⁵ And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him.

³⁶ He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.'

³⁷ He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour?'

³⁸ Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.'

³⁹ And again he went away and prayed, saying the same words.

⁴⁰ And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him.

⁴¹ He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners.'

⁴² Get up, let us be going. See, my betrayer is at hand.'

⁴³ Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders.

⁴⁴ Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.'

⁴⁵ So when he came, he went up to him at once and said, 'Rabbi!' and kissed him.

⁴⁶ Then they laid hands on him and arrested him.

⁴⁷ But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear.

⁴⁸ Then Jesus said to them, 'Have you come out with swords and clubs to arrest me as though I were a bandit?'

⁴⁹ Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled.'

⁵⁰ All of them deserted him and fled.

⁵¹ A certain young man was following him, wearing nothing but a linen cloth. They caught hold of him,

⁵²but he left the linen cloth and ran off naked.

⁵³ They took Jesus to the high priest; and all the chief priests, the elders, and the scribes were assembled.

⁵⁴ Peter had followed him at a distance, right into the courtyard of the high priest; and he was sitting with the guards, warming himself at the fire.

⁵⁵ Now the chief priests and the whole council were looking for testimony against Jesus to put him to death; but they found none.

⁵⁶ For many gave false testimony against him, and their testimony did not agree.

⁵⁷ Some stood up and gave false testimony against him, saying,

⁵⁸ 'We heard him say, "I will destroy this temple that is made with hands, and in three days I will build another, not made with hands." '

⁵⁹ But even on this point their testimony did not agree.

⁶⁰ Then the high priest stood up before them and asked Jesus, 'Have you no answer? What is it that they testify against you?'

⁶¹ But he was silent and did not answer. Again the high priest asked him, 'Are you the Messiah, the Son of the Blessed One?'

⁶² Jesus said, 'I am; and "you will see the Son of Man seated at the right hand of the Power", and "coming with the clouds of heaven." '

⁶³ Then the high priest tore his clothes and said, 'Why do we still need witnesses?'

⁶⁴ You have heard his blasphemy! What is your decision?' All of them condemned him as deserving death.

⁶⁵ Some began to spit on him, to blindfold him, and to strike him, saying to him, 'Prophecy!' The guards also took him over and beat him.

⁶⁶ While Peter was below in the courtyard, one of the servant-girls of the high priest came by.

⁶⁷ When she saw Peter warming himself, she stared at him and said, 'You also were with Jesus, the man from Nazareth.'

⁶⁸ But he denied it, saying, 'I do not know or understand what you are talking about.' And he went out into the forecourt. Then the cock crowed.

⁶⁹ And the servant-girl, on seeing him, began again to say to the bystanders, 'This man is one of them.'

⁷⁰ But again he denied it. Then after a little while the bystanders again said to Peter, 'Certainly you are one of them; for you are a Galilean.'

⁷¹ But he began to curse, and he swore an oath, 'I do not know this man you are talking about.'

⁷² At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept.

¹ As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate.

² Pilate asked him, 'Are you the King of the Jews?' He answered him, 'You say so.'

³ Then the chief priests accused him of many things.

⁴ Pilate asked him again, 'Have you no answer? See how many charges they bring against you.'

⁵ But Jesus made no further reply, so that Pilate was amazed.

⁶ Now at the festival he used to release a prisoner for them, anyone for whom they asked.

⁷ Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection.

⁸ So the crowd came and began to ask Pilate to do for them according to his custom.

⁹ Then he answered them, 'Do you want me to release for you the King of the Jews?'

¹⁰ For he realized that it was out of jealousy that the chief priests had handed him over.

¹¹ But the chief priests stirred up the crowd to have him release Barabbas for them instead.

¹² Pilate spoke to them again, 'Then what do you wish me to do with the man you call the King of the Jews?'

¹³ They shouted back, 'Crucify him!'

¹⁴ Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!'

¹⁵ So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

¹⁶ Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort.

¹⁷ And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him.

¹⁸ And they began saluting him, 'Hail, King of the Jews!'

¹⁹ They struck his head with a reed, spat upon him, and knelt down in homage to him.

²⁰ After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

²¹ They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

²² Then they brought Jesus to the place called Golgotha (which means the place of a skull).

²³ And they offered him wine mixed with myrrh; but he did not take it.

²⁴ And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

²⁵ It was nine o'clock in the morning when they crucified him.

²⁶ The inscription of the charge against him read, 'The King of the Jews.'

²⁷ And with him they crucified two bandits, one on his right and one on his left.

²⁹ Those who passed by derided him, shaking their heads and saying, 'Aha! You who would destroy the temple and build it in three days,

³⁰ save yourself and come down from the cross!'

³¹ In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, 'He saved others; he cannot save himself.

³² Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.' Those who were crucified with him also taunted him.

³³ When it was noon, darkness came over the whole land until three in the afternoon.

³⁴ At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?'

³⁵ When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.'

³⁶ And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.'

³⁷ Then Jesus gave a loud cry and breathed his last.

³⁸ And the curtain of the temple was torn in two, from top to bottom.

³⁹ Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, 'Truly this man was God's Son.'

⁴⁰ There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome.

⁴¹ These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem.

⁴² When evening had come, and since it was the day of Preparation, that is, the day before the sabbath,

⁴³ Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus.

⁴⁴ Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time.

⁴⁵ When he learned from the centurion that he was dead, he granted the body to Joseph.

⁴⁶ Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb.

⁴⁷ Mary Magdalene and Mary the mother of Joses saw where the body was laid.

The Gospel of Christ
Praise to you, Lord Jesus Christ

CP 192 Were You There vs.1-5

1 Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh! Sometimes it causes me to tremble, tremble, tremble:
were you there when they crucified my Lord?

2. Were you there when they nailed him to the tree?
Were you there when they nailed him to the tree?
Oh! Sometimes it causes me to tremble, tremble, tremble:
were you there when they nailed him to the tree?

3. Were you there when they pierced him in the side?
Were you there when they pierced him in the side?
Oh! Sometimes it causes me to tremble, tremble, tremble:
were you there when they pierced him in the side?

4. Were you there when the sun refused to shine?
Were you there when the sun refused to shine?
Oh! Sometimes it causes me to tremble, tremble, tremble:
were you there when the sun refused to shine?

5. Were you there when they laid him in the tomb?
Were you there when they laid him in the tomb?
Oh! Sometimes it causes me to tremble, tremble, tremble:
Were you there when they laid him in the tomb?

Meditation: Rev. Alison

CCLI 27893 When I Survey the Wonderous Cross

1 When I survey the wondrous cross
On which the Prince of glory died
My richest gain I count but loss
And pour contempt on all my pride

2 Forbid it Lord that I should boast
Save in the death of Christ my God
All the vain things that charm me most
I sacrifice them to His blood

3 See from His head His hands His feet
Sorrow and love flow mingled down
Did ever such love and sorrow meet

Or thorns compose so rich a crown

4 His dying crimson like a robe
Spreads o'er His body on the tree
Then I am dead to all the globe
And all the globe is dead to me

5 Were the whole realm of nature mine
That were a present (an offering) far too small
Love so amazing so divine
Demands my soul my life my all

The Solemn Intercession

Dear people of God, our heavenly Father sent his Son into the world, not to condemn the world, but that the world through him might be saved, that all who believe in him might be delivered from the power of sin and death and become heirs with him of eternal life.

Let us pray for the one holy catholic and apostolic Church of Christ throughout the world: for its unity in witness and service, for all bishops and other ministers and the people whom they serve, for Stephen our bishop, and all the people of this diocese, for all Christians in this community, for those about to be baptized that the Lord will confirm his Church in faith, increase it in love, and preserve it in peace.

Silence

Almighty and everlasting God, by your Spirit the whole body of your faithful people is governed and sanctified. Receive our supplications and prayers which we offer before you for all members of your holy Church, that in our vocation and ministry we may truly and devoutly serve you; through our Lord and Saviour Jesus Christ. Amen.

Let us pray for all nations and peoples of the earth, and for those in authority among them: for Charles our King, and all the Royal Family, for Mark Carney, the Prime Minister and for the government of this country, for Danielle Smith, the premier of this province and the members of the legislature, for the mayor of this municipality and those who serve with him on the city council, for all who serve the common good, that by God's help they may seek justice and truth, and live in peace and concord.

Silence

Almighty God, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who take counsel for the nations of the earth, that justice and peace may increase, until the earth is filled with the knowledge of your love; through Jesus Christ our Lord. Amen.

Let us pray for all who suffer and are afflicted in body or in mind: for the hungry and homeless, the destitute and the oppressed, and all who suffer persecution or prejudice, for the sick, the wounded, and the handicapped, for those in loneliness, fear, and anguish, for those who face temptation, doubt, and despair, for the sorrowful and bereaved, for prisoners and captives and those in mortal danger, that God in his mercy will comfort and relieve them, and grant them the knowledge of his love, and stir up in us the will and patience to minister to their needs.

Silence

Gracious God, the comfort of all who sorrow, the strength of all who suffer, hear the cry of those in misery and need. In their afflictions show them your mercy, and give us, we pray, the strength to serve them, for the sake of him who suffered for us, your Son Jesus Christ our Lord. Amen.

Let us pray for all who have not received the gospel of Christ: for all who have not heard the words of salvation, for all who have lost their faith, for all whose sin has made them indifferent to Christ, for all who actively oppose Christ by word or deed, for all who are enemies of the cross of Christ, and persecutors of his disciples, for all who in the name of Christ have persecuted others, that God will open their hearts to the truth, and lead them to faith and obedience.

Silence

Merciful God, creator of the peoples of the earth and lover of souls, have compassion on all who do not know you as you are revealed in your Son Jesus Christ. Let your gospel be preached with grace and power to those who have not heard it, turn the hearts of those who resist it, and bring home to your fold those who have gone astray; that there may be one flock under one shepherd, Jesus Christ our Lord. Amen.

Let us commit ourselves to God, and pray for the grace of a holy life, that with all who have departed this life and have died in the peace of Christ, and those whose faith is known to God alone, we may be accounted worthy to enter into the fullness of the joy of our Lord, and receive the crown of life in the day of resurrection.

Silence

O God of unchangeable power and eternal light, look favourably on your whole Church, that wonderful and sacred mystery. By the effectual working of your providence, carry out in tranquillity the plan of salvation. Let the whole world see and know that things which were cast down are being

raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son, Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

CP 197 O Dearest Lord, Thy Sacred Head

1 O dearest Lord, thy sacred head
with thorns was pierced for me:
O pour thy blessing on my head,
that I may think for thee.

3 O dearest Lord, thy sacred feet
with nails were pierced for me:
O pour thy blessing on my feet,
that they may follow thee.

2 O dearest Lord, thy sacred hands
with nails were pierced for me:
O shed thy blessing on my hands,
that they may work for thee.

4 O dearest Lord, thy sacred heart
with spear was pierced for me:
O pour thy blessings on my heart,
that I may live for thee.

Send down your abundant blessing, Lord, upon your people who have devoutly recalled the death of your Son in the sure and certain hope of the resurrection. Grant us pardon; bring us comfort. May our faith grow stronger, and our eternal salvation be assured. We ask this through Christ our Lord. Amen.

Christ became obedient unto death, even death on a cross.
Therefore God has highly exalted him
and bestowed on him the name which is above every name.

Thanks be to God

My dear friends, as we leave this place in the peace of the Lord, let's take this good news of what is to come and share it with the world. Amen.