

## Good Friday at Home

Other than Morning Prayer at 8.30 am, there is no livestreamed service on Good Friday.

These are some resources for keeping Good Friday, for people to use in their own homes as best suits their own personal circumstances. Some will want to keep the traditional Three Hours between 12 noon and 3.00 pm. Others may want to use the material more flexibly. Please do what works best for you: but, if you can, please join the Cathedral community in these two moments of prayer:

At **12.00 noon** we will say **the Lord's Prayer**.

At **3.00 pm** we will say '**Jesus, remember me when you come into your kingdom**'.

(Luke 23.42)

The core of our observance is the five addresses for Good Friday by John Bell of the Iona Community, who was due to deliver them in the Cathedral today. They are available as [podcasts](#), read by the Acting Dean, the Revd Canon Dr Elizabeth Thomson, and also as [text files](#) to read yourself. Following each address John Bell provides some prayers for personal use.



Below is a structure for observing Good Friday at home, continuously in three hours or flexibly in eight parts (about twenty minutes each). You may want to adapt this for your own situation. It involves some time in each part for quiet reflection. Read through **Ways to be Still**, below, and decide before you start what you are going to do.

12 noon	<b>The Lord's Prayer</b>	<b>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.</b>
1	Listen to: The <a href="#">Passion Gospel</a> <a href="#">Music for Passiontide</a> : track 6, 'O <i>Saviour of the World</i> ' by Goss, sung by the Cathedral Choir	The Passion Gospel is a dramatic reading of the Passion according to Matthew, recorded by Precentors from eighteen cathedrals around the country. The audio file and the text are available on the website, and a video version is <a href="#">here</a> to watch.

## Good Friday at Home

John Bell, <a href="#">Five Last Words from the Crowd</a> :		
2	1: Crucify him!	Each of John Bell's talks lasts about ten minutes. Rather than reading them all through at once, read or listen to each one and then find a way to be still for about ten minutes while you reflect on it. There are ideas for <b>ways to be still</b> below.
3	2: Hail, King of the Jews!	
4	3: The sound of weeping	
5	4: Come down!	
6	5: Let God rescue him	
7	Listen to the Reproaches: audio version <a href="#">words</a>	The Antiphon and verses known as ' <b>The Reproaches</b> ' form a traditional part of the liturgy for Good Friday. The audio version was recorded by the Canon Precentor, the Revd Richard Andrews, and his wife Alison. You can listen to the recording and join in with the parts printed in bold type.
8	Follow the <a href="#">Concluding Worship for Good Friday</a>	Music and prayers, including the final Intercessions for Good Friday
3.00 pm	<b>'Jesus, remember me when you come into your kingdom'</b>	You can listen to this sung <a href="#">here</a> .

### Ways to be Still

Make a prayer space:

Light a candle.

(Don't leave a candle burning unattended – especially be careful about this if you are not keeping the Three Hours continuously.)

Find a cross for your prayer space – a plain wooden cross, or a palm cross, or a picture of a cross. You could make a cross while you're being still.

Find five stones, or other small objects. Use each stone to represent something you would like to lay at the foot of the cross today. It might be a person for whom you have concerns, or a particular situation in your life, or something happening in the world. Anything which is appropriate for you. After reflecting on each of John Bell's addresses, put one of the stones at the foot of your cross. (Or make a cross shape by placing the stones, one by one.)

Choose an artwork to focus on. There are good starting-points [here](#) and [here](#).

Just be still. Setting a timer can be helpful.

Find an activity that will help anchor you while you're being still. Holding a stone; colouring in; knitting...

Make something in response to each of John Bell's addresses. A sketch; a poem; a photograph.

Make an Easter garden or begin decorating an Easter window. You can begin today and continue through tomorrow so that by Easter Day, everything is ready. Start with the basic landscape and the cross.



## Good Friday at Home

Derby Cathedral, like many places, is suffering from a drop in venue income, visitor income, service collections and income from trading. If your income is keeping up, please consider using the QR code below to make a donation to the work of the Cathedral.

Alternatively, if you contact us at [office@derbycathedral.org](mailto:office@derbycathedral.org) we can supply you with our bank details to make a donation through BACS.

Thank you.

