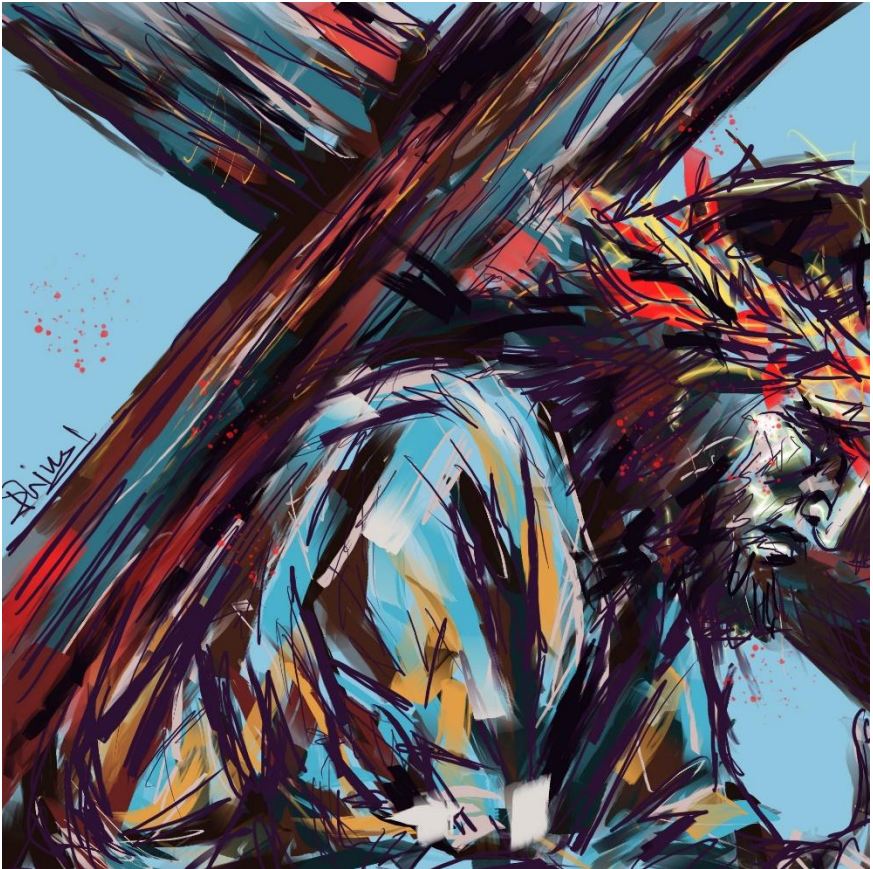


Welcome to St Timothy's

Good Friday



April 03, 2026

In-Person & Online Service at 10:00am

From an ancient homily for Holy Saturday

For you, I your God became your son; for you, I the Master took on your form; that of slave; for you, I who am above the heavens came on earth and under the earth; for you, man, I became as a man without help, free among the dead; for you, who left a garden, I was handed over to Jews from a garden and crucified in a garden.

Look at the spittle on my face, which I received because of you, in order to restore you to that first divine inbreathing at creation. See the blows on my cheeks, which I accepted in order to refashion your distorted form to my own image.

See the scourging of my back, which I accepted in order to disperse the load of your sins which was laid upon your back. See my hands nailed to the tree for a good purpose, for you, who stretched out your hand to the tree for an evil one.

I slept on the cross and a sword pierced my side, for you, who slept in paradise and brought forth Eve from your side. My side healed the pain of your side; my sleep will release you from your sleep in Hades; my sword has checked the sword which was turned against you.

- Anonymous, c. 2nd - 4th century AD

The Ministry of the Word

The service begins in silence.

*Please stand as you are able for the entrance procession.
The ministers and choir enter in silence.*

Celebrant: All we like sheep have gone astray;
we have turned every one to his own way,

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

Celebrant: Christ the Lord became obedient unto death,

People: Even death on a cross.

Silence may be kept.

Celebrant: Almighty God,

**All: 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

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: 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.

All: Amen.

Psalm 22

Antiphon sung twice, 1st by choir, then all, then all as indicated.

Antiphon

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

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.

Antiphon

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.
Praise the Lord, you that fear him; *
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.
For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them; *
but when they cry to him he hears them.

Antiphon

My praise is of him in the great assembly; *
I will perform my vows in the presence of those who
worship him.
The poor shall eat and be satisfied,
and those who seek the Lord shall praise him: *
"May your heart live for ever!"

Antiphon

Please be seated.

The Way of The Cross

Celebrant: Let us pray.
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.

THE FIRST STATION

Jesus is Condemned to Death

Celebrant: We adore you, O Christ, and we bless you.
**All: Because by your holy cross, you have redeemed
the world.**

Reader: All the chief priests and the elders of the people
conferred together against Jesus in order to bring
about his death. They bound him, led him away,
and handed him over to Pilate the governor.
Pilate said to them, "What should I do with Jesus
who is called the Messiah?" They said,

All: "Let him be crucified!"

Reader: Then he asked, "Why, what evil has he done?"
But they shouted all the more.

All: "Let him be crucified!"

Reader: So when Pilate saw that he could do nothing, but rather that a riot was beginning, he had Jesus flogged, and handed him over to be crucified.
(Matthew 27:1–2, 22–26)

“Stations of the Cross, Part 1” by Michel Quoist (1963)

Lord, it's too late for you to be quiet, you have spoken too much;

 you fought too much;

You were not sensible, you know, you exaggerated; it was bound to happen.

You called the better people a breed of vipers,

You told them that their hearts were black sepulchers with fine exteriors,

You chose the decaying lepers,

You spoke fearlessly with unacceptable strangers,

You ate with notorious sinners, and you said that streetwalkers would be

 the first in Paradise.

You got on well with the poor, the crippled.

You belittled the religious regulations.

Your interpretation of the Law reduced it to one little commandment: to love.

Now they are avenging themselves.

They have taken steps against you; they have approached the authorities,

 and action will follow.

Celebrant: Lord, grant us your sense of righteousness that we may never cease to work to bring about the justice of the kingdom that you promised.

All: Lord Jesus, help us walk in your steps.

THE SECOND STATION

Jesus Accepts the Cross

Celebrant: We adore you, O Christ, and we bless you.

All: Because by your holy cross, you have redeemed the world.

Reader: Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and, after twisting some thorns into a crown, they put it on his head. They knelt before him and mocked him saying,

All: "Hail, King of the Jews!"

Reader: After mocking him, they stripped him of the robe and put his own clothes on him. They led him away to crucify him. (Matthew 27:27-31)

*"Stations of the Cross, II and III":
A Poem for Good Friday
by Morrison Handley Schachler (2024)*

Hence leads the long and tearful way.
Here I my care and sadness may
Upon the Man of Sorrows lay,
__Who bends and willingly
__Receives the cross from me,
__My trouble more than shares
__And my whole burden bears.

Who is this man with head so bowed
Who walks amidst the tumult loud,
The sneering mob, the taunting crowd,
__Who falls upon one knee
__In all humility,
__A woman's son and born
__To face contempt and scorn?

Celebrant: Lord, grant us patience in times of suffering that
we may offer our lives as a sacrifice of praise.

All: Lord Jesus, help us walk in your steps.

THE THIRD STATION

Jesus Falls, the First of Three Times

Celebrant: We adore you, O Christ, and we bless you.

**All: Because by your holy cross, you have redeemed
the world.**

Anthem: Miserere (Seven Last Words), part one

"Father, forgive them, for they know not what they do."
(Luke 23:34)

"Truly, I say to you, today you will be with me in paradise."
(Luke 23:43) (Grigorio Allegri)

Celebrant: Lord, grant us strength of purpose that we may
faithfully bear our crosses each day.

All: Lord Jesus, help us walk in your steps.

THE FOURTH STATION

Jesus Meets His Mother

Celebrant: We adore you, O Christ, and we bless you.

All: Because by your holy cross, you have redeemed the world.

Anthem: Miserere (Seven Last Words), part two

"Woman, behold your son: behold your mother."

(John 19:26-27)

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

(Matthew 27:46; Mark 15:34)

(Grigorio Allegri)

Celebrant: Holy God, teach us to see with compassion, to hold one another with reverence, and to let sorrow bind us, not break us.

All: Lord Jesus, help us walk in your steps.

THE FIFTH STATION

Simon of Cyrene Carries the Cross

Celebrant: We adore you, O Christ, and we bless you.

All: Because by your holy cross, you have redeemed the world.

Reader: As they led Jesus away, the soldiers seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. "If any want to become my followers, let them deny themselves and take up their cross and follow me. Take my yoke upon you, and learn from me; for my yoke is easy and my burden is light." (Luke 23:26; Matthew 11:28-30)

"Le Chemin de la Croix, Fifth Station"

by Paul Claudel (c. 1930),

translated from French by the Rev. John J. Burke, C.S.P.

The moment comes at length when one cannot go on.
And then we find our touch with Thee, for Thou
Dost use us, even unto force, to share Thy cross.
So Simon there was drawn to bear his share of it.
With strength he seized the wood and followed Thee
Lest portion of Thy cross should drag or suffer loss.

Celebrant: Lord, grant us willing spirits that we may be
your instruments on earth.

All: Lord Jesus, help us walk in your steps.

THE SIXTH STATION

Veronica Wipes the Face of Jesus

Celebrant: We adore you, O Christ, and we bless you.

**All: Because by your holy cross, you have
redeemed the world.**

Anthem: Miserere (Seven Last Words), part three

"I thirst." (John 19:28)

"It is finished." (John 19:30)

"Father, into your hands I commend my spirit." (Luke 23:46)
(Grigorio Allegri)

Celebrant: Holy God, bless the hands that reach out in compassion, and make us bold in love even when the world turns away.

All: Lord Jesus, help us walk in your steps.

THE SEVENTH STATION

Jesus Meets the Women of Jerusalem

Celebrant: We adore you, O Christ, and we bless you.

All: Because by your holy cross, you have redeemed the world.

Reader: A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you will say, 'Blessed are the childless women, the wombs that never bore and the breasts that never nursed!' Then "'they will say to the mountains, "Fall on us!" and to the hills, "Cover us!" For if people do these things

when the tree is green, what will happen when it
is dry?" (Luke 23:27-31)

"Her hands, her hair" by Steve Garnass-Holmes (2019)

God does not promise to save you from suffering,
or to remove you from this life and its jagged edges.
God shares your space in it, offers blessing in it,
anointing your nights as well as days.
The cross is no scheme to get you off a hook somewhere;
it's the Beloved, with you in your pain.
Let the Beloved pour herself out on your troubles,
let her pour out a jar of tears for you,
wipe your aching feet with her hair.
Let the whole house of you be filled
with the fragrance of God's blessing.
Others don't feel your pain but she does,
they will flee but she will be with you.
Lay before her your sorrows and your rage.
Feel her hands upon you, her hair, her heart.
You are in the holy of holies.
The world's derision fades away outside the gate.
She looks at you with love
that will stay with you forever.

Celebrant: Lord, grant us gentle spirits that we may comfort
those who mourn.

All: Lord Jesus, help us walk in your steps.

THE EIGHTH STATION

Jesus is Stripped of His Garments

Celebrant: We adore you, O Christ, and we bless you.

All: Because by your holy cross, you have redeemed the world.

Reader: The soldiers took off Jesus' clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, "let us not tear it, but cast lots for it to see who will get it." This was to fulfill what the scripture says, "They divided my clothes among themselves, and for my clothing they cast lots." (John 19:23-24)

"Stations of the Cross, X", by Malcolm Guite (2012)

You can't go on, you go on anyway
He goes with you, his cradle to your grave.
Now is the time to loosen, cast away
The useless weight of everything but love
For he began his letting go before,
Before the worlds for which he dies were made,
Emptied himself, became one of the poor,
To make you rich in him and unafraid.
See as they strip the robe from off his back
They strip away your own defences too
Now you could lose it all and never lack

Now you can see what naked Love can do
Let go these bonds beneath whose weight you bow
His stripping strips you both for action now

Celebrant: Lord, grant us merciful hearts that we may bring
your reconciliation and forgiveness to all.

All: Lord Jesus, help us walk in your steps.

THE NINTH STATION

Jesus is Nailed to the Cross

Celebrant: We adore you, O Christ, and we bless you.

**All: Because by your holy cross, you have redeemed
the world.**

Reader: They took Jesus to what is called the Place of the
Skull, which in Hebrew is called Golgotha. There
they crucified him and with him two others, one
on either side, with Jesus between them. Pilate
also had an inscription written and put on the
cross. It read, "Jesus of Nazareth, the King of the
Jews." Standing near the cross of Jesus were his
mother, and his mother's sister, Mary the wife of
Clopas, and Mary Magdalene. (John 19:17-19, 25)

*"Stabat Mater, verses 1,2, 4", 13th century hymn,
translation from Latin by Edward Caswall (1849)*

At the Cross her station keeping,

Stood the mournful Mother weeping,
Close to Jesus to the last:
Through her heart, his sorrow sharing,
All his bitter anguish bearing,
now at length the sword has pass'd.
Christ above in torment hangs;
She beneath beholds the pangs
Of her dying glorious Son.

Celebrant: Lord, grant us perseverance that we may never
stop seeking you.

All: Lord Jesus, help us walk in your steps.

THE TENTH STATION

Jesus Dies on the Cross

Celebrant: We adore you, O Christ, and we bless you.

**All: Because by your holy cross, you have redeemed
the world.**

Reader: From noon on, darkness came over the whole
land until three in the afternoon. And about
three o'clock Jesus cried with a loud voice, "My
God, my God, why have you forsaken me?"
Then Jesus cried again with a loud voice and
breathed his last. Now when the centurion and
those with him, who were keeping watch over
Jesus, saw what took place, they were terrified
and said,

All: **“Truly this man was God’s son!”**

(Matthew 27:45–46, 50, 54)

“Good Friday, verses 1-3” by Christina Rossetti (1862)

Am I a stone, and not a sheep,
That I can stand, O Christ, beneath Thy cross,
To number drop by drop Thy blood’s slow loss,
And yet not weep?
Not so those women loved
Who with exceeding grief lamented Thee;
Not so fallen Peter, weeping bitterly;
Not so the thief was moved;
Not so the Sun and Moon
Which hid their faces in a starless sky,
A horror of great darkness at broad noon –
I, only I

Celebrant: Lord, grant us trust in you that when our time
on earth is ended our spirits may come to you
without delay.

All: **Lord Jesus, help us walk in your steps.**

THE ELEVENTH & TWELFTH STATIONS

*Jesus’s Body is Removed from the Cross
and Laid in the Tomb*

Celebrant: We adore you, O Christ, and we bless you.

All: **Because by your holy cross, you have
redeemed the world.**

Reader: After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Jesus' friends took the body of Jesus and wrapped it with the spices in a linen cloth, according to the burial custom of the Jews. They laid it in a tomb that had been hewn out of rock. They then rolled a stone against the door of the tomb. The women who had come with Jesus from Galilee followed, and they saw the tomb and how his body was laid.

(Matthew 27:57-61; Luke 23:50-56; John 19:38-42)

*“Dream of the Rood”, anonymous 8th century work,
translated from Old English by Roy M. Liuzza*

I beheld in sorrow the Savior's tree
until I heard it utter a sound;
that best of woods began to speak words:
“It was so long ago—I remember it still—
that I was felled from the forest's edge,
ripped up from my roots. Strong enemies seized me there,
made me their spectacle, made me bear their criminals;
they bore me on their shoulders and then set me on a hill,
enemies enough fixed me fast.

...

Much have I endured on that hill
of hostile fates: I saw the God of hosts
cruelly stretched out. Darkness had covered
with its clouds the Ruler's corpse,
that shining radiance. Shadows spread

grey under the clouds; all creation wept,
mourned the King's fall: Christ on the cross.

...

They began to build a tomb for him
in the sight of his slayer; they carved it from bright stone,
and set within the Lord of victories. They began to sing a
dirge for him,
wretched at evening, when they wished to travel hence,
weary, from the glorious Lord—he rested there with little
company.

Celebrant: Lord, grant us your compassion that we may
always provide for those in need.

All: Lord Jesus, help us walk in your steps.

Celebrant: Lord Jesus, through Your Passion and Cross,
You have redeemed the world. Teach us to
follow You faithfully, bearing our cross with
love, as we await the glory of Your Resurrection.

**All: As we have walked this way of sorrows, may
we now walk in the way of love, and live as
those marked by mercy, transformed by
compassion, and held in the embrace of
resurrection hope. Amen.**

Concluding Thoughts

Jonathan Kang

Silence is kept.

The Solemn Intercession

led by David Dimick

Please sit, kneel or remain standing as you are able.

The biddings will be followed by a time of silence in which you are called to make your own prayers to God in the silence of your hearts. At the end of each silence the celebrant will say the collect.

Celebrant: 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.

Leader: 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,
Shane, our Primate, Anne our Metropolitan, Chris
our National Indigenous Archbishop, Andrew,
Riscylla and Kevin, our college of bishops, Irina,
our incumbent, Ann, our Honorary Assistant,
Jonathan, our Lay Pastoral Associate 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

Celebrant: 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.

All: Amen.

Leader: 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 the Prime Minister
and for the government of this country,
for Doug the premier of this province
and the members of the legislature,
for Olivia the mayor of this municipality and
those who serve with her 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

Celebrant: 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.

All: **Amen.**

Leader: 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

Celebrant: 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.

All: Amen.

Leader: 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

Celebrant: 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.

All: Amen.

Leader: 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

Celebrant: 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.

All: Amen.

Meditation on the Cross of Jesus

Celebrant: This is the wood of the cross,
on which hung the Saviour of the world.

People: Come let us worship.

During the next hymn, you are invited to come forward to pray briefly at the foot of the cross. You may come as a family group or individually.

Hymn: 198, O Sacred Head, Surrounded

O sacred head surrounded
by crown of piercing thorn;
O royal head so wounded,
reviled, and put to scorn:
death's shadows rise before you,
the glow of life decays,
yet angel hosts adore you
and tremble as they gaze!

Your sinless soul's oppression
was all for sinners' gain;
mine, mine was the transgression,
but yours the deadly pain:
I bow my head, my Saviour,
for I deserve your place;
O grant to me your favour,
and heal me by your grace.

What language shall I borrow
to thank you, dearest Friend,
for this your dying sorrow,

your mercy without end?
Lord, make me yours for ever:
your servant let me be;
and may I never, never
betray your love for me.

(Passion Chorale)

***Hymn:* 199, Who Would Ever Have Believed It**

Who would ever have believed it?
Who could ever have conceived it?
Who dared trace God's hand behind it
when a servant came among us?

We despised him, we disowned him,
though he clearly hurt and suffered:
we, believing he was worthless,
never turned our eyes towards him.

Yet it was the pain and torment
we deserved which he accepted,
while we reckoned his afflictions
must have come by heaven's instruction.

Though our sins let him be wounded,
though our cruelty left him beaten,
yet, through how and why he suffered,
God revealed our hope of healing.

We, like sheep despite our wisdom,
all had wandered from God's purpose;
and our due in pain and anger
God let fall on one among us.

Who would ever have believed it?
Who could ever have conceived it?
Who dared trace God's hand behind it
when a servant came among us?

(Ae Fond Kiss)

The Lord's Prayer

Celebrant: As our Saviour taught us, let us pray,

**All: 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.**

Celebrant: 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 them pardon;
bring them comfort. May their faith grow
stronger and their eternal salvation be assured.
We ask this through Christ our Lord.

The service ends in silence.
