

Parish Church of St. Paul, Ipswich
Parish Church of St. Thomas, North Ipswich



Holy Week and Easter
Resources for use in the home during the COVID-19
pandemic

It is still uncertain when Christians first began to make an annual (as opposed to a weekly) memorial of the death and resurrection of Christ. This Pascha (a word derived indirectly from pesach, Hebrew 'Passover') was at first a night-long vigil, followed by the celebration of the Eucharist at cock-crow, and all the great themes of redemption were included within it: incarnation, suffering, death, resurrection, glorification. Over time, the Pascha developed into the articulated structure of Holy Week and Easter. Through participation in the whole sequence of services, the Christian shares in Christ's own journey, from the triumphal entry into Jerusalem on Palm Sunday to the empty tomb on Easter morning.

During the current global crisis our normal celebrations are clearly impossible, but that is not to say that we cannot take a full part in celebrating the Easter mysteries. By using these resources and one or two additional household items we can embrace the mysteries of this most sacred time of the church's year.

Suggestions and Liturgies are given for observance of Palm Sunday and the Triduum (Maundy Thursday, Good Friday and Holy Saturday). Services for Morning and Evening Prayer are included along with Compline (also called Night Prayer) which is traditionally said immediately before retiring for the night.

Morning Prayer during Holy Week

Christ suffered and died for us. O come let us worship.

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As a man of sorrows and acquainted with grief
your only Son was lifted up
that he might draw the whole world to himself.

May we walk this day in the way of the cross
and always be ready to share its weight,
declaring your love for all the world.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

A Song of Lamentation

- 1 Is it nothing to you, all you who pass by? ♦
Look and see if there is any sorrow like my sorrow,
- 2 Which was brought upon me, ♦
which the Lord inflicted on the day of his fierce anger.
- 3 For these things I weep; my eyes flow with tears; ♦
for a comforter is far from me, one to revive my courage.
- 4 Remember my affliction and my bitterness, ♦
the wormwood and the gall!
- 5 But this I call to mind, ♦
and therefore I have hope:
- 6 The steadfast love of the Lord never ceases, ♦
his mercies never come to an end;
- 7 They are new every morning; ♦
great is your faithfulness.
- 8 'The Lord is my portion,' says my soul, ♦
'therefore I will hope in him.'

- 9 The Lord is good to those who wait for him, ♦
to the soul that seeks him.
- 10 It is good that we should wait quietly ♦
for the salvation of the Lord.
- 11 For the Lord will not reject for ever; ♦
though he causes grief, he will have compassion,
- 12 According to the abundance of his steadfast love; ♦
for he does not willingly afflict or grieve anyone.

Lamentations 1.12,16a,b; 3.19,21-26,31-33

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

As we rejoice in the gift of this new day, so may the light of
your presence, O God, set our hearts on fire with love for
you; now and for ever. Amen.

The psalm of the day is read

	Psalm
Palm Sunday	70
Monday in Holy Week	21
Tuesday in Holy Week	27
Wednesday in Holy Week	88
Maundy Thursday	55
Good Friday	40
Holy Saturday	30

A Song of the Lord's Gracious Deeds

- 1 Who is this that comes from Edom, ♦
coming from Bozrah, his garments stained crimson?
- 2 Who is this in glorious apparel, ♦
marching in the greatness of his strength?
- 3 'It is I, who announce that right has won the day, ♦
it is I,' says the Lord, 'for I am mighty to save.'
- 4 Why are your robes all red, O Lord, ♦
and your garments like theirs who tread the winepress?
- 5 'I have trodden the winepress alone, ♦
and from the peoples no one was with me.'
- 6 I will recount the gracious deeds of the Lord, ♦
the praises of the Most High;
- 7 All that God has done for us in his mercy, ♦
by his many acts of love.
- 8 For God said, 'Surely, they are my people,
my children who will not deal falsely,' ♦
and he became their Saviour in all their distress.
- 9 So God redeemed them by his love and pity; ♦
he lifted them up and carried them through all the
days of old.

Isaiah 63.1-3a,7-9

The Bible reading appointed for the day is read.

Palm Sunday	Galatians 3:10-14
Monday in Holy Week	John 14
Tuesday in Holy Week	John 15:1-16:4a
Wednesday in Holy Week	John 16:4b-33

Maundy Thursday	John 17
Good Friday	Mark 15:21-41
Holy Saturday	John 19:38-42

The Benedictus (The Song of Zechariah)

- 1 Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦
to save us from our enemies, from the hands of all that
hate us,
- 4 To show mercy to our ancestors, ♦
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦
holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most
High, ♦
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the
shadow of death, ♦
and to guide our feet into the way of peace.

Luke 1.68-79

Individual prayers are offered

The Collect

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and
humility,
and also be made partakers of his resurrection;
through Jesus Christ our Lord. Amen.

The Lord's Prayer

Our Father in heaven ...

May Christ, who bore our sins on the cross,
set us free to serve him with joy. Amen.

Let us bless the Lord.

Thanks be to God.

Evening Prayer during Holy Week

Let your ways be known upon earth
your saving power among the nations.

Blessed are you, Lord God of our salvation,
to you be glory and praise for ever.
As we behold your Son, enthroned on the cross,
stir up in us the fire of your love,
that we may be cleansed from all our sins,
and walk with you in newness of life
singing the praise of him who died
for us and our salvation.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Saviour of the World

- 1 Jesus, Saviour of the world, come to us in your mercy:♦
we look to you to save and help us.
- 2 By your cross and your life laid down,
you set your people free:♦
we look to you to save and help us.
- 3 When they were ready to perish, you saved your disciples:♦
we look to you to come to our help.
- 4 In the greatness of your mercy, loose us from our chains,♦
forgive the sins of all your people.
- 5 Make yourself known as our Saviour and mighty deliverer:♦
save and help us that we may praise you.
- 6 Come now and dwell with us, Lord Christ Jesus:♦
hear our prayer and be with us always.
- 7 And when you come in your glory:♦

make us to be one with you and to share the life of
your kingdom.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

As our evening prayer rises before you, O God,
so may your mercy come down upon us to cleanse our hearts
and set us free to sing your praise now and for ever.
Amen.

The psalm of the day is read

	Psalm
Palm Sunday	118:1-16
Monday in Holy Week	25
Tuesday in Holy Week	69:1-21
Wednesday in Holy Week	31
Maundy Thursday	136
Good Friday	142
Holy Saturday	31:21-27

The Song of Christ's Glory

- 1 Christ Jesus was in the form of God, ♦
but he did not cling to equality with God.
- 2 He emptied himself, taking the form of a servant, ♦
and was born in our human likeness.
- 3 Being found in human form he humbled himself, ♦
and became obedient unto death, even death on a cross.

- 4 Therefore God has highly exalted him, ♦
and bestowed on him the name above every name,
5 That at the name of Jesus every knee should bow, ♦
in heaven and on earth and under the earth;
6 And every tongue confess that Jesus Christ is Lord, ♦
to the glory of God the Father. *Philippians 2.5-11*

The Bible reading appointed for the day is read.

Palm Sunday	John 12:20-32
Monday in Holy Week	2 Corinthians 5:14-21
Tuesday in Holy Week	Philippians 3:7-16
Wednesday in Holy Week	1 Peter 2:19-25
Maundy Thursday	Colossians 2:8-15
Good Friday	Hebrews 9:11-26
Holy Saturday	Hebrews 4:1-11

The Magnificat (The Song of Mary)

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.
2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me
and holy is his name.
3 He has mercy on those who fear him, ♦
from generation to generation.
4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,
5 Casting down the mighty from their thrones ♦
and lifting up the lowly.

- 6 He has filled the hungry with good things ♦
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,
- 8 The promise made to our ancestors, ♦
to Abraham and his children for ever *Luke 1.46-55*

Individual prayers of thanksgiving for the day are offered

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through Jesus Christ our Lord. Amen.

The Lord's Prayer

Our Father in heaven ...

May Christ, who bore our sins on the cross,
set us free to serve him with joy. Amen.

Let us bless the Lord.

Thanks be to God.

Night Prayer (Compline) during Holy Week

The Lord almighty grant us a quiet night and a perfect end.

Our help is in the name of the Lord
who made heaven and earth.

A period of silence for reflection on the past day follows.

Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins, heal us by your Spirit
and raise us to new life in Christ. Amen.

O God, make speed to save us.
O Lord, make haste to help us.
Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;

And Holy Spirit, by whose breath
Our souls are raised to life from death.

Psalm 139:1-18

- 1 O Lord, you have searched me out and known me; ♦
you know my sitting down and my rising up;
you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place ♦
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ♦
but you, O Lord, know it altogether.
- 4 You encompass me behind and before ♦
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ♦
so high that I cannot attain it.
- 6 Where can I go then from your spirit? ♦
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there; ♦
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning ♦
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me, ♦
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me ♦
and the light around me turn to night,'
- 11 Even darkness is no darkness with you;
the night is as clear as the day; ♦
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; ♦
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ♦

- marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ♦
when I was made in secret
and woven in the depths of the earth.
 - 15 Your eyes beheld my form, as yet unfinished; ♦
already in your book were all my members written,
 - 16 As day by day they were fashioned ♦
when as yet there was none of them.
 - 17 How deep are your counsels to me, O God! ♦
How great is the sum of them!
 - 18 If I count them, they are more in number than the sand, ♦
and at the end, I am still in your presence.

I will pour out a spirit of compassion and supplication on the house of David and the inhabitants of Jerusalem, so that, when they look on the one whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a firstborn.

Zechariah 12.10

The Nunc dimittis (The Song of Simeon)

Christ himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.

- 1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.
- 2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations ♦
and the glory of your people Israel.

Luke 2.29-32

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

Christ himself bore our sins in his body on the tree,
that we might die to sin and live to righteousness.

Intercessions and thanksgivings are be offered.

The Collect

Almighty God,
as we stand at the foot of the cross of your Son,
help us to see and know your love for us,
so that in humility, love and joy
we may place at his feet all that we have and all that we are;
through Jesus Christ our Saviour. Amen.

The Lord's Prayer

Our Father in heaven ...

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.
Abide with us, Lord Jesus,
for the night is at hand and the day is now past.
As the night watch looks for the morning,
so do we look for you, O Christ.

May God bless us,
that in us may be found love and humility, obedience and
thanksgiving, discipline, gentleness and peace.

Palm Sunday

Liturgy of the Palms

We gather outside and obtain a piece of greenery.

Hosanna to the Son of David, the King of Israel. Blessed is he who comes in the name of the Lord. Hosanna in the highest

Since during Lent we have been preparing by works of love and self-sacrifice for the celebration of our Lord's death and resurrection, today we are in union with the Church throughout the world as we begin this solemn celebration. Christ enters his own city to complete his work as our Saviour, to suffer, to die, and to rise again. We go with him in faith and love, so that, united with him in his sufferings, we may share his risen life.

We hold our plants aloft:

May God our Saviour, whose Son Jesus Christ entered Jerusalem as Messiah to suffer and to die; let these plants be for us signs of his victory, and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, "Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her;

untie them and bring them to me. If anyone says anything to you, just say this, 'The Lord needs them.' And he will send them immediately." This took place to fulfill what had been spoken through the prophet, saying, "Tell the daughter of Zion, Look, your king is coming to you, humble, and mounted on a donkey, and on a colt, the foal of a donkey." The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting,

"Hosanna to the Son of David!

Blessed is the one who comes in the name of the Lord!

Hosanna in the highest heaven!"

When he entered Jerusalem, the whole city was in turmoil, asking, "Who is this?" The crowds were saying, "This is the prophet Jesus from Nazareth in Galilee." *Matthew 21:1-11*

We take our plants into our houses saying or singing:

All glory, laud, and honour to thee, Redeemer, King,
to whom the lips of children made sweet Hosannas ring.

Thou art the King of Israel, thou David's royal Son,
who in the Lord's name comest, the King and blessed one.
All glory,...

True and humble king, hailed by the crowd as Messiah:
grant us the faith to know you and love you,
that we may be found beside you on the way of the cross,
which is the path of glory. Amen

Maundy Thursday

Prior to the beginning of Evening prayer, an area of the room (a sideboard or a display shelf) should be stripped of all items. In common with traditional church practice, this powerful symbolism reflects the barren desolation that Christ felt in the Garden of Gethsemane and as he hung on the Cross on Good Friday. Once the area is stripped it is traditional to reflect on Christ's agony whilst reciting Psalm 22. This Place of Desolation in our own house should be kept stark until it is redecorated on Easter day.

Good Friday

Stations of the Cross

The Stations of the Cross are a 14-step devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.



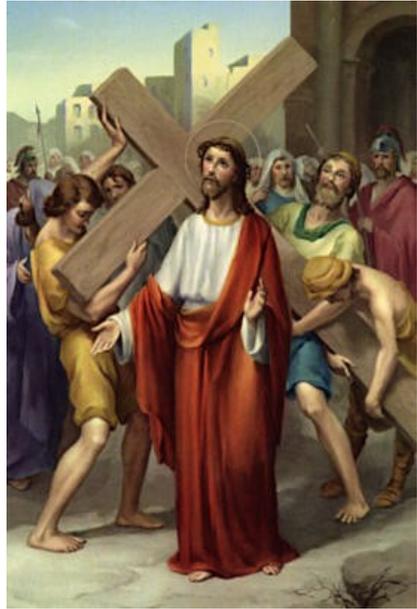
1. Jesus Before Pilate

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

2. Jesus Receives His Cross

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.

Help us to bear our crosses, knowing that we added the weight of our sins to the cross you carried.



3. Jesus Falls for the First Time

The cross is very heavy and Jesus is becoming weak and almost ready to faint. He falls and nobody seems to want to help him.

Sometimes we start to do something, but then get tired of it. We hurry to get finished and sometimes don't do our work well. When things get hard for me, sometimes we give up.



4. Jesus Meets his Mother

With all those people yelling and screaming he looks for a friendly face in the crowd. There's Mary. She can't make the hurting stop, but it helps to see that she is on his side, that she is suffering with him. We worry so much about our future. We need to remember that we do not have to solve every problem all by myself but need to look around for a friendly face, for the help we need.



5. Simon of Cyrene helps Jesus to Carry the Cross

The soldiers grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.

Sometimes we see people who need our help. Do we disappear when we know others could use our help?

6. Veronica wipes the Face of Jesus.

Veronica takes a cloth and begins to wipe the blood and sweat from Christ's face. She can't do much, but she offers what little help she can.

Do we fail to notice the needs around us? Do we fail to reach out to help lest we be criticized, or that they demand more of us than we'd like to give?



7. Jesus Falls the Second Time.

As the cross grows heavier and heavier it becomes more difficult to get up. But Jesus continues to struggle and try until he's up and walking again. He doesn't give up.

Sometimes things get us down. Others seem to find things easier to do. Each time we fail, we find it harder to keep trying.



8. Jesus Meets the Women of Jerusalem

Jesus sees a group of women lamenting. He stops to spend a moment with them, to offer them some encouragement. Although abandoned by his friends and in pain, Christ stops and try to help them.

Sometimes we become so absorbed in ourselves that we forget about the needs of others and often ignore their needs.



9. Jesus Falls a Third Time

Jesus knows your journey is coming to an end. He keeps going.

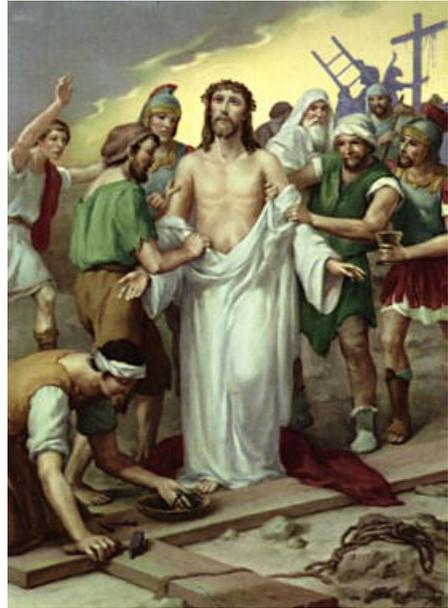
We become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary.

Christ didn't give up. We can have the strength to get up again as well.



10. Jesus is Stripped

They remove Jesus' clothes and throw dice for them. His wounds are torn open once again. Some of the people in the crowd make fun of him. They tease him and challenge you to perform a miracle for them to see. They're not aware that in a short while, Christ will perform the greatest miracle of all!



11. Jesus is Nailed to the Cross

Christ is stretched out on the cross. The soldiers take nails and drive them into his hands and feet.

Sometimes we judge others because of their color, intelligence, income level or gender. We forget that we are to live as a brother or sister to all people.



12. Jesus Dies on the Cross

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.

Consider Christ's love for us. Do we love Him? Do we love others? Do we love ourselves?



13. Jesus is Taken Down from the Cross

Jesus' suffering and pain are ended, and he is put in the lap of his mother. The dirt and blood are wiped away. He is treated with love.

We seem to be kinder when someone dies. If only we could learn to see the good things about them while they are alive.

14. Jesus is Laid in the Tomb

Jesus' body is prepared for burial. Joseph of Arimathea gives Christ his own tomb.

We accumulate things and keep them for ourselves. We try to make sure we have what we want before we share what we have with anybody else. We need to think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial.



Place a cross on the Place of Desolation that you have created in your home. Spend some time this day meditating on the sacrifice Christ paid for us. The huge debt we had racked up was paid in full, no questions asked by Jesus' sacrifice on the Cross.

We leave the cross here throughout Holy Saturday. On Easter Day the items stripped from this place can be replaced and a candle added, symbolising the triumph of Christ, the light of the world, who has defeated death and now is risen!