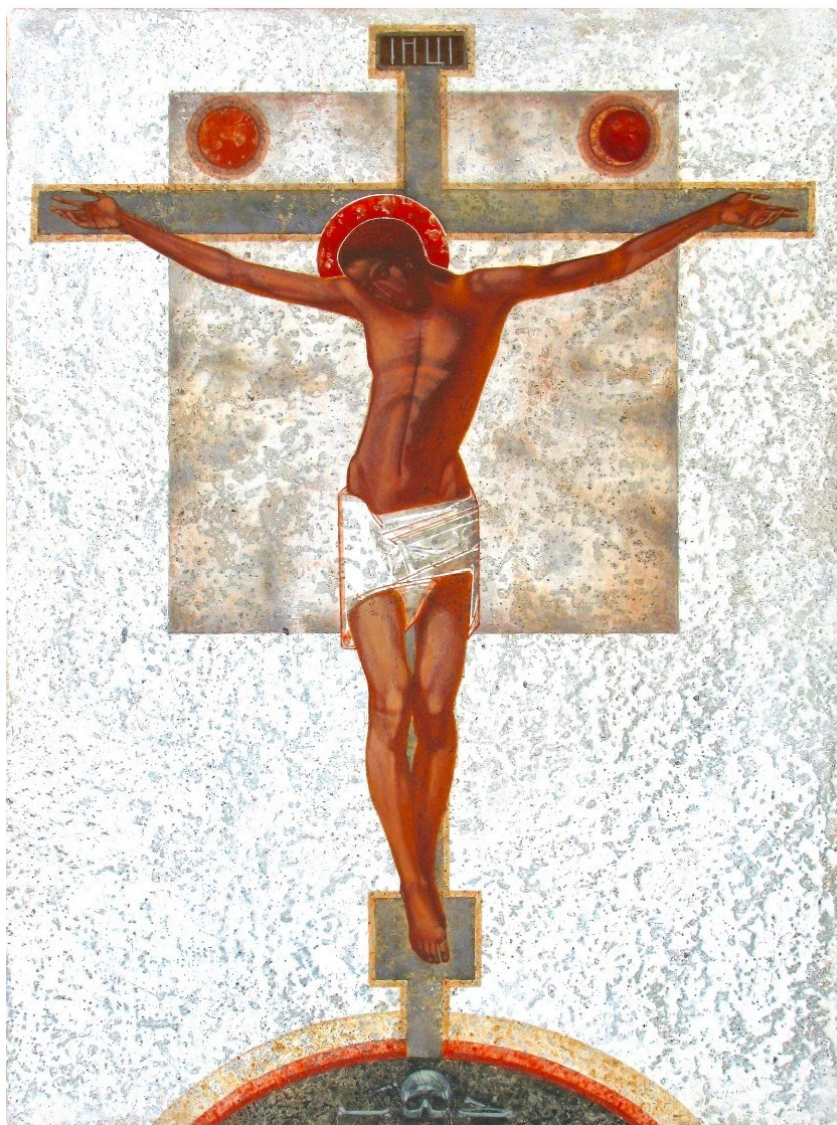


Good Friday
29 March, 2024



St. Helen's
Anglican Church of Canada

The Reverend Mark Munn

MEETING IN GOD'S NAME

MEETING

Christ became obedient unto death,
even death on a cross.

Therefore, God has highly exalted him
and has given him the name that is above every name.

SCRIPTURE SENTENCE

PHILIPPIANS 2:8-9

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

PRAYER OF PREPARATION

Almighty God,
to whom all hearts are open all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts by the inspiration of your Holy Spirit,
that we may perfectly love you, and worthily magnify your holy name,
through Christ our Lord. Amen.

ie Eleison

God shows great love for us in that while we were still sinners Christ died for us.

Let us then confess our sins in penitence and faith.

Lord God, you created this world, and made us in your own image.

Forgive us when we turn away from you. Lord, have mercy.

Lord, have mercy.

Lord God, through your Son you overcame evil and death.

Rescue us from slavery to sin. Christ, have mercy.

Christ, have mercy.

Lord God, by your Spirit, you restore us to fellowship with you and with one another.

Breathe your love and freedom into our lives. Lord, have mercy.

Lord, have mercy.

Almighty God have mercy on you, forgive you your sins, and keep you in life eternal.

Amen.

Cantor; All repeat

Ký - ri - e, e - lé - i - son. Chri - ste, e -
Lord, _____ have mer - cy. Christ, _____ have

lé - i - son. Ký - ri - e, e - lé - i - son.
mer - cy. Lord, _____ have mer - cy.

LECT OF THE DAY

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. **Amen.**

E LITURGY OF THE WORD

ST READING

ISAIAH 52:13-53:12

A reading from the book of Isaiah

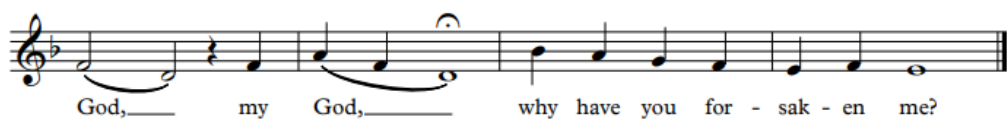
See, my servant shall prosper; he shall be exalted and lifted up, and shall be very high. Just as there were many who were astonished at him - so marred was his appearance, beyond human semblance, and his form beyond that of mortals - so he shall startle many nations; kings shall shut their mouths because of him; for that which had not been told them they shall see, and that which they had not heard they shall contemplate. Who has believed what we have heard? And to whom has the arm of the Lord been revealed? For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, nothing in his appearance that we should desire him. He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised, and we held him of no account. Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth. By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. They made his grave with the wicked and his tomb with the rich, although he had done no violence and there was no deceit in his mouth. Yet it was the will of the Lord to crush him with pain. When you make his life an offering for sin, he shall see his offspring, and shall

prolong his days; through him the will of the Lord shall prosper. Out of his anguish he shall see light; he shall find satisfaction through his knowledge. The righteous one, my servant, shall make many righteous, and he shall bear their iniquities. Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong; because he poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors.

Hear what the spirit is saying to the church.

Thanks be to God.

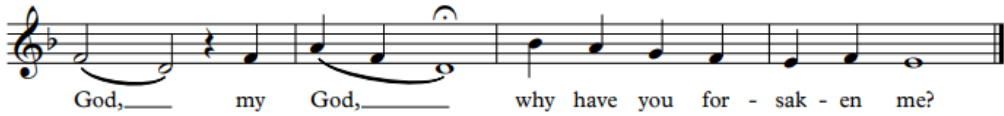
PSALM 22



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. **R.**

Yet you are the Holy One,
enthroned upon the praises of Israel.
Our forebears 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. **R.**

But as for me, I am a worm and worthless, scorned by all and despised by the people.
All who see me laugh me to scorn; they curl their lips and wag their heads, saying,
"You trusted in God; let God deliver you,
rescue you, and show delight in you." **R.**



Yet you, O God, are the one who took me from the womb,
and kept me safe upon my mother's breast.
I have been entrusted to you ever since I was born;
you were my God when I was still in my mother's womb. **R.**

Be not far from me, for trouble is near,
and there is none to help.
Many young bulls encircle me; strong bulls of Bashan surround me.
They open wide their jaws at me, like a ravening and a roaring lion. **R.**

I am poured out like water; all my bones are out of joint;
my heart within my breast is melting wax.
My mouth is dried out like a pot-herd; my tongue sticks to the roof of my mouth;
and you have laid me in the dust of the grave. **R.**

Packs of dogs close in on me,
and gangs of evildoers circle around me;
they pierce my hands and my feet;
I can count all my bones.
They stare and gloat over me; they divide my garments among them;
they cast lots for my clothing. **R.**

Be not far away, O God;
you are my strength; hasten to help me.
Save me from the sword,
my life from the power of the dog.
Save me from the lion's mouth,
my wretched body from the horns of wild bulls. **R.**

A reading from the letter to the Hebrews

"This is the covenant that I will make with them after those days, says the Lord: I will put my laws in their hearts, and I will write them on their minds," he also adds, "I will not remember their sins and their lawless deeds no more." Where there is forgiveness of these, there is no longer any offering for sin. Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

Hear what the spirit is saying to the church.

Thanks be to God.

ANTIPHONA O Sacred Head Surrounded

CP 198

THE HOLY GOSPEL

JOHN 18:1-19:42

LECTURE

The Rev Mark Munn

GENERAL INTERSESSION

The Rev Mark Munn

ADORATION ON THE CROSS OF JESUS

Jesus allowed himself to be broken in an act of solidarity with a broken world and its broken people.

A large cross will be carried to the front of the church—a symbol of God’s prodigal love for us. You are invited to pray at the foot for the cross, and to lay your written prayers and reflection cards at the feet of the One who shares the world’s suffering, and who offers healing and forgiveness to all.

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

Come let us worship.

Was Despised (The Messiah)

Erik Kallo - Solo

AMN Jesus Remember Me

CP 634

AMB OF GOD — *Choir Only*

THE LORD’S PRAYER

As our Saviour taught us, let us pray,

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial,

and deliver us from evil.

For the kingdom, the power,

and the glory are yours,

now and for ever. Amen.

OSING PRAYER

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. **Amen.**

SSIONAL HYMN Were You There (*Verses 1-5 only*)

CP 192

*Please be seated. The community disperses in silence. In respect of those who may linger in
contemplation, conversation is reserved for the narthex.*



Holy Week Schedule

March 24, 8am & 10am:
Palm Sunday Service

March 28, 7pm:
Maundy Thursday Service

March 29, 3pm:
Good Friday Service

March 30, 7pm:
St. Hildegard's Easter Vigil
at St. Faith's Anglican Church

March 31, 8am & 10am:
Easter Day Service

Helen's Directory

The Rev. Mark Munn, Priest & Rector (rev.mark.munn@gmail.com)

Dale Throness, Interim Music Director

Matt Powell, Rector's Warden

Irene Vavasour, People's Warden

Rozi Purdy, Associate Warden

Tony Hodgson, Treasurer

Monica O'Brien, Envelope Secretary

Cynthia Jutras, Parish Administrator

If you have any questions or concerns, please call or email the church office:

604 224 0212, sthelenswpg@gmail.com

Worship Ministries for Today

Celebrant: The Reverend Mark Munn

Preacher: The Reverend Mark Munn

Music: Dale Throness

How to Contribute to St. Helen's Financially

If you'd like to contribute financially to our shared congregational life and mission here at St. Helen's, you can



- Use one of the envelopes available at the back of the church by the offering plate, cheques or cash
- Scan the QR code at left to contribute via credit card or Apple Pay
- Visit our website (pointgreyanglican.com/pages/give) to contribute via credit card or PayPal
- Set up a Pre-Authorized Donation (PAD). To do this, please reach out to our Envelope Secretary, Monica O'Brien via our office (sthelenswpg@gmail.com).