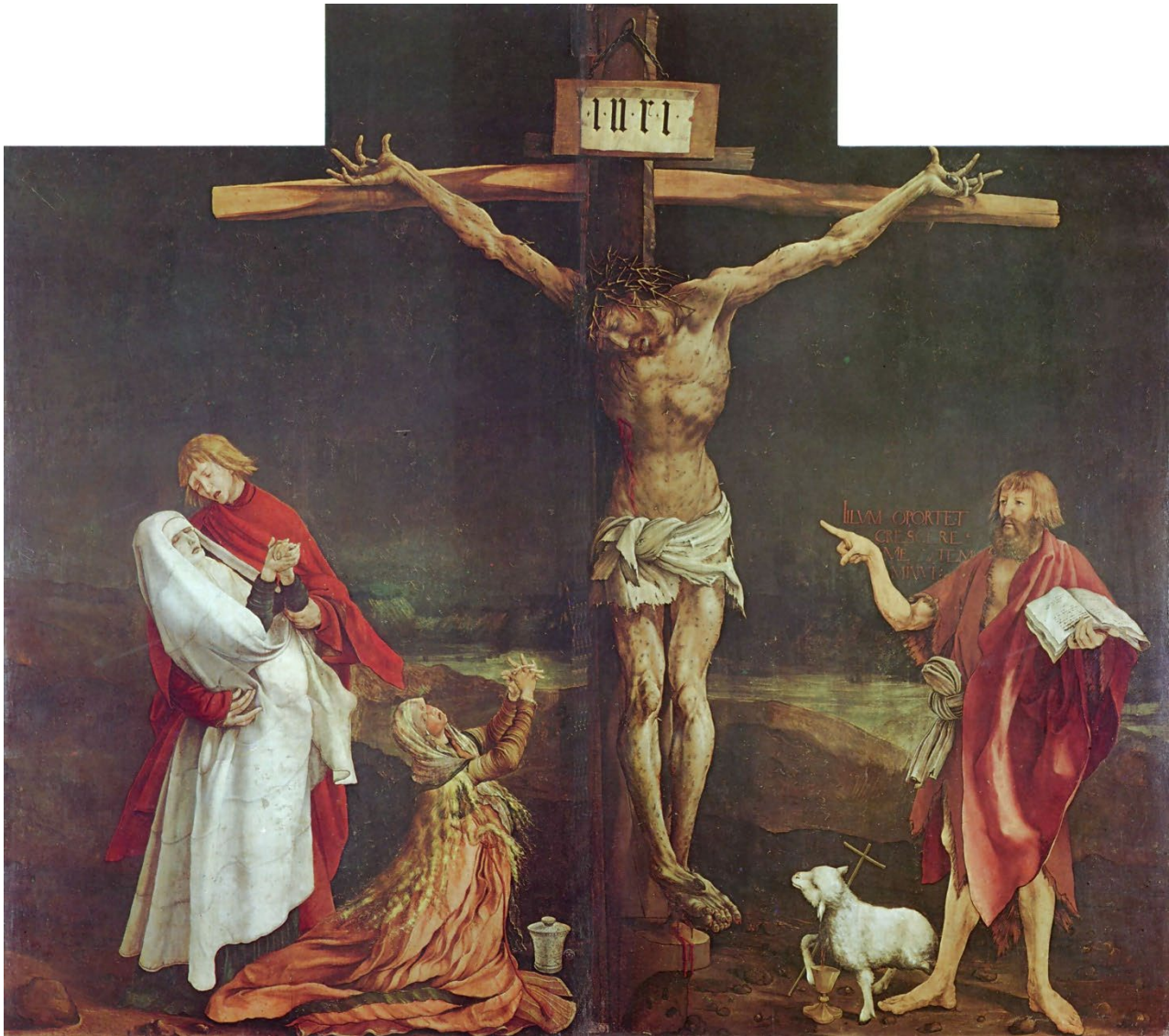




Great St Mary's  
THE UNIVERSITY CHURCH CAMBRIDGE

# GOOD FRIDAY

29 March 2024



The Liturgy of Good Friday

1.30 - 3.00pm

# Great St Mary's, the University Church

- 12pm      Silent Prayer
- 12.30pm   'This is My Body, Given For You' – Mediations led by Revd  
Canon Prof Ben Quash
- 1.30pm    The Liturgy of Good Friday
- 3.00pm    We depart in Silence

Wherever you have come from, and whoever you are, consider yourself at home here with us. We are one in Christ and today we are united with him in his suffering on the Cross. People are welcome to join or leave the service at 1.30pm.

*Please note this service is being livestreamed.*



**@greatstmarys**

**[www.greatstmarys.org](http://www.greatstmarys.org)**

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# *The Liturgy of the Good Friday, 1.30 pm*

*At 1.30 pm the choir and ministers enter in SILENCE.*

*When all have arrived, the choir sings the*

INTROIT

O vos omnes qui transitis per viam,  
attendite et videte  
si est dolor similis sicut dolor meus.  
Attendite, universi populi,  
et videte dolorem meum,  
si est dolor similis sicut dolor meus.

*All ye that pass by,  
behold and see  
if there be any sorrow like unto my sorrow.  
Behold all people  
and see my sorrow,  
if there be any sorrow like unto my sorrow.*

Words Lamentations 1.12

Music Tomás Luis de Victoria (1548-1611)

GATHERING

*We KNEEL for a time of silent prayer.*

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

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

*President* Christ the Lord became obedient unto death,

*All* **Even death on a cross.**

*We STAND for the*

COLLECT

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ was content to be betrayed  
and given up into the hands of sinners  
and to suffer death upon the cross;  
who is alive and glorified with you and the Holy Spirit,  
one God, now and for ever.

*All* **Amen.**

*We sit for the*

OLD TESTAMENT READING

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.

This is the word of the Lord.

*All*        **Thanks be to God.**

PSALM 22

- <sup>1</sup> MY God, my God, look upon me; why hast thou forsaken me :  
and art so far from my health, and from the words of my complaint?
- <sup>2</sup> O my God, I cry in the day-time, but thou hearest not :  
and in the night-season also I take no rest.
- <sup>3</sup> And thou continuest holy : O thou worship of Israel.
- <sup>4</sup> Our fathers hoped in thee :  
they trusted in thee, and thou didst deliver them.
- <sup>5</sup> They called upon thee, and were holpen :  
they put their trust in thee, and were not confounded.
- <sup>6</sup> But as for me, I am a worm, and no man:  
a very scorn of men, and the outcast of the people.
- <sup>7</sup> All they that see me laugh me to scorn:  
they shoot out their lips, and shake their heads, saying,
- <sup>8</sup> He trusted in God, that he would deliver him :  
let him deliver him, if he will have him.
- <sup>9</sup> But thou art he that took me out of my mother's womb :  
thou wast my hope, when I hanged yet upon my mother's breasts.
- <sup>10</sup> I have been left unto thee ever since I was born:  
thou art my God, even from my mother's womb.
- <sup>11</sup> O go not from me, for trouble is hard at hand :  
and there is none to help me.
- <sup>12</sup> Many oxen are come about me :  
fat bulls of Basan close me in on every side.
- <sup>13</sup> They gape upon me with their mouths :  
as it were a ramping and a roaring lion.
- <sup>14</sup> I am poured out like water, and all my bones are out of joint :  
my heart also in the midst of my body is even like melting wax.

- <sup>15</sup> My strength is dried up like a potsherd,  
and my tongue cleaveth to my gums :  
and thou shalt bring me into the dust of death.
- <sup>16</sup> For many dogs are come about me :  
and the council of the wicked layeth siege against me.
- <sup>17</sup> They pierced my hands and my feet; I may tell all my bones :  
they stand staring and looking upon me.
- <sup>18</sup> They part my garments among them : and cast lots upon my vesture.
- <sup>19</sup> But be not thou far from me, O Lord :  
thou art my succour, haste thee to help me.
- <sup>20</sup> Deliver my soul from the sword : my darling from the power of the dog.
- <sup>21</sup> Save me from the lion's mouth :  
thou hast heard me also from among the horns of the unicorns.

Chant Charles Hylton Stewart (1884-1932)

NEW TESTAMENT READING

*Hebrews 10.16-25*

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 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.

This is the word of the Lord.

*All*      **Thanks be to God.**

PASSION GOSPEL

John 18-19.37

*We remain SEATED for the first part of the Passion reading.*

*At the verse which describes Jesus' arrival at Golgotha we STAND.  
SILENCE is kept for a time before the reading of the Passion continues.*

*At the end of the Passion, the reader says*

**This is the Passion of the Lord.**

*No response is made. Please KNEEL or SIT for a time of silent prayer.*

## PROCLAMATION OF THE CROSS

*The cross is brought into the church and stands under the chancel arch.*

*The procession stops three times and the following responses are said:*

**The cross of Christ.**

*All*      **The cross on which the Saviour of the world was hung.**

*As ministers are standing, holding the cross, members of the congregation are invited to come forward and kneel before the cross and meditate for a few moments.*

*During the time of prayer and veneration of the cross, the choir sings*      **ANTHEMS**

*My people, what wrong have I done to you?*

*What good have I not done for you?*

*Listen to me.*

I am your Creator, Lord of the universe;  
I have entrusted this world to you,  
but you have created the means to destroy it.

*My people, ...*

I made you in my image,  
but you have degraded body and spirit  
and marred the image of your God.  
You have deserted me and turned your backs on me.

*My people, ...*

I filled the earth with all that you need,  
so that you might serve and care for one another,  
as I have cared for you;  
but you have cared only to serve your own wealth and power.

*Holy God, holy and strong,*

*holy and immortal, have mercy upon us.*

*My people, ...*

I made my children of one blood  
to live in families rejoicing in one another;  
but you have embittered the races and divided the nations.

*My people, ...*

I commanded you to love your neighbour as yourself,  
to love and forgive even your enemies;  
but you have made vengeance your rule and hate your guide.

*My people, ...*

In the fullness of time I sent you my Son,  
that in him you might know me,  
and through him find life and peace;  
but you put him to death on the cross.

*Holy God, holy and strong,  
holy and immortal, have mercy upon us.*

*My people, ...*

Through the living Christ, I called you into my Church  
to be my servants to the world,  
but you have grasped at privilege and forgotten my will.

*My people, ...*

I have given you a heavenly gift and a share in the Holy Spirit;  
I have given you the spiritual energies of the age to come;  
but you have turned away and crucified the Son of God afresh.

*My people, ...*

I have consecrated you in the truth;  
I have made you to be one in the unity of the Father and the Son,  
by the power of the Spirit;  
but you have divided my Church and shrouded my truth.

*Holy God, holy and strong,  
holy and immortal, have mercy upon us.*

Words Common Worship  
Music Dan Soper

*The organist plays*

*Herzlich tut mich verlangen* (Op. 122, No 10)  
Johannes Brahms (1833–97)



*The choir sings*

Alone to sacrifice thou goest, Lord,  
giving thyself to Death whom thou hast slain.  
For us thy wretched folk is any word?  
Who knew that for our sins this is thy pain?  
For they are ours, O Lord, our deeds,  
Why must thou suffer torture for our sins?  
Let our hearts suffer in thy Passion, Lord,  
That very suffering may thy mercy win.  
This is the night of tears, the three days' space,  
Sorrow abiding in the eventide,  
Until the daybreak with the risen Christ,  
And hearts that sorrowed shall be satisfied.  
So may our hearts share in thine anguish, Lord,  
That they may sharers of thy glory be;  
Heavy with weeping may the three days pass,  
To win the laughter of thine Easter Day.

Words Peter Abelard (1079–1142), Translated by Helen Waddell  
Music *Solus ad victimam*, Kenneth Leighton (1929–88)

#### THE ACCLAMATIONS

*President* We adore you, O Christ, and we bless you

*All* **because by your holy cross you have redeemed the world.**

*President* O Saviour of the world,

who by your cross and precious blood has redeemed us

*All* **save us and help us, we humbly pray.**

#### THE PRAYERS OF INTERCESSION

*Please KNEEL or SIT for the prayers.*

*After each bidding, before the Collect, the following response is used:*

Lord, hear us.

*All* **Lord, graciously hear us.**

# *The Liturgy of the Sacrament*

*We stand, as you are able, to sing the*

HYMN

**Soul of my Saviour, sanctify my breast,  
Body of Christ, be thou my saving guest,  
Blood of my Saviour, bathe me in thy tide,  
Wash me with water flowing from thy side.**

**Strength and protection may thy passion be,  
O blessèd Jesu, hear and answer me;  
Deep in thy wounds, Lord, hide and shelter me,  
So shall I never, never part from thee.**

**Guard and defend me from the foe malign,  
In death's dread moments make me only thine;  
Call me and bid me come to thee on high  
Where I may praise thee with thy saints for ay.**

NEH 305

Words Latin 14<sup>th</sup> century, translated by Anonymous

Tune ANIMA CHRISTI William Maher (1823-77)

*During the hymn, the altar is covered with a fair linen cloth and the consecrated hosts from Maundy Thursday are brought from the chapel of repose.*

THE LORD'S PRAYER

*President* Standing at the foot of the cross,

let us pray with confidence as our Saviour has taught us:

*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**

*President* Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts by faith with thanksgiving.

*The president gives directions about how to receive communion.*

*This is God's table and all are welcome. If you would prefer a blessing instead of the sacrament, please cross your arms in front of your chest when you come forward.*

*After receiving communion, we sing*

HYMN

**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.**

**Forbid it, Lord, that I should boast  
save in the cross of Christ my God;  
all the vain things that charm me most,  
I sacrifice them to his blood.**

**See from his head, his hands, his feet,  
sorrow and love flow mingled down;  
did e'er such love and sorrow meet,  
or thorns compose so rich a crown!**

**His dying crimson, like a robe,  
spreads o'er his body on the tree:  
then am I dead to all the globe,  
and all the globe is dead to me.**

**Were the whole realm of nature mine,  
that were a present far too small;  
love so amazing, so divine,  
demands my soul, my life, my all.**

AMNS 67

Words, Isaac Watts (1674-1748)

Tune ROCKINGHAM Edward Miller (1735-1807)

*President* O Lord Jesus Christ, Son of the living God, set your passion, cross and death between your judgement and our souls, now and in the hour of our death.

Grant mercy and grace to the living, rest to the departed, to your Church peace and concord, and to us sinners forgiveness, and everlasting life and glory; for, with the Father and the Holy Spirit, you are alive and reign, God, now and for ever.

*All* **Amen.**

THE GOSPEL OF THE BURIAL OF CHRIST

*John 19.38–end*

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. <sup>39</sup> Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. <sup>40</sup> They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. <sup>41</sup> Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. <sup>42</sup> And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

*After the deacon has read the Gospel, the ministers depart in SILENCE. You are very welcome to remain in the church for silent prayer.*

**COMING UP AT GREAT ST MARY'S**

**Saturday 30 March, Holy Saturday**

10am Easter Garden decorating in GSM

**Sunday 31 March, Easter Sunday – NB – Clocks move forward into BST**

5.30am Dawn Vigil and First Eucharist of Easter

8am BCP Holy Communion

10am Choral Eucharist (all ages) – Revd Canon Professor Ben Quash;

11.30am Choral Mattins

**Wednesday 3 April**

12.30pm Holy Communion

**Sunday 7 April Second Sunday of Easter**

8am BCP Holy Communion

10am Sung Eucharist

5pm Evening Prayer