

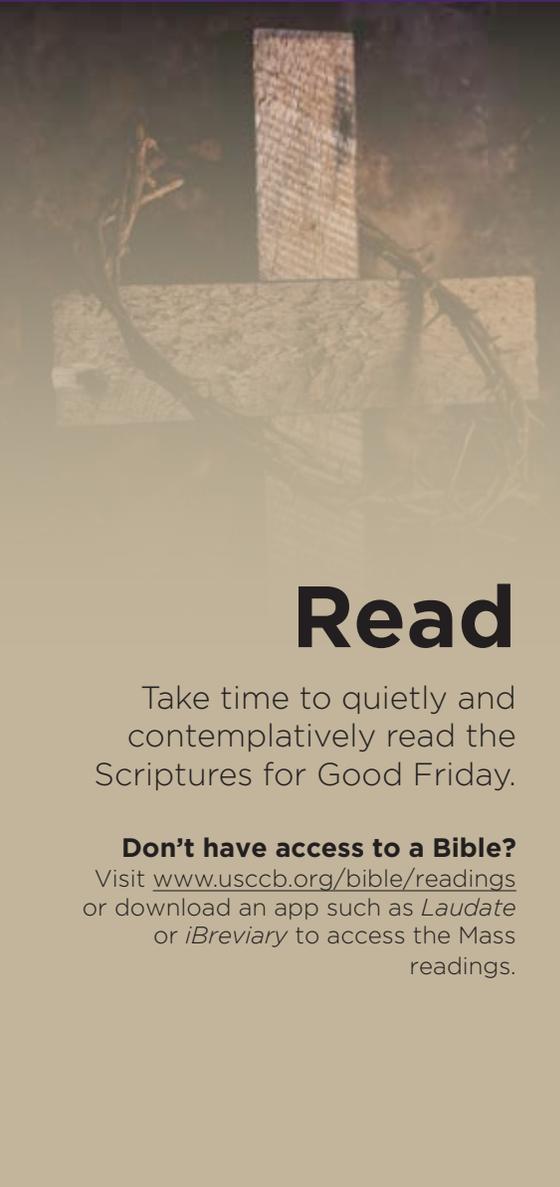


GOOD FRIDAY
April 10, 2020

ARCHDIOCESE OF SEATTLE

At Home with Faith

On Good Friday, we reflect upon the Passion of Our Lord. This is one of the most solemn and sacred days of the year.



Good Friday teaches us to confront our enslavement to sin and death, hopeful in the knowledge that Christ will redeem us from them. You may have noticed how simple the livestreamed liturgies have been, as our parishes contend with conditions created by the coronavirus pandemic. And yet, we need these liturgies now more than ever. God wants to be with us in this time in the desert and we need to be made aware of his true presence. Ask God to help you participate as fully as possible.

You are not alone! Jesus is with you and so is his Church. Even though we cannot gather in our parish churches, we can be united through faith. God wants to use this moment to grow closer to us.

Read

Take time to quietly and contemplatively read the Scriptures for Good Friday.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Isaiah 52:13 - 53:12

Isaiah prophesies that the Messiah would be smitten for the sins of his people, surrender himself to death and justify many.

Psalm 31

Jesus will quote this psalm on the cross: "Into your hands I commend my spirit."

Hebrews 4:14-16; 5:7-9

St. Paul tells of our "high priest" who can sympathize with our weaknesses.

John 18:1 - 19:42

The account of the Passion of Our Lord by St. John. Note how Jesus confronts every sin and human failing with grace.

At Home with Faith

Keep this day holy

Here are some suggestions for observing Good Friday at home.

Remember to visit your parish's website or Facebook page to join in a livestream of your parish's solemn celebration of the Passion of the Lord.

You can also join Archbishop Etienne at 3:00 pm, or watch in Spanish by joining Bishop Elizondo at 3:00 pm. See below for viewing information.



Good Friday Liturgies English and Spanish at 3:00 pm

Archbishop Etienne (English)

Vimeo

vimeo.com/archdioceseofseattle

Facebook

@ArchdioceseofSeattle

Bishop Elizondo (Spanish)

Facebook

@CatholicosNW

Fast. On Good Friday (and, if possible, Holy Saturday), we fast (see the USCCB guidelines on fasting at <https://tinyurl.com/1749fxu>). In addition to limiting our food intake, we should fast from distractions—including electronic ones—that take our attention away from God.

Pray. These days of the Triduum are an especially rich opportunity for prayer. Use the examples below as ways to grow closer to God.

Give. This pandemic has already had a devastating impact on parish collections across the archdiocese. Please consider going to your parish website and making an online gift so your parish may continue to minister in this time of darkness.

Honor Our Lord's sacrifice from noon to 3:00 pm. On Good Friday, we remember Jesus' sacrifice on the cross especially during the three hours from noon until 3:00 pm. These are the hours when we recognize Our Lord's agony on the cross. This is an especially appropriate time to set up a place in your home to honor Jesus' sacrifice by placing a crucifix in a special place with candles on either side and spend this time in silence, prayer and contemplation.

Venerate the cross at home. We cannot gather to venerate the cross together this year. However, we can venerate the cross in our homes. Use a crucifix to venerate the cross at home when the priest venerates the cross during the livestream liturgy.

Pray for the sick, the distressed and the dead. During the prayer of the people or general intercessions, this is a good time to offer our prayers as well. It is especially appropriate to remember those who are suffering on this day when we recall how our Lord entered into His suffering.

Pray the Act of Spiritual Communion. Though we are prevented from celebrating the Eucharist together, Our Lord still wants to be welcomed into our hearts. As you watch a livestream Mass together as a family, recite together this prayer by St. Aphonsus Liguori:

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Go to marriagefamilylife.seattlearchdiocese.org/athomewithfaith to learn more about Spiritual Communion.

In the reading of the Passion we see many different characters interact with Jesus: Judas, Peter, Caiaphas the high priest, Pontius Pilate, the crowd, Barabbas, the soldiers, Mary of Magdala, Mary the Mother of Jesus, Veronica, and the disciple whom Jesus loved. **Which characters stand out to you? How can you envision yourself as part of this drama?**

During the Good Friday liturgy, we usually adore the cross together as a congregation. Today, we adore our own crucifix at home. **How does this make you more aware of what a powerful symbol even a simple cross can remind us of Jesus' sacrifice?**

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

At Home with Faith

Read words of hope and encouragement from Pope Francis.

Last week Pope Francis offered his blessing to all the world, meditating on the Gospel of Mark's account of the disciples' fear when Jesus was sleeping on the boat while stormy waters raged around them. On Good Friday, the disciples once again would face stormy waters, feeling as if Jesus had left them. As we carry on as best we can under the darkness of this pandemic, Pope Francis offers words of hope and encouragement to us. See the excerpt below and consider reading or listening to the full meditation, available at <https://tinyurl.com/rpa5t3r>.

"When evening had come' (Mk 4:35). The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat... are all of us. Just like those disciples, who spoke anxiously with one voice, saying 'We are perishing' (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this."

Keep Holy Saturday holy. The day after Good Friday is a sacred day in the Catholic Church. We continue to fast and pray as we wait for Easter. The waiting and preparing can be very fruitful spiritually. Visit <https://tinyurl.com/vt6cjef> for an excerpt from the Book of Blessings, which offers some helpful ways to pray and await Easter.

EASTER TRIDUUM

GOOD FRIDAY

"FATHER, INTO YOUR HANDS I COMMEND MY SPIRIT" (Lk 23: 46)

WHAT DO WE COMMEMORATE?

- THE 7 LAST WORDS OF JESUS
- THE DEATH OF JESUS ON THE CROSS
- THE SUFFERING OF VIRGIN MARY

WHICH ARE THE LITURGIES?

- † The Celebration of the Passion of the Lord
- † The Adoration of the Cross

HOW CAN WE LIVE IT?

- † Fasting and abstinence
- † Pray the Stations of the Cross
- † Meditate on the Seven Last Words of Jesus

INFORMATION FROM: CATHOLIC.NET

Experience Holy Week

Although we can't gather in our churches to celebrate Holy Week, we can bring the holiness of these days into our hearts and homes.



Holy Week Schedule

English livestream liturgies with Archbishop Etienne:

Vimeo

vimeo.com/archdioceseofseattle

Facebook

@ArchdioceseofSeattle

Spanish livestream liturgies with Bishop Elizondo:

Facebook

@CatolicosNW

Schedule:

**Good Friday of the Lord's Passion
Veneration of the Cross**

Friday, April 10
3:00 pm

**Holy Saturday
Easter Vigil**

Saturday, April 11
8:30 pm

**Easter Sunday
Mass of Easter Day**

Sunday, April 12
8:30 am

At Home with Faith



More resources

Prayers, videos and more,
for the whole family.

*Above: Our Lady of Seattle,
St. James Cathedral.
Photo: Archbishop Paul D. Etienne*

Prayer to Our Lady of Seattle

Holy Mary, we come before you as spiritual children in great need, seeking your intercession, and asking that your mantle of love surround us to console, protect, and lead us to your son Jesus.

We entrust all of God's family, especially the church in Western Washington, into your immaculate hands. With your son Jesus' gentle power you can undo any knot in our church, and in the lives of believers who entrust themselves to your care.

Today I especially entrust to you safety in this time of the coronavirus, and I ask that - through your intercession, and that of St. James, our guardian angels, and the faithful in our archdiocese - we may be free from every spiritual and temporal ill, and be safely led to encounter your son's merciful, sacred heart.

Our Lady of Seattle, Undoer of Knots, pray for us.

Holy Week and Easter videos and resources from Archdiocese of Seattle Faith Formation

<https://seattlearchmedia.weebly.com/easter.html>

At Home with Faith - Resources for Young Adults

<https://seattlearchmya.weebly.com/resources1.html>

Bringing Camp Home - Resources for In-Home Family Camp Experiences by CYO Summer Camps

<https://seattlearchmya.weebly.com/resources1.html>

Ten Ways to Meditate on Christ's Passion Written by Fr. Ed Broom, OMV

<https://catholicexchange.com/ten-ways-to-meditate-on-christs-passion>

**For more resources, including words of encouragement
from Archbishop Etienne for every day of the
Easter Triduum, visit us online:**

marriagefamilylife.seattlearchdiocese.org/athomewithfaith

**But he was pierced for our sins,
crushed for our iniquity.
He bore the punishment that makes us whole,
by his wounds we were healed.**

Isaiah 53:5