

Anam Cara Sojourners Lenten Morning Prayer - 2024  
Good Friday

**Opening Prayer\***

Turning to the day  
And to each other

We open ourselves to the day  
And each other.

This is the day that the Lord has made  
And a day we'll have to make our way through.

Whether with ease or pain  
With patience of joy

May we find opportunities for generosity  
Toward others and ourselves.

May we find moments of encounter  
Even in isolation.

May we find stories and memories  
Even in the most complicated corners.

May we start again  
Where we have failed again.

May we confess  
And be confessed to.

Because this is a way of living  
That's worth living daily.

**Reading**

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.

Yet give not o'er,  
But seek Thy sheep, true Shepherd of the flock;  
Greater than Moses, turn and look once more  
And smite a rock.

Christina Rossetti, *Good Friday*

### **Scripture**

“Standing near the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, “Woman, here is your son.” Then he said to the disciple, “Here is your mother.”

*John 19:25-27*

### **Silent Meditation**

#### **The Collect of the Day**

Almighty God, we pray you graciously to behold 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.*

*Book of Common Prayer, Collect for Good Friday*

### **Music**

*A Stable Lamp Is Lighted*

*The Hymnal 1982*

Words: Richard Wilbur (1921-1917), Music: *Andújar*, David Hurd (b. 1950)

### **Intercessions and Thanksgivings**

### **Remembering Prayer\***

God of day and night,  
In the great poem of creation  
We read that we  
Were considered very good,  
And that you  
Find glory  
In us.

We look around our city:  
the birds finding home  
the name of it  
the shape of it  
the bustle and magnificence of it.

the poverty of it  
the complicity of it  
the repressed stories of it  
the generosity of it  
the corners of kindness  
on every corner

the future of it  
the past it hides from  
greed and goodness  
violence and visions  
burdens and bodies  
everywhere.

We pray for our city  
and for the cities we are.

Breathe in us  
just like you always do  
and renew us  
with every twilight  
with every morning  
with every encounter  
with every opportunity.

\*Opening and Remembering prayers from *Being Here*, by Pádraig Ó Tuama