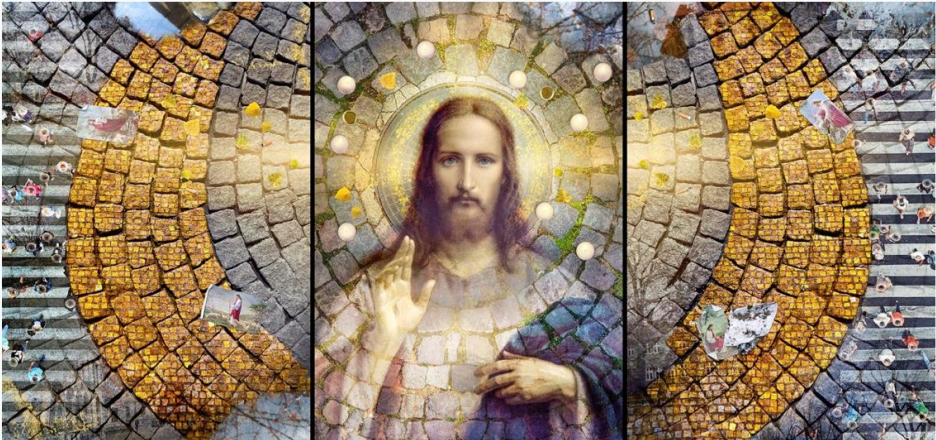




# HOLY WEEK 2022

"What is the Pascha?"

It obtains its name from its characteristic: from suffer (pathein) comes suffering (paschein). Learn therefore who is



"The Cobblestone Altar", 2020

the Suffering One, and who shares the suffering of the Suffering One, and why the Lord is present on the earth to clothe Himself with the Suffering One and carry Him off to the heights of heaven.

It is He that delivered us from slavery to liberty, from darkness to light, from death to life, from tyranny to eternal royalty; and made us a new priesthood and an eternal people personal to Him. He is the Pascha of our salvation."

- *St. Melito of Sardis - "On*

*Pascha"*



## **Welcome** *from the Rector*

I write to you, as we prepare to enter our Holy Week and Easter.

As we prepare to walk those Jerusalem with our Lord and Saviour, confronting us with his suffering and consoling us with his victory, I wonder if we will have ever been so open

Christ's sharing in our suffering, or our yearning for his resurrection and redemption? It is such a joy that we can look towards the hope and reconciliation that we witness in the Resurrection of Our Lord, and as we journey into the great fifty day feast of Easter, and as those days unfold, welcome the gradual recovery of our common and corporate life as The Body of Christ.

May God's blessing be with each of you,  
may his gentleness guide you,  
may his strength surround you  
and may his love newly enrich your life once more.

Rev'd Arwen Folkes (Rector of East Blatchington and Bishopstone)

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## **Holy Week at St Andrew's**

### **Palm Sunday 10<sup>th</sup> April**

**08:00am BCP Lords Supper**

**10:30am Palm Sunday with Passion Reading**

### **Holy Wednesday 13<sup>th</sup> April**

**10:00am Mass with Healing**

### **Maundy Thursday 14<sup>th</sup> April**

**7:00pm Liturgy of Maundy Thursday**

### **Good Friday 15<sup>th</sup> April**

**3:00pm An Hour by The Cross**

### **Holy Saturday 16<sup>th</sup> April**

**7:00pm The Easter Vigil with the lighting of the fire**

### **Easter Sunday 17<sup>th</sup> April**

**8:00am BCP Easter Eucharist**

**10:30am Sung Eucharist of Easter**

# Holy Week from St Peter's

## **Palm Sunday 10<sup>th</sup> April**

**8:00am BCP Lords Supper**

**10:00am with Passion Reading** – Gather at 10:00 am to process from St Peter's Chapel Rooms

**6:00pm Evening Prayer**

## **Holy Wednesday 13<sup>th</sup> April**

**10:30am Mass with Healing**

## **Maundy Thursday 14<sup>th</sup> April**

**7:00pm The Liturgy of Maundy Thursday**

## **Good Friday 15<sup>th</sup> April**

### **Walk of Witness**

begins at St Leonard's at 10:00 am, finishing at the garden outside Kings for 11:30 am

**3:00pm Liturgy of Good Friday with the Veneration of the Cross**

## **Holy Saturday 16<sup>th</sup> April**

**7:00pm The Easter Vigil with the lighting of the fire**

## **Easter Sunday 17<sup>th</sup> April**

**5:45am Outdoor Sunrise Eucharist (Church Yard)**

**8:00am BCP Easter Eucharist**

**10:00am Sung Eucharist of Easter**

**6:00pm Evening Prayer for Easter Sunday**

### **Times of online prayer:**

**9.30am Morning Prayer (Mon-Sat)**

**7:00pm Compline (Night Prayer (Mon-Wed))**

These services are accessed online:

[www.facebook.com/stpeterseb/live](http://www.facebook.com/stpeterseb/live)

This is a good time to join in offline with prayers.

# Palm Sunday

*Commemoration of the Lord's Entry into Jerusalem  
Please see the blue sheet for the readings*

## **Hosanna to the Son of David.**

### **Blessed is he who comes in the name of the Lord**

Behold your king comes to you, O Zion,  
meek and lowly, sitting upon an ass.

Ride on in the cause of truth  
and for the sake of justice.

Your throne is the throne of God, it endures for ever;  
and the sceptre of your kingdom is a righteous sceptre.

You have loved righteousness and hated evil.

Therefore God, your God, has anointed you  
with the oil of gladness above your fellows.

## **Hosanna to the Son of David.**

### **Blessed is he who comes in the name of the Lord**

## *Blessing of the Palms*

God our Saviour,  
whose Son Jesus Christ entered Jerusalem as Messiah to suffer  
and to die; let these palms 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.



Let us go forth, praising Jesus our

Messiah.

## **Prayers of Intercession**

For forgiveness for the many times we have denied Jesus, let us pray to the Lord. **Lord, have mercy.**

For grace to seek out those habits of sin which mean spiritual death, and by prayer and self-discipline to overcome them, let us pray to the Lord. **Lord, have mercy.**

For Christian people, that through the suffering of disunity there may grow a rich union in Christ, let us pray to the Lord. **Lord, have mercy.**

For those who make laws, interpret them, and administer them, that our common life may be ordered in justice and mercy, let us pray to the Lord. **Lord, have mercy.**

For those who still make Jerusalem a battleground, let us pray to the Lord. **Lord, have mercy.**

For those who have the courage and honesty to work openly for justice and peace, let us pray to the Lord. **Lord, have mercy.**

For those in the darkness and agony of isolation, that they may find support and encouragement, let us pray to the Lord. **Lord, have mercy.**

For those who, weighed down with hardship, failure, or



sorrow, feel that God is far from them, let us pray to the Lord.

**Lord, have mercy.**

For those who are tempted to give up the way of the cross, let us pray to the Lord. **Lord, have mercy.**

That we, with those who have died in faith, may find mercy in the day of Christ, let us pray to the Lord.

**Lord, have mercy.**

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

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

### **Palm Sunday, a sonnet by Malcolm Guite**

Now to the gate of my Jerusalem,  
The seething holy city of my heart,  
The saviour comes. But will I welcome him?  
Oh crowds of easy feelings make a start;  
They raise their hands, get caught up in the singing,  
And think the battle won. Too soon they'll find  
The challenge, the reversal he is bringing  
Changes their tune. I know what lies behind  
The surface flourish that so quickly fades;  
Self-interest, and fearful guardedness,  
The hardness of the heart, its barricades,

And at the core, the dreadful emptiness  
Of a perverted temple. Jesus come  
Break my resistance and make me your home.  
All Glory Laud and Honour to thee redeemer King

## Maundy Thursday

*The Mass of the Last Supper*

Lord Jesus Christ,  
you have taught us that what we do for the  
least of our brothers and sisters we do also for  
you: give us the will to be the servant of others  
as you were the servant of all, and gave up  
your life and died for us, but are alive and  
reign, now and for ever.

**All Amen.**



In the power of the Spirit let us pray to the Father  
through Christ the saviour of the world.

Father, on this, the night he was betrayed,  
your Son Jesus Christ washed his disciples' feet. We commit  
ourselves to follow his example of love and service. Lord, hear  
us. **and humble us.**

On this night, he prayed for his disciples to be one.  
We pray for the unity of your Church.  
Lord, hear us, **and unite us.**

On this night, he prayed for those who were to believe  
through his disciples' message. We pray for the mission of  
your Church. Lord, hear us **and renew our zeal.**

On this night, he commanded his disciples to love, but suffered rejection himself. We pray for the rejected and unloved. Lord, hear us **and fill us with your love.**

On this night, he reminded his disciples that if the world hated them it hated him first.

We pray for those who are persecuted for their faith.

Lord, hear us **and give us your peace.**

On this night, he accepted the cup of death and looked forward to the new wine of the kingdom. We remember those who have died in the peace of Christ. Lord, hear us **and welcome your children into paradise.**

**Psalm 88** read at the stripping of the altar

[R] **Jerusalem, Jerusalem, return to the Lord your God.**

- 1 O Lord, God of my salvation,  
I have cried day and night before you.
- 2 Let my prayer come into your presence;  
incline your ear to my cry.
- 3 For my soul is full of troubles;  
my life draws near to the land of death.
- 4 I am counted as one gone down to the Pit;  
I am like one that has no strength,
- 5 Lost among the dead,  
like the slain who lie in the grave,
- 6 Whom you remember no more,  
for they are cut off from your hand. [R]
- 7 You have laid me in the lowest pit,  
in a place of darkness in the abyss.
- 8 Your anger lies heavy upon me,  
and you have afflicted me with all your waves.
- 9 You have put my friends far from me  
and made me to be abhorred by them.

10 I am so fast in prison that I cannot get free;  
my eyes fail from all my trouble. [R]  
11 Lord, I have called daily upon you;  
I have stretched out my hands to you.  
12 Do you work wonders for the dead?  
Will the shades stand up and praise you?  
13 Shall your loving-kindness be declared in the grave,  
your faithfulness in the land of destruction?  
14 Shall your wonders be known in the dark or your  
righteous deeds in the land where all is forgotten? [R]  
15 But as for me, O Lord, I will cry to you;  
early in the morning my prayer shall come before you.  
16 Lord, why have you rejected my soul?  
Why have you hidden your face from me?  
17 I have been wretched and at the point of death from my  
youth; I suffer your terrors and am no more seen.  
18 Your wrath sweeps over me;  
your horrors are come to destroy me;  
19 All day long they come about me like  
water;  
they close me in on every side.  
20 Lover and friend have you put far from me  
and hid my companions out of my sight.



### **Maundy Thursday by Malcolm Guite**

Here is the source of every sacrament,  
The all-transforming presence of the Lord,  
Replenishing our every element  
Remaking us in his creative Word.  
For here the earth herself gives bread and wine,  
The air delights to bear his Spirit's speech,  
The fire dances where the candles shine,  
The waters cleanse us with His gentle touch.  
And here He shows the full extent of love



To us whose love is always  
incomplete,  
In vain we search the  
heavens high above,  
The God of love is kneeling at  
our feet.  
Though we betray Him,  
though it is the night.  
He meets us here and loves  
us into light.

## **Good Friday**

*The Veneration of the Cross*

Eternal God,  
in the cross of Jesus  
we see the cost of sin  
and the depth of your love:  
in humble hope and fear  
may we place at his feet  
all that we have and all that we are, through Jesus Christ our  
Lord. Amen.

### **Psalm 22**

Refrain: **By his wounds we have been healed**

- 1 My God, my God, why have you forsaken me,  
and are so far from my salvation, from the words of my  
distress?
- 2 O my God, I cry in the daytime, but you do not answer;  
and by night also, but I find no rest.
- 3 Yet you are the Holy One,  
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you;  
they trusted, and you delivered them.

5 They cried out to you and were delivered;  
they put their trust in you and were not confounded. [R]

6 But as for me, I am a worm and no man,  
scorned by all and despised by the people.

7 All who see me laugh me to scorn;  
they curl their lips and wag their heads, saying,

8 'He trusted in the Lord; let him deliver him;  
let him deliver him, if he delights in him.'

9 But it is you that took me out of the womb  
and laid me safe upon my mother's breast.

10 On you was I cast ever since I was born;  
you are my God even from my mother's womb.

11 Be not far from me, for trouble is near at hand  
and there is none to help. [R]

12 Mighty oxen come around me;  
fat bulls of Bashan close me in on every side.

13 They gape upon me with their mouths,  
as it were a ramping and a roaring lion.

14 I am poured out like water; all my bones are out of joint;  
my heart has become like wax melting in the depths of my  
body.

15 My mouth is dried up like a potsherd; my tongue cleaves to  
my gums; you have laid me in the dust of death. [R]

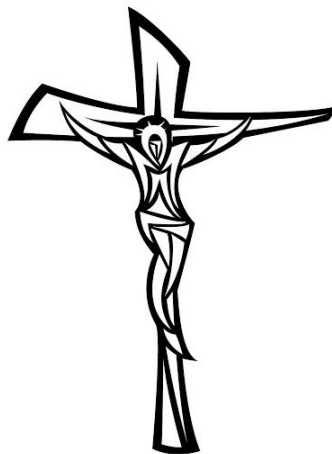
16 For the hounds are all about me, the pack of evildoers  
close in on me; they pierce my hands and my feet.

17 I can count all my bones;  
they stand staring and looking upon me.

18 They divide my garments among them;  
they cast lots for my clothing.

19 Be not far from me, O Lord;

you are my strength; hasten to help me.  
20 Deliver my soul from the sword,  
my poor life from the power of the dog.  
21 Save me from the lion's mouth,  
from the horns of wild oxen.  
You have answered me! [R]



The Passion Reading: John 18.1-19.37

### **The Proclamation of the Cross**

The cross of Christ

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

**We glory in your cross, O Lord, and praise you for your  
mighty resurrection; for by virtue of your cross  
joy has come into our world.**

God be gracious to us and bless us and make his face to shine  
upon us, that your way may be known upon earth, your saving  
power among all nations.

**Let the peoples praise you, O God;  
let all the peoples praise you.**

O let the nations rejoice and be glad, for you will judge the  
peoples righteously and govern the nations upon earth.

**Let the peoples praise you, O God;  
let all the peoples praise you.**

Then shall the earth bring forth her increase,  
and God, our own God, will bless us.

**God will bless us,  
and all the ends of the earth shall fear him.**

## Acclamations

We adore you, O Christ, and we bless you, **because by your holy cross you have redeemed the world.**

This is the wood of the cross, on which hung the Saviour of the world. **Come, let us worship.**

O Saviour of the world, who by your cross and precious blood have redeemed us, **save us and help us, we humbly pray.**



## The Paschal Vigil / Easter Sunday

Eternal God,  
who made this most holy night/morning to shine with the  
brightness of your one true light: set us aflame with the fire of  
your love, and bring us to the radiance of your heavenly glory;  
through Jesus Christ our Lord.

**All Amen.**

**The Vigil Reading:** Exodus 14.10-15.1a. Crossing the Red Sea

*The Song of Moses and Miriam (Easter)*

1 I will sing to the Lord, who has triumphed gloriously,  
the horse and his rider he has thrown into the sea.

2 The Lord is my strength and my song  
and has become my salvation.

3 This is my God whom I will praise,  
the God of my forebears whom I will exalt.



4 The Lord is a warrior,  
the Lord is his name.  
5 Your right hand, O Lord, is glorious in power:  
your right hand, O Lord, shatters the enemy.  
6 At the blast of your nostrils, the sea covered them;  
they sank as lead in the mighty waters.  
7 In your unfailing love, O Lord,  
you lead the people whom you have redeemed.  
8 And by your invincible strength  
you will guide them to your holy dwelling.  
9 You will bring them in and plant them, O Lord,  
in the sanctuary which your hands have established.  
The Lord is my strength and my might.  
**He has become my salvation.**

Lord God our redeemer,  
who heard the cry of your people  
and sent your servant Moses to lead them out of slavery:  
free us from the tyranny of sin and death  
and, by the leading of your Spirit, bring us to our promised  
land;

through Jesus Christ our Lord. **Amen.**

### **The Light**

*Have a paschal / special candle ready to light*

Christ yesterday and today,  
the beginning and the end,  
Alpha and Omega,  
all time belongs to him,  
and all ages;  
to him be glory and power,  
through every age and for ever.  
Amen.



*Now light the candle, saying*

May the light of Christ, rising in glory, banish all darkness  
from our hearts and minds.

The light of Christ.

**Thanks be to God.**

**The Exultet**

Sing, choirs of heaven! Let saints and angels sing!

Around God's throne exult in harmony!

Now Jesus Christ is risen from the grave!

Salute your King in glorious symphony!

Sing, choirs of earth! Behold, your light has come!

The glory of the Lord shines radiantly!

Lift up your hearts, for Christ has conquered death!

The night is past, the day of life is here!

Sing, Church of God! Exult with joy outpoured!

The gospel trumpets tell of victory won!

Your Saviour lives; he's with you evermore!

Let all God's people sound the long Amen!

Alleluia. Christ is risen.

**He is risen indeed. Alleluia, alleluia, alleluia.**

God of glory,

by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope;  
for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen.



### **Readings:**

Romans 6.3-11, Psalm 114,

Gospel: Mark 16.1-8

### **Reaffirmation of Baptismal Vows**

In baptism, God calls us out of darkness into his marvellous light. To follow Christ means dying to sin and rising to new life with him. Therefore I ask:

Do you reject the devil and all rebellion against God?

**I reject them.**

Do you renounce the deceit and corruption of evil?

**I renounce them.**

Do you repent of the sins that separate us from God and neighbour? **I repent of them.**

Do you turn to Christ as Saviour?

**I turn to Christ.**

Do you submit to Christ as Lord?

**I submit to Christ.**

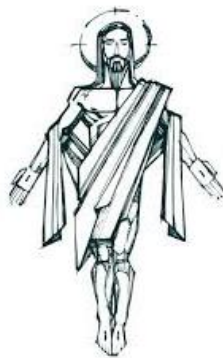
Do you come to Christ, the way, the truth and the life?

**I come to Christ.**

May almighty God who has given you the desire to follow Christ

give you the strength to continue in the way.

The God of peace,  
who brought again from the dead our Lord Jesus,  
that great shepherd of the sheep,  
through the blood of the eternal covenant,  
make you perfect in every good work to do his will,  
working in you that which is well-pleasing in his  
sight;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.  
All Amen.



HAPPY  
EASTER!

## **The Stations of the Resurrection**

*These can be prayed one per day or in sequence.*

### **Before each station:**

Jesus is the resurrection and the life.

Those who believe in him shall never die. Alleluia!

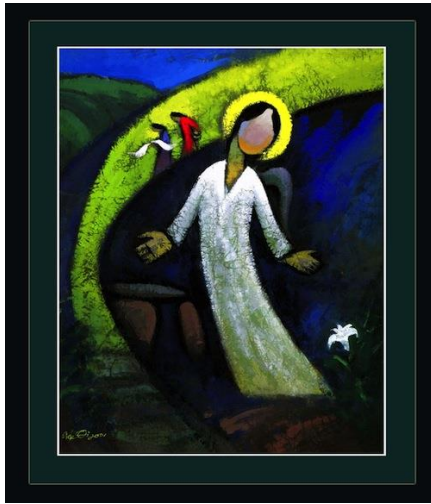
### **After each station:**

Praise to you, Lord Jesus: dying you destroyed our death,  
rising you restored our life: Lord Jesus, come in glory.

### **The Stations:**

1st Station	The Earthquake	Matthew 28.2-4
2nd Station	The Empty Tomb	John 20 1-2
3rd Station	The Disciples Run	John 20. 3-8
4th Station	An Angel Appears	Matt 28.5-8
5th Station	Jesus meets the women	Matthew 28. 9-10
6th Station	The Road to Emmaus	Luke 24.28-35
7th Station	Jesus Appears	Luke 24. 36-43
8th Station	Jesus promises the Spirit	Luke 24. 44-49
9th Station	Commissioning of Disciples	John 20.21-23
10th Station	Jesus breathes the Spirit	John 20.22-23
11th Station	St. Thomas doubts	John 20. 24-29
12th Station	Jesus at the Lake	John 21.9-13
13th Station	Jesus and St. Peter	John 21.15-19
14th Station	Jesus and the Beloved	John 21.20-23
15th Station	Jesus appears to 500+ people	1 Corinthians 15.3-6

## Surrexit Alleluia! He is Risen!



## **This Breathless Earth**

*Malcolm Guite*

We bolted every door but even so  
We couldn't catch our breath for very fear:  
Fear of their knocking at the gate below,  
Fear that they'd find and kill us even here.  
Though Mary's tale had quickened all our hearts  
Each fleeting hope just deepens your despair:  
The panic grips again, the gasping starts,  
The drowning, and the coming up for air.

Then suddenly, a different atmosphere,  
A clarity of light, a strange release,  
And, all unlooked for, Christ himself was there  
Love in his eyes and on his lips, our peace.  
So now we breathe again, sent forth, forgiven,  
To bring this breathless earth a breath of heaven.