A DAY OF REFLECTION ON THE CROSS

Welcome

Hymn *When I survey*

Introduction

The First Thousand Years - Christ Triumphant -

*A Prayer by St. Ambrose*

Lord Jesus Christ, eternal king, God and man, crucified for mankind,look upon me with mercy and hear my prayer,for I trust in you. Have mercy on me, full of sorrow and sin, for the depth of your compassion never ends. Praise to you, saving sacrifice, offered on the wood of the cross for me and for all mankind. May your body and blood, be for me the remission of my sins, the washing away of my guilt,the end of my evil thoughts, and the rebirth of my better instincts. May it incite me to do the works pleasing to you and profitable to my health in body and soul, and be a firm defense against the wiles of my enemies. Amen.

Activity: The making and blessing of crosses so that there may be a rebirth of our better instincts and that we may be incited to do works pleasing to God.

The Late Middle Ages to the Reformation - Christ Crucified for our sins

*A Prayer by St Bridget of Sweden* JESUS CHRIST! Eternal Sweetness to those who love Thee, joy surpassing all joy and all desire, Salvation and Hope of all sinners, Who hast proved that Thou hast no greater desire than to be among men, even assuming human nature at the fullness of time for the love of men, recall all the sufferings Thou hast endured from the instant of Thy conception, and especially during Thy Passion, as it was decreed and ordained from all eternity in the Divine plan.Remember the sadness and bitterness which Thou didst experience during the Last Supper with Thy disciples, having washed their feet, Thou gavest them Thy Most Precious Body and Blood, and while at the same time Thou didst sweetly console them, Thou didst foretell them Thy coming Passion. Remember all the fear, anguish and pain that Thou didst suffer in Thy delicate Body before the Passion of Thy Crucifixion, when, after having prayed three times bathed in a sweat of blood, Thou wast betrayed by Judas, Thy disciple, arrested by the chosen people, accused by false witnesses,and in the flower of Thy youth, veiled, buffeted with blows, tied to a pillar, scourged, crowned with thorns, struck on the head with a reed, and wounded with innumerable other outrages. O Lord God, I beseech Thee, in memory of all these pains and sufferings which Thou didst endure before Thy

Passion on the Cross, grant me before my death true contrition, a sincere and entire Confession, worthy satisfaction, and the remission of all my sins. Amen.

Reflection

Hymn *Alone Thou Goest Forth*

LUNCH

Making the Holy Week Cross

The Cross Since The Reformation - Amazing Grace

*Officiant* On the cross, Jesus offered himself to the Father for the whole world. At the foot of his cross, we join our prayers with his.

We adore you, O Christ,

We glory in your cross, O Lord,

and praise and glorify your holy resurrection:

***All:*** for by virtue of the cross, joy has come to the whole 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. We glory in your cross, O Lord, and praise and glorify your holy resurrection: for by virtue of the cross, joy has come to the whole world.

Musical Meditation

*Officiant:* Lord, we come to the cross

***All:*** in your mercy, hear us.

*Officiant:* 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.

The Lord's Prayer

*Officiant:* May the life-giving cross be the source of all our joy and peace.

***All:*** Amen***.***

*Officiant:* Let us bless the Lord.

***All:*** Thanks be to God.