

Good Friday- how can we make it special in our isolation?

Good Friday is a Holy Day when we remember the cruel death that Jesus suffered. The hopelessness and helplessness Jesus' followers felt is for some echoed in the difficult period we are living through now. Yet it is in the very suffering of Jesus that hope was born. Here are some ideas to help us keep this day.

Have a hot cross bun for breakfast and remember the legend that in 1361 a priest gave out food to the poor on Good Friday. Remember the hungry,

Find a quiet place and take your time reading the story of Good Friday from the Bible, Choose from the following:
Matthew 27. 11 -66
Mark 15. 1 -47
Luke 22.66-23 – end
John 18. 28 -19- end

Spend the hours from noon to 3 pm in quiet, not necessarily silent, activity.



Eat and live simply throughout the day – you could even have it as a fast day. If at all possible have fish for dinner and give special thanks to God for the goodness of the food he gives us.

Be filled with thanksgiving

The Crucifixion: Jesus is nailed to the cross

See, as they strip the robe from off his back
And spread his arms and nail them to the cross,
The dark nails pierce him and the sky turns black,
And love is firmly fastened on to loss.
But here a pure change happens. On this tree
Loss becomes gain, death opens into birth.
Here wounding heals and fastening makes free,
Earth breathes into heaven, heaven roots in earth,
And here we see the length, the breadth, the height,
Where love and hatred meet and love stays true,
Where sin meets grace and darkness turns to light,
We see what love can bear and be and do.
And here our Saviour calls us to his side,
His love is free, his arms are open wide.

*Malcolm Guite "Sounding the Seasons"
Station 11 from his Stations of the Cross.*