

Parish of Our Lady of Mount Carmel & St. Simon Stock

Carmelite Church 41 Kensington Church St., London W8 4BB

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Priests in the Parish

Fr Christopher Clarke ODC (Prior & Parish Priest), Fr. Alexander Ezechukwu ODC

Fr John McGowan ODC, Fr Tijo Xavier ODC

Safeguarding Persons

Franca Bren & Teresa Lynch



Opening prayer

Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, brought us to share in your divine life. Bless us on this holiest of days and renew your life within us. We ask this through Christ Our Lord.

R. (Luke 23:46) Father, into your hands I commend my spirit.

In you, O LORD, I take refuge;
let me never be put to shame.

In your justice rescue me.

Into your hands I commend my spirit;
you will redeem me, O LORD, O faithful God.

R. Father, into your hands I commend my spirit.

For all my foes I am an object of reproach,
a laughingstock to my neighbours, and a dread to my friends;
they who see me abroad flee from me.

I am forgotten like the unremembered dead;
I am like a dish that is broken.

R. Father, into your hands I commend my spirit.

But my trust is in you, O LORD;

I say, "You are my God.

In your hands is my destiny; rescue me
from the clutches of my enemies and my persecutors."

R. Father, into your hands I commend my spirit.

Let your face shine upon your servant;
save me in your kindness.

Take courage and be stouthearted,
all you who hope in the LORD.

R. Father, into your hands I commend my spirit.

From the Gospel of St John

25-27 While the soldiers were doing this, Jesus' mother was standing near the cross with her sister, and with them Mary, the wife of Clopas and Mary of Magdala. Jesus saw his mother and the disciple whom he loved standing by her side, and said to her, "Look, there is your son!" And then he said to the disciple, "And there is your mother!" And from that time the disciple took Mary into his own home.

Reflection after the Gospel

There is a time for silence. Good Friday is one of those times.

The ceremony on this day begins in silence.

There is no entrance music. No hymn, no ringing of bells.

The altar is stripped. The tabernacle is empty.

There are no candles lighting All this is reflecting the stripping and despoiling of Jesus and his desolation on the Cross. The celebrant on entering prostrated himself before the Altar in Silence.

There is nothing can be said as we kneel before our Creator and Redeemer crucified and dying on the Cross which we made for him.

The crowds were appalled at seeing him, so disfigured did he look.

And Kings stand speechless before him.

Our silence is the silence of attentiveness and receptiveness to the mystery of what is happening, and allowing ourselves to be drawn into and enfolded by this great act of incomprehensible love.

It is only in the stillness of our heart that we can see with what love we are loved.

We can enter into the silence of Mary the Mother of Jesus as she stood by his Cross, of her son and shared his pain and agony in the hour of his greatest need.

Mary can teach us how to be still and to contemplate Jesus on the Cross and find healing in his wounds and hope.

Prayer for the afflicted in a time of pandemic

Let us pray for all those who suffer the consequences of the current pandemic, that God the Father may grant health to the sick, strength to those who are for them, comfort to families and salvation to all the victims who have died.

(Silent Prayer)

"Almighty ever-living God, only support of our human weakness, look with compassion upon the sorrowful condition of your children who suffer because of this pandemic; relieve the pain of the sick, give strength to those who care for them, welcome into your peace those who have died and throughout this time of tribulation, grant that we may all find comfort in your merciful love. Through Christ our Lord. Amen."

The Sorrowful Mysteries of the Holy Rosary

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