



## **GOOD FRIDAY WALK OF WITNESS**

Welcome

Witness and Safety

Opening Prayer

### **1. JESUS BEARS HIS CROSS**

*"If any man has a mind to come my way, let him renounce self, and take up his cross daily, and follow me. He who tries to save his life will lose it; it is the man who loses his life for my sake, that will save it."  
(Luke 9: 23-24)*

#### **Meditation**

**V1** -Lord, you walk on silently; is it true, then, that there is a time for speaking and a time for silence?

**V2** -Is it true that there is a time for struggling and another for the silent bearing of our sins and the sins of the world?

**Lord, I would rather fight the Cross; to bear it is hard.** **N**-The more I progress, and the more I see the evil in the world, the heavier is the Cross on my shoulders.

**V1**-Lord, help me to understand that the most generous deed is nothing unless it is also silently redemptive. **V2**-And since you want this long way of the Cross for me, **At the dawning of each day, help me to set forth.**

## **2. JESUS FALLS FOR THE FIRST TIME**

Location: Cross the B5285 towards Pier Cottage, stand on a patch of grass if the weather is dry and face the mountains.

**N** -He fell.  
For a moment he staggered, then fell prostrate,  
God in the dust.

**V3** -And so, Lord, I followed you, setting out with confidence, and now I have fallen.

**V3** -I thought I had given myself irrevocably to you,  
but I caught sight of a flower on a foot-path.

**I left you, V4** -I left the cumbersome Cross, and here I am off the road, possessed of a few faded petals and my solitude.

**N** -And the others, Lord, pass along the road, broken, exhausted.

**V4** -I am no longer there to fight evil and to help men to drag their loads.

## **I am off the road.**

**N** -Lord, help me not only to follow after you but to keep steadily on.

### **3. FOLLOW ME**

Location: Follow the path down to the lake shore. At the first open shore stop, remembering

"Jesus said to them [Simon and Simon's brother Andrew], 'Come and follow me; I will make you into fishers of men.' And they dropped their nets immediately, and followed him." (Mark 1: 17-18)"

### **Bless the Lord, My Soul**

*Bless the Lord, my soul, and bless God's holy name.  
Bless the Lord, my soul, who leads me into life.*

### **4. JESUS FALLS FOR THE THIRD TIME**

Location: At the lake shore, near where the canoes are stored just before arriving at the jetty and the Blue Bird Café.

**V5**-Again.

You do not move, for all the soldiers' beating.  
Lord, are you dead?

**V6** -No, but utterly spent.

**I fall every time.  
I'll never get there.**

**V5** -But I've said that before, Lord, and please forgive me, for you were right with me, you were just testing my faith.

**V6** -If I become discouraged, **I am lost.**  
If I keep up the fight, I am saved.

## **5. JESUS IS NAILED TO THE CROSS**

Location: Across the footbridge from Lake Road, in a green space before entering the retail outlets.
------------------------------------------------------------------------------------------------------

**V7** -Lord, you stretch at full length on the Cross.  
There.

**V8** -Without a doubt, it is made for you.

**V7** -You cover it entirely, and to adhere to it more surely, you allow men to nail you carefully to it.

**V8** -Lord, it was work well done, conscientiously done.

**V7** -Thus, Lord, I must gather my body, my heart, my spirit, And stretch myself at full length on the Cross of the present moment.

**V8** -I haven't the right to choose the wood of my passion.

**The Cross is ready, to my measure.**

**N** -You present it to me each day, each minute, and I must lie on it.

**It's there that together we shall save our brothers and sisters.**

## **Bless the Lord, My Soul**

*Bless the Lord, my soul, and bless God's holy name.  
Bless the Lord, my soul, who leads me into life.*

## **6. JESUS DIES ON THE CROSS**

Location: Outside of St. Andrew's Church
------------------------------------------

**A few hours more,  
A few minutes more,**

**A few instants more.**

**V9** -For thirty-three years it has been going on.  
For thirty-three years you have lived fully minute after minute.

**V10** -You can no longer escape, now; you are there, at the end of your life, at the end of your road. You are at the last extremity, at the edge of a precipice.  
You must take the last step,  
The last step of love,  
The last step of life that ends in death.

**V9** -You have renounced all activity other than embracing these crossed planks for which you were made. And yet, there is still life in your nailed body. Let mortal flesh die, and make way for Eternity.

**V10** -Now, life slips from each limb, one by one,  
finding refuge in his still-beating heart,  
Immeasurable heart,  
Overflowing heart,

**V9** -Heart heavy as the world, the world of sins and  
miseries that it bears.

**V10** -Mankind is there, waiting unknowingly for the cry  
of its Saviour.

**V9** -Your brothers are there; they need you.

**V10** -Your Father bends over you, already holding out  
his arms.

**Lord, save us,**

**Save us.**

**Bless the Lord, My Soul**

*Bless the Lord, my soul, and bless God's holy name.  
Bless the Lord, my soul, who leads me into life.*

Extract from  
Meditations and Prayers  
on the Way of the Cross

Abbe Michel Quoist