



We Walk His Way

Holy Week and Easter

Resources for Reflection

2024

Your Retreat

Imagine a week on Iona, a retreat, a week of spiritual exploration and refreshment. It's almost impossible for some folks to get away on retreat, life is just too busy, too many responsibilities and constraints. So why not make Holy Week at St Andrew's your own retreat and experience a glimpse of Iona here at home.



You can opt in to suit your own availability, either at home or by coming to church. In this booklet you will find a simple liturgy to use at home or in church, and for each day there will be a reflection, a prayer, a passage of scripture and a focus for your own thoughts and prayers.

Each evening in St Andrew's we will share a special service for Holy Week. From Stations of the Cross to Taizé chants and reflections, a contemporary HeartSpace service with time for prayer and worship, an evening led by Open Door. Maundy Thursday will start with foot washing and the Last Supper and end with the stripping of the church and a vigil to midnight. Good Friday will be Messy Church followed by the Last Hour on the Cross. Holy Saturday will be the lighting of the Easter Fire, and renewal of baptism promises.

We walk his Way is a song from South Africa via Iona, and it sums up our week, we will walk with Jesus through the last week of his life, walk his way through Jerusalem, to Calvary. In our shared journey we will learn to walk his way in our ordinary lives, learn his way of peace, forgiveness and humility.

Easter Day – Signing the Partnership Agreement

We have been working with Shifnal Methodist Church over the past year in preparation for coming together as one church. We will be signing the Partnership Agreement in church on Easter Day. On Pentecost Sunday, 19th May, the agreement will be ratified by the Bishop of Shrewsbury and the Chair of the Methodist District.

A Simple Liturgy

O God who longs to walk with us
circle our hearts
centre our minds
still our bodies
be present to us now.

Amen

Canticle Psalm 63

O God, you are my God; eagerly I seek you;
my soul is athirst for you.

**My flesh also faints for you,
as in a dry and thirsty land where there is no water.**

So would I gaze upon you in your holy place,
that I might behold your power and your glory.

**Your loving-kindness is better than life itself
and so my lips shall praise you.**

I will bless you as long as I live
and lift up my hands in your name.

**Glory to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now and shall be for ever. Amen.**

Scripture Reading

We read the passage set for today.

Reflection

Time to read the page for the day and think about the questions posed.

Song

Be still and know, that I am God
Be still and know, that I am God

Silence – a time to be still and listen for the “still small voice”.

Prayers of Recognition

HOLY WEEK



We bring to God, all that distorts us, the unhealthy tensions,
all that is out of balance in our lives, and we let it go.

Wait on God alone in stillness, O my soul;
For in him is my hope.

We bring to God all of our business, where we are over stretched,
over committed, over wound, and we let it go.

Wait on God alone in stillness, O my soul;
For in him is my hope.

We bring to God all that diminishes us, that stifles our imagination,
and limits our horizon and we let it go.

Wait on God alone in stillness, O my soul;
For in him is my hope.

Intercession

We bring to God the people and situations on our hearts

at the end of each prayer:

Through our lives and by our prayers
Your Kingdom come.

We conclude with the Lord's Prayer.

Closing Responses

On our hearts and our homes

The blessing of God

In our coming and going

The peace of God

In our life and believing

The love of God

At our end and new beginning

The arms of God to welcome us and bring us home. Amen.

(Kathy Galloway)

Palm Sunday

On Palm Sunday Jesus entered Jerusalem and was acclaimed by the people as the promised saviour, the new King of Israel. But this king came humbly, almost a foolish figure, riding an ass, the lowest beast of burden. This was the King of the poor and lowly, who showed a new way to be great. The people cried Hosanna and carpeted the road with their cloaks and palm branches. Our worship will begin outside in the garden, and bearing our palm crosses we shall “Walk his Way” into church. We shall hear the Passion Gospel, the story of Jesus and begin our journey to the cross and the empty tomb.



Reading

Mark 11 1-10

Prayer

God our hope of victory
whom we constantly betray.
Grant us so to recognise your coming
that in our clamour
there may be commitment
and in our silence
the very stones may cry aloud
in your name. **Amen** *(Janet Morley)*

Services

8.00am Early Eucharist (BCP) St Andrew's
10.00am St Mary's Sheriffhales
10.20am St Andrew's
Procession with Palms from the Millennium Garden
10.30am
Palm Sunday Communion and Young Church
6.00pm Stations of the Cross

Action – take a palm cross to give to someone as a gift

Holy Monday

When Jesus entered Jerusalem he went into the temple and was appalled at what it had become, it's one of the rare times that he became angry. God's house had become a robber's cave, a place of profit and oppression instead of a house of prayer. Jesus overturned the tables of the money changers and the dealers in pigeons and said, "my house shall be called a house of prayer for all the nations". Today we re-examine our commitment to God, our walk with Jesus to see what we have become, and where we are going. We ask God to overturn our lives, and to refocus our faith.



Reading

Mark 11 15-19

Prayer

O Christ

you challenge the powers

that rule this world

through the needy,

the compassionate

and those who are filled with longing.

Make us hunger and thirst to see right prevail

and single minded in seeking peace

that we may see your face and be satisfied in you.

Amen

(Janet Morley)

Service

7.30pm Taizé Service

Reflection

What needs overturning in our lives? What is getting in the way of our walk with God? Are we growing in faith or standing still?

Holy Tuesday

Today we remember the woman who came to anoint Jesus' feet with her costly perfume. He was at supper with Simon the Leper a man Jesus had healed from his illness. Lepers were outcast because they were feared as unclean. The woman says nothing, her actions say it all. She brings out her most costly possession and pours it out for Jesus as an overflowing of her gratitude. Perhaps for his words of forgiveness, perhaps for his healing touch. Some are angry at the waste, but Jesus recognises her gift and accepts it as a sign of her own healing and anointing for his coming death.



Reading

Mark 14 3-9

Prayer

O Christ for whom we search
our help when help has failed
give us courage to expose our need
and ask to be made whole
that being touched by you
we may be raised to new life
in the power of your name.

Amen.

(Janet Morley)

Service

7.30pm HeartSpace Praise and Worship

Reflection

What past hurts and memories need healing in our lives? What present worries and stress needs healing for us to be whole? What are we most grateful to God for in our lives, how can we show it through our generosity?

Holy Wednesday

We have been thinking about renewing our personal commitment to Christ, and our individual healing and wholeness, but today we turn to a more cosmic scale, the healing of all creation. We are just discovering the damage we have done to our climate and environment through pollution, and our use of carbon resources. Today we explore how Jesus was in tune with creation and seeking to awaken a similar concern in us. God's love for us is completely entwined with God's love for all creation.



Reading

Mark 13 24-31

Prayer

Holy Spirit
Mighty wind of God
Inhabit our darkness
Brood over our abyss
and speak to our chaos
that we may breathe with your life
and share your creation
in the power of Jesus Christ

Amen

(Janet Morley)

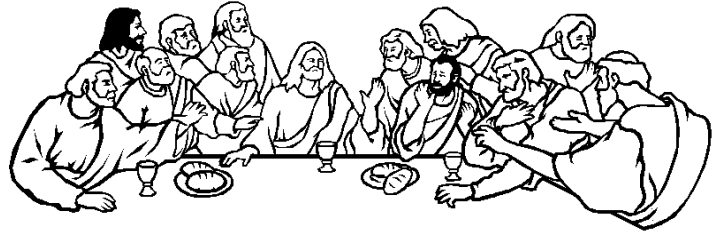
Services

7.30pm Service led by Open Door

Reflection

How can we learn the lesson of the fig tree, and see the signs of the times in our rapidly changing climate? How can we live more responsibly in relation to this “fragile earth, our island home”? What can we do to live more simply that others may simply live? Choose one thing you will do that will be different after today.

Maundy Thursday



Jesus spent his last evening of freedom with his closest disciples and shared with them the Jewish festival of the Passover. Together they remembered how God had brought the captives out of slavery, to freedom in the promised land. But Jesus did something very special, he reinterpreted the Passover, it became the Last Supper, the Eucharist. He began by washing their feet, showing them how to serve. He went on to break bread and shared wine and asked them to remember him. Today we share a real supper together, of unleavened bread and spiced lamb. Then we break bread as he asked us to in the mystery of the Eucharist, remembering him. We share in his betrayal and desolation as we strip the altars and the church, leaving it empty and bare. Finally, we keep vigil, we watch and pray with him in the garden of Gethsemane.

Reading

Mark 14 12-25

Prayer

God our lover in whose arms we are held
and by whose passion we are known
require of us also that love which is filled with longing
delights in the truth and costs not less than everything
through Jesus Christ our Lord.

Amen

(Janet Morley)

Services

10.00am Holy Communion

11.00am Lichfield Cathedral Eucharist

7.30pm Foot washing, Last Supper, stripping of the church,
and vigil to midnight.

Reflection

Are we really hungry for what God offers us?

Good Friday



This is one of the most solemn days of the year for a Christian. This is one day that we should all be together. Most of Jesus' disciples abandoned him when he was arrested, they were afraid. But he asks us to stay with him, to watch with him. We have walked with Jesus, and we stand now with Mary and John to witness his passion and death. Jesus is faithful to the end and takes the very worst of our cruelty, giving the very best of himself in return. His willing acceptance transforms our sinfulness; his words of forgiveness to his tormentors break the vicious circle of hurt and revenge and bring **us** forgiveness.

Reading

Mark 15 22-41

Prayer

Christ our victim
whose beauty was disfigured
upon the cross
open wide your arms
to embrace our tortured world
that we may not turn away our eyes
but abandon ourselves to your mercy

Amen

(Janet Morley)

Services

10.30am Messy Church

2.00-3.00pm Service of the Last Hour

Reflection

Who do we need to forgive? What hurts do we need to let go of?
What do we need to be forgiven? What of ours has Jesus taken to the cross?

Holy Saturday

Today is the day of waiting and desolation. They took the body of Jesus and laid it in the stone tomb. How could he have died? How could God have let it happen? All their hopes were dashed, all their joy was gone. All that remained were tears and emptiness. We find the waiting times hard, waiting for the test results, waiting for the news. We long to be active, to do something, to do anything, but all we can do is wait. But sometimes God is using the emptiness. Sometimes the waiting times are pregnant with possibility. Here, unseen, in the mystery of death, God is weaving the possibility of resurrection, not only for Jesus, but for each of us.



Reading

Mark 15 42-47

Prayer

O God you have searched the depths we cannot know
and touched what we cannot bear to name
may we so wait
enclosed in your darkness
that we are ready to encounter
the terror of the dawn
with Jesus Christ

Amen

(Janet Morley)

Services

7.30pm The Easter Mysteries

Service of light, memories of grace, reflections on the week, and renewing our baptismal vows.

Reflection

What is God saying to us in the emptiness of today? What hopes in us have been dashed? What disappointments have we known? What new possibility might we recognise as resurrection life?

Easter Day

And in the darkness God has moved heaven and earth and has overturned the last enemy, death itself. And in the morning, they came to anoint the body of Jesus and they found the stone rolled away and the tomb

empty. Christ is risen, he is risen indeed Alleluia! We are Easter people, and the resurrection life begins today. All that is dead in us shall be raised, all that is lost shall be found, all that is hurt shall be healed. We will be made new. Alleluia!



Reading

Mark 16 1-8

Prayer

God of terror and joy
you arise to shake the earth
open our graves
and give us back the past
so that all that has been buried
may be freed and forgiven
and our lives may return to you
through the risen Christ.

Amen

(Janet Morley)

Services

8.00am Holy Eucharist St Andrew's
10.00am Family Communion for Easter Sheriffhales
10.30am Family Eucharist and Young Church St Andrew's
11.00am Easter Eucharist at Tong

Reflection

What stones need to be rolled away for us to live? What in us feels dead and buried and need to be raised to life? Our relationships? Our imagination, our creativity, our hope? What new possibility is God offering to us today?