

Holy Week: Jesus' Passion and Death – a Contemplative and Creative Arts resource kit to use in your home

developed by members of Church of the Ascension's Art and Spirituality Practice Group

Welcome!

The following resource can be adapted for use alone or with a small family group.

There are 5 steps we suggest you follow:

1. Prepare a space
2. Gather the materials
3. Read the Scripture, possibly using Lectio Divina
4. Reflect and respond creatively
5. Close in prayer

Here are some idea you can follow for each of these steps:

1. Preparing a space:

- Set up a small altar on a counter, table or window sill. Cover with a cloth – purple if you have one. Place on the altar any objects found in your home that have particular meaning for you: a cross, piece of wood, stone, bowl, photo, drawing, picture, pot of soil, empty nest....

2. Gathering the materials: to use for the creative response option:

- old magazines or photos/images, glue stick,
- paper for writing or collaging,
- clay or play dough (<https://www.iheartnaptime.net/play-dough-recipe/>)
- baking ingredients for Hot cross buns <https://natashaskitchen.com/hot-cross-buns-recipe/>
- musical instruments, computer or device for playing music
- simple art materials like coloured pencils, crayons or magic markers

3. Reading the Scripture : - choose one of these passages and read silently or aloud.

- Isaiah 53:1-9 The Suffering Servant
- John 19:25b-30
(Find both readings at the end of this kit)

Lectio Divina is one way to listen:

Lectio Process:

First reading of the Scripture

2 to 5 minutes of silence.....

Share or write down the word or phrase that stood out

Second reading

2 to 5 minutes of silence.....

Share or write down in a sentence or two what we heard the Spirit say to us

Optional third reading: To close off your reflective time, read aloud a final time

4. Reflecting on the Scripture:

Use one or more of these questions to focus or simply meditate:

- a. What do you hear the Spirit saying to you today? This might be about something going on in the world or in your own life – what does this look like/feel like for you on this Good Friday?
- b. What questions arise for you today? How might you bring these questions to God?
- c. What is your deepest prayer: for yourself, others and our world? What healing and new life do you seek: for yourself, others and our world

Responding to the Scripture Contemplatively and Creatively. Here are some suggestions:

- a. Go for a walk and let your senses (sight, touch, smell, sound) tell you something about God's self-giving love found in the natural world. The cross has often been described as the *tree of life*. Do the trees in springtime tell you anything new about the gift of the cross?
- b. Create a dance or simply use your hands (or whole body) to express through movement what the passion means to you.
- c. Create a collage or a drawing/painting; express how you feel - free form in colour or with charcoal on paper. Do not worry about this being "fine art". Create freely as a form of prayer and exploration
- d. Write a story, poem, reminiscences, a Passion play, journal reflection, questions that arise....
- e. Make hot cross buns: <https://natashaskitchen.com/hot-cross-buns-recipe/>
- f. Listen to or create music. Sing!

Here are some suggestions for hymns or songs on Youtube (search by name and by composer when listed):

- My Song Is Love Unknown (takes you to a nice version by Kings College)
- To Mock Your Reign (Tallis)
- My Lord, What Love Is This (Kendrick)
- Behold, Behold, The Wood of The Cross (Dan Schutte – St. Louis Jesuits)
- The Lord Jesus, After Eating with His Friends (Gregory Norbet) – Maundy Thursday

- Taize – all on Youtube, search either by name or at Taize Music For Lent:
 - Stay With Me, Remain Here with Me – Maundy Thursday
 - All You Who Pass This Way – 7 last words from the cross
 - In God Alone/Mon Ame Se Repose
 - My Soul Is At Rest In God Alone
 - Within Our Darkest Night/Dans Nos Obscurites

5. Closing:

Choose one action this week that is a response to God's love for you and for the world.

Good Friday Liturgy Closing Prayer: (Book of Alternative Services p. 320)

Send down your abundant blessing, Lord,
upon your people
who have devoutly recalled the death of your Son
in the sure and certain hope of the resurrection.
Grant them pardon; bring them comfort.
May their faith grow stronger
and their eternal salvation be assured.
We ask this through Christ our Lord.



Isaiah 53:1-9 The Suffering Servant

53 Who has believed what we have heard?

And to whom has the arm of
the LORD been revealed?

² For he grew up before him like a young
plant,

and like a root out of dry ground;
he had no form or majesty that we should
look at him,

nothing in his appearance that we should
desire him.

³ He was despised and rejected by others;
a man of suffering^[a] and acquainted with
infirmity;

and as one from whom others hide their
faces^[b]

he was despised, and we held him of no
account.

⁴ Surely he has borne our infirmities
and carried our diseases;
yet we accounted him stricken,
struck down by God, and afflicted.

⁵ But he was wounded for our
transgressions,
crushed for our iniquities;
upon him was the punishment that made us
whole,
and by his bruises we are healed.

⁶ All we like sheep have gone astray;
we have all turned to our own way,
and the LORD has laid on him
the iniquity of us all.

⁷ He was oppressed, and he was afflicted,
yet he did not open his mouth;
like a lamb that is led to the slaughter,
and like a sheep that before its shearers
is silent,
so he did not open his mouth.

⁸ By a perversion of justice he was taken
away.

Who could have imagined his future?
For he was cut off from the land of the
living,
stricken for the transgression of my
people.

⁹ They made his grave with the wicked
and his tomb^[c] with the rich,^[d]
although he had done no violence,
and there was no deceit in his mouth.

Jesus Dies: (John 19:25b-30)

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." ²⁷ Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

²⁸ After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." ²⁹ A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. ³⁰ When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.