

# WELCOME TO METROPOLITAN UNITED CHURCH

*Hope, Healing and Beauty in Jesus' name*



## From Ashes to New Life

AN INITIATIC JOURNEY THROUGH LENT & EASTER

The bear is a symbol of our deep interdependence and a reminder that our lives are not ours alone.

**GOOD FRIDAY**

**April 3, 2026**

*This service is part of the ancient Triduum – marking the three sacred days leading up to Easter.*

For thousands of years, this land has been the traditional home of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit, covered by Treaty 13. It is still home to Indigenous people from across Turtle Island.

We are grateful to work, live and worship on this land.

# ORDER OF SERVICE

♪ indicates “please stand as you are able.”

*Our services are livestreamed, so please be aware that you may appear on camera.*

## ORGAN PRELUDE

Heinrich Scheidemann, ca. 1595-1663

*Erbarm dich mein, O Herre Gott (2 versus)*

The text is a paraphrase of Psalm 51.

## INTROIT *God So Loved the World*

Bob Chilcott, b. 1955

## OPENING SENTENCES

### ♪HYMN 138 *Ah, Holy Jesus*

*HERZLIEBSTER JESU*

Ah, holy Jesus, how have you offended, that we to judge you have in hate pretended?  
By foes derided, by your own rejected, O most afflicted.

Who was the guilty? Who brought this upon you? Alas, my treason, Jesus, has undone you;  
yes, I, Lord Jesus, I it was denied you, I crucified you.

Lo, the good shepherd for the sheep is offered; the slave is guilty, yet the Son has suffered;  
for our atonement, while we nothing heeded, God interceded.

For me, kind Jesus, was your incarnation, your mortal sorrow, and your life’s oblation;  
your death of anguish and your bitter passion, for my salvation.

Therefore, kind Jesus, since I cannot pay you, I do adore you, and will ever pray you,  
think on your pity and your love unswerving, not my deserving.

## ♪INVITATION TO WORSHIP

One: Come, and watch with me awhile.

**All: We come to stand by the cross.**

One: Come, and pray with me awhile.

**All: We come to stand with Jesus.**

One: Come, and mourn with me awhile.

**All: We come to weep for Jesus.**

One: Come to proclaim, ‘God’s victory remains with love.’

**All: We come to open ourselves to Jesus, the Crucified.** *(please be seated)*

## A POEM FOR GOOD FRIDAY

*Jan Richardson*

## SILENCE

**RESPONSE 133, v1** *(sung by all) Go to Dark Gethsemane*

REDHEAD NO. 76

Go to dark Gethsemane, you that feel the tempter's power;  
your Redeemer's conflict see; watch with him one bitter hour;  
turn not from his grief away: learn from him to watch and pray.

**SCRIPTURE** Psalm 51**MOTET** *Miserere mei* (v. 1-5)

Gregorio Allegri, 1582-1652

**READINGS**

John 13:31-38 *Jesus predicts his betrayal*  
Mark 14:32-46 *The arrest of Jesus*

**MOTET** *Miserere mei* (v. 6-11)

Gregorio Allegri

**READINGS**

Matthew 26:69-75 *The denial of Jesus*  
John (selected verses) *Jesus before Pilate*

**MOTET** *Miserere mei* (v. 12-15)

Gregorio Allegri

**READING**

Mark 15 19-32 *The crucifixion of Jesus*

**MOTET** *Miserere mei* (v. 17-20)

Gregorio Allegri

**PRAYERS FOR A SUFFERING WORLD****LORD'S PRAYER**

Our Father, who art in heaven, hallowed be thy name,  
Thy kingdom come, thy will be done, on earth, as it is in heaven.  
Give us this day our daily bread,  
And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil:  
For thine is the kingdom, the power, and the glory forever and ever. Amen.

**HYMN 136** *O Come and Mourn with Me Awhile* *(sung seated)*

ST CROSS

O come and mourn with me awhile; O come now to the Saviour's side;  
O come, together let us mourn: Jesus, our Love, is crucified.

Have we no tears to shed for him, while soldiers scoff and foes deride?  
Ah! Look how patiently he hangs: Jesus, our Love, is crucified.

Seven times he spake, seven words of love; and all three hours his silence cried for mercy on the souls of all: Jesus, our Love, is crucified.

O love of God! O sin-filled world! In this dread act your strength is tried, and victory remains with love: Jesus, our Love, is crucified.

## READINGS

Mark 15:33-41 *The death of Jesus*

Mark 15:42-47 *The burial of Jesus*

## EXTINGUISHING OF THE CHRIST CANDLE AND THE DRAPING OF THE CROSS

*You may remain a while or depart as it feels appropriate. We invite you to come forward to touch the cross before you go. The offering for the work of the church will be received at the back of the sanctuary.*

*This service continues through the Easter Vigil, tomorrow at 9:00 p.m.*

## HOLY WEEK AT METROPOLITAN

### GOOD FRIDAY

7:30 p.m. Good Friday Concert: St John Passion (pre-concert talk at 6:30 p.m.)

### EASTER SATURDAY

9:00 p.m. Easter Vigil with baptisms, reaffirmation of baptism and communion

### EASTER SUNDAY

11:00 a.m. Easter Service with Holy Communion, The Metropolitan Choir and Silver Band

Leading in worship are **The Rev. Jason Meyers** and **The Rev. Susan Mabey**. The ministry of music is offered by Wayne C. Vance Carillonneur **Dr. Elisa Tersigni**, Minister of Music **Dr. Jonathan Oldengarm**, Wayne C. Vance Organ Scholar **Ethan Duan**, and the **Metropolitan Choir**. Our sound and livestream technicians are **Paya Dehghani** and **Nishaanth Siva**. Metropolitan's livestreaming equipment was made possible thanks to the generosity of **Wayne C. Vance**. Music reprinted with permission under One Licence #707-069. All rights reserved.



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