

# St. Dunstan's Episcopal Church

*The Church That Feeds People*



Good Friday Service  
March 29<sup>th</sup>, 2024, 7pm



**Lament**     *Based on Psalm 22:1-21a*

**Leader:**     My God, my God, why have you forsaken me? Why are you so far away?  
I cry out to you by day, but you do not answer;  
and at night, I find no rest.  
I am scorned and despised, all who see me mock me and shake their heads.

**People:**     **My God, my God, why have you forsaken me?**

**Leader:**     Our ancestors trusted in you, cried out to you, and you delivered them.  
They enthroned you with praise.

**People:**     **My God, my God, why have you forsaken me?**

**Leader:**     Yet you took me from the womb, and from my birth you have been my God.  
Do not be far from me, for trouble is near.  
My troubles surround me like lions ready to pounce.

**People:**     **My God, my God, why have you forsaken me?**

**Leader:**     I am poured out like water, and all my bones are dust; my heart is like wax,  
melting inside; my tongue is dry and I cannot speak; my limbs are nothing,  
and my ribs are bare.

**People:**     **My God, my God, why have you forsaken me?**

**Leader:**     My enemies encircle me; they stare and gloat;  
they divide my clothes among themselves, and for my clothing they cast lots.

**People:**     **My God, my God, why have you forsaken me?**

**Leader:**     But you, O Savior, do not be far away!

**People:**     **O my Help, come quickly to deliver me!**



## THE VENERATION OF THE CROSS

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*A wooden cross is brought into the sanctuary and placed in front of the altar.*

### **Anthems**

**BCP 281**

*Those in the room may reverence the cross by lighting a candle and placing it in one of the bowls around the cross. You are encouraged to add your own prayers at this time. You are invited to kneel or stand at the cross in prayer.*

### **The Lord's Prayer**

**BCP 364**

### **Words of Hope**

*Based on Psalm 22:21b-31*

**Leader:** The Righteous One has not hidden from us,  
but has heard our cries and come to our aid.

**People:** You who stand in awe of our God, shout for joy!

Our Rescuer saves us from the mouth of the lion and the horns of the wild oxen.

You who stand in awe of our God, sing praises!

The poor shall eat and be satisfied; those who seek comfort shall find it.

You who stand in awe of our God, tell of God's goodness!

The ends of the earth, the families of nations, will worship our Deliverer.

You who stand in awe of our God, bow down and rise up!

Proclaim deliverance to all generations, saying that God has done this!

Thanks be to God! Amen.

### **Concluding Prayer**

**BCP 282**

*The service ends in silence. You are welcome to remain in prayer for as long as you like. All are invited to leave the building in reverent silence.*

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## SERVING TODAY

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**Presider:** The Rev. Carola von Wrangel | **Deacons:** The Rev. Alan Christensen, The Rev. Pat Grodt | **Seminarian:** Lynne Markova | **Music Director:** Susanna Valleau | **Lectors:** Sarah Roskam, Marilyn Firman | **Ushers:** Acacia Protsman, Scott Prather

Permission to podcast/stream the music in this service obtained from One License with license #A-717371.

### **Good Friday Offering**

This year all are invited to participate in the annual Good Friday Offering to support siblings in Jerusalem and the Middle East. From Presiding Bishop Curry, "I invite you to remember the Anglican Province of Jerusalem and the Middle East through a gift to the Good Friday Offering. By supporting life-giving ministries in the province, including St. George's, Baghdad; the eye clinic in Ras Morbat, Yemen; the Al Ahli Arab Hospital in Gaza; and numerous other institutions identified by their dioceses, you are ensuring that our siblings in Christ are not forgotten." For more information go online to [www.episcopalchurch.org/good-friday-offering](http://www.episcopalchurch.org/good-friday-offering).

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# WELCOME AND ANNOUNCEMENTS

- EVERY Tuesday, 5:00 PM – 6:30 PM, **Community Dinner**
- Every day – Zoom Morning Prayer, 8 AM; Zoom Compline, 8 PM

For More Details check out our website, Facebook or Eventbrite Pages!



## HOLY WEEK @ ST. DUNSTAN'S

Palm Sunday March 24th, 10 am

Maundy Thursday March 28th, 7 pm

Good Friday March 29th, 7 pm

The Great Easter Vigil March 30th, 7 pm

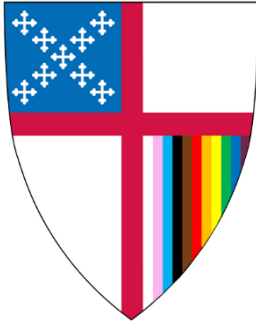
Easter Sunday Service March 31st, 10 am

Easter Sunday Brunch & Egg Hunt, 11:15 am



St. Dunstan's Church  
Shoreline, WA

772 N 145th Street, Shoreline, WA 98133



First time explorers, we welcome you to St. Dunstan's. We are honored that you allowed us to be part of your journey.

Visit [sdchp.org](http://sdchp.org) to learn more about our parish and to sign up for our *Weekly Newsletter*.



Stay in Touch

You can fill out a Digital Inquiry Form to stay in touch by scanning this QR code or ask the Host for a paper copy at the Welcoming Table.

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## Donate to St. Dunstan's Mission and Ministries

by check, cash, by scanning this QR code:  
[sdchp.org/donations](http://sdchp.org/donations).



Donate

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