

Good Friday



Today is a very special day and one of those days that many of us will miss going to Church. However, we will have to make do. Remember that we follow a strict fast today: no meat, eggs, or dairy products. Here are some ways for us to commemorate Good Friday:

- Print out a copy of the plaschanitza (burial shroud). Here is a link to a page the Nuns of the Bridegroom of Christ have provided.
https://drive.google.com/file/d/1s0kqRbkyMSR5JJZ5VU_Zryjb102apVKP/view
- Set up your own version of a tomb for Christ in front of or near your icon corner. This is the place where you will pray the remaining services this week (and throughout the Paschal season, if you are able to leave it up!). The tomb could be a coffee table or a nicely decorated container. Spiritually we are worshiping so we use what we have on hand to make it work in the material world.
- Once you put the plaschanitza in its place, you can sing:
 - The noble Joseph took down Your most pure body from the tree.
 - He wrapped it with a clean shroud and, with aromatic spices, placed it in a new tomb.
- During the day, members of the family could keep vigil at the tomb or you could spend a few minutes every few hours contemplating and praying.

Today, Holy Friday, we follow Jesus in his footsteps up to Golgotha. We will follow him, not as Peter followed him, from 'afar, but as his mother, as John and the holy women, who did not abandon him.

Holy Friday confronts us with Jesus Christ crucified for our salvation. In our encounter with the Cross of Jesus on Holy Friday, we can distinguish several essential moments or elements.

1. The instrument of our salvation, the instrument of Christ's sacrifice, is the cross. How do we honour the cross in our daily lives?
2. Even on the cross, Jesus forgave those who crucified him. Forgiveness is declared from the height of the Cross. How can we embrace forgiveness today?
3. Jesus's Cross must be placed at the centre of my life. The Cross of Jesus is not only an instrument of suffering, but an instrument of victory. How does the cross bring us hope or victory in life?

Online services for Good Friday: More links available at:

<https://www.skeparchy.org/wordpress/liturgy-live-services-for-holy-week-easter-eparchy-of-saskatoon-and-beyond-including-blessings-booklets-for-services/>)

Place	Time	Online link
St. George Cathedral – Stoon	9:00 am Reading of 12 Gospels of Passion (Bilingual) 3:00 pm Holy Shroud Service 7:00 pm Jerusalem Matins	9:00 Livestream» 3:00 pm Livestream» 7:00 pm Livestream»
Dormition S'toon	3:00PM: Good Friday Vespers	3:00PM: Livestreamed
Ss. Peter & Paul Saskatoon	Good Friday Plaschanytsia Service	YouTube Channel»»
St. Athanasius Regina	3:00 pm – Holy Shroud Service 7:00 pm – Jerusalem Matins	3:00 pm – Livestream»» 7:00 pm – Livestream»»
Sacred Heart Ukr. Church Ituna	10:30 am – Vespers Service at the Tomb (Plaschynytsia) 7:30 pm – Jerusalem Matins	10:30 am – Livestream»» 7:30 pm – Livestream»»