

# Walking through Holy Week

with St. Michael's Church Sittingbourne



A selection of things to make, read or do to help us reflect on

## Maundy Thursday

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## **1. Walking through Holy Week: Good Friday**

with our Lay Minister Tracy Williams.

### **The Last Supper**

Enjoy a meal with those you love,

laugh, share,

celebrate how beautiful they are.

If you are alone,

enjoy a meal with Jesus beside you,

make a meal a prayer, tell him your joys, your concerns,

your hopes and fears.

Be honest,

Jesus was prepared to die for you,

for each of us, he

knows how we feel, what we think,

he wants to share it, he gets it, he really does.

Then Watch and Wait Keep him company too.

## 2. Poetry

You can read and hear poet Malcolm Guite read his sonnet for Maundy Thursday here:

<https://malcolmguite.wordpress.com/2013/03/28/holy-week-maundy-thursday/>



### [Holy Week: Maundy Thursday | Malcolm Guite](#)

Holy Week: Maundy Thursday. For here the earth herself gives bread and wine. There is so much happening here, so many threads of connection flowing to and from this deep source of love and gospel vision. my sonnet for this central and sacramental day can only suggest one or two of them.

[malcolmguite.wordpress.com](http://malcolmguite.wordpress.com)

### ? ... **Question**\_by Tracy Williams

Are you still sleeping whilst I wait and I pray,  
As I face my humanity,  
The pain of the day?

Did you not hear me, do you not see,  
See that I tremble, that I fear,  
At what must be?

You saw my tears,  
Yet as I cry, you do not watch beside me,  
Why?

Are you still sleeping,  
So unawares,  
Wrapped in your dreams, free from all care?

Yet still I love You,  
Still You love me,  
We Journey Together, towards what will be.

So, let us go,  
Will you still follow me?  
I will be betrayed, I will be denied,  
I will be forsaken, I will be broken,  
I will die ...

So, will you watch, will you wait,  
And finally, aware,  
Will you witness for me?

Will You?

### 3. Reflecting on Hymns

Often we can spend time with the words of hymns - especially during Holy Week - and gain a new perspective of Father, Son and Holy Spirit. Here is a suggestion for Maundy Thursday from Team Vicar Rev Lesley.

#### A new commandment

I give unto you  
That you love one another  
As I have loved you,  
That you love one another  
As I have loved you.  
By this shall all men  
Know you are My disciples  
If you have love one to another.

[https://www.youtube.com/watch?v=D4P5ILde\\_og](https://www.youtube.com/watch?v=D4P5ILde_og)



And not strictly a hymn but a blessing set to music:

<https://www.youtube.com/watch?v=Nxn6tmVSljU>



For a breathtaking piece of music (and words) Please turn to page 8 for a very special video link selected by our Music Director, Catherine Orton.

Tracy and Pam have both suggested we could look at a different verse of "My Song is Love Unknown" each day.

So, today we have verse 4:

Why, what hath my Lord done?  
What makes this rage and spite?  
He made the lame to run,  
he gave the blind their sight.  
Sweet injuries! Yet all his deeds  
their hatred feeds; they 'gainst him rise.  
*Samuel Crossman*

## 4. Bible Readings

Our Gospel reading of the day...

**John 13:1-17 & 31b - 35 (NRSVA)**

**Jesus Washes His Disciples' Feet**

**13** Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. <sup>2</sup>The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper <sup>3</sup>Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, <sup>4</sup>got up from the table,<sup>[a]</sup> took off his outer robe, and tied a towel around himself. <sup>5</sup>Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. <sup>6</sup>He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' <sup>7</sup>Jesus answered, 'You do not know now what I am doing, but later you will understand.' <sup>8</sup>Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' <sup>9</sup>Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' <sup>10</sup>Jesus said to him, 'One who has bathed does not need to wash, except for the feet,<sup>[b]</sup> but is entirely clean. And you<sup>[c]</sup> are clean, though not all of you.' <sup>11</sup>For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

<sup>12</sup>After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you?' <sup>13</sup>You call me Teacher and Lord—and you are right, for that is what I am. <sup>14</sup>So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. <sup>15</sup>For I have set you an example, that you also should do as I have done to you. <sup>16</sup>Very truly, I tell you, servants<sup>[d]</sup> are not greater than their master, nor are messengers greater than the one who sent them. <sup>17</sup>If you know these things, *you are blessed if you do them.*

### Jesus Predicts Peter's Denial

<sup>31</sup> When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. <sup>32</sup>If God has been glorified in him,<sup>[e]</sup> God will also glorify him in himself and will glorify him at once. <sup>33</sup>Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." <sup>34</sup>I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. <sup>35</sup>By this everyone will know that you are my disciples, if you have love for one another.'

### Footnotes

- a. [John 13:4](#) Gk from supper
- b. [John 13:10](#) Other ancient authorities lack except for the feet
- c. [John 13:10](#) The Greek word for you here is plural
- d. [John 13:16](#) Gk slaves
- e. [John 13:32](#) Many early manuscripts do not have If God is glorified in him.

... and the Psalm for today:

### Psalm 116:1, 10 -17 (NRSVA)

- <sup>1</sup> I love the LORD, for he heard my voice; he heard my cry for mercy.
- <sup>10</sup> I trusted in the LORD when I said, "I am greatly afflicted";
- <sup>11</sup> in my alarm I said, "Everyone is a liar."
- <sup>12</sup> What shall I return to the LORD for all his goodness to me?
- <sup>13</sup> I will lift up the cup of salvation and call on the name of the LORD.
- <sup>14</sup> I will fulfill my vows to the LORD in the presence of all his people.
- <sup>15</sup> Precious in the sight of the LORD is the death of his faithful servants.
- <sup>16</sup> Truly I am your servant, LORD; I serve you just as my mother did; you have freed me from my chains.
- <sup>17</sup> I will sacrifice a thank offering to you and call on the name of the LORD.

Find more Bible passages here:

<https://www.biblegateway.com/>

## 5. Things to Make and Do

Our Reader in Training, Roxane Lee-Affonso has found lots of wonderful resources for families with children at [www.barnabainschools.co.uk](http://www.barnabainschools.co.uk) . For example there is a good video here:

<https://www.youtube.com/watch?v=T-zeE4Hk3M0&feature=youtu.be>



and downloadable resources here:

<https://www.barnabainschools.org.uk/idea/last-supper-word-search>



### The last supper



|                    |                 |                 |
|--------------------|-----------------|-----------------|
| APOSTLES           | BETRAYS         | BROKE THE BREAD |
| CITY               | CUP OF WINE     | DIE             |
| DISCIPLES          | EAT             | FESTIVAL        |
| GAVE THANKS TO GOD | GODS KINGDOM    | JAR OF WATER    |
| JESUS              | JOHN            | LAMBS           |
| MEAL               | NEW AGREEMENT   | PASSOVER        |
| PETER              | PREPARE         | REMEMBER ME     |
| ROOM               | SHARE           | SUFFER          |
| THIS IS MY BLOOD   | THIS IS MY BODY | UPSTAIRS        |

And thinking about our Bible Reading today...



And a gentle reminder that you can find lots of puzzles on line here: <https://biblepuzzles.com/>

## 6. Video Link – Recommended by our Music Director

Director Catherine Orton has selected a deeply moving piece for each day through Holy Week to aid our reflections and shared with us her choice for today, Maundy Thursday:

1. "Wash Me Thoroughly" by S.S.Wesley <https://www.youtube.com/watch?v=0r3BkuxjD6k>



2. Ubi Caritas by Durufle – Translation:

### Motet Translations Maurice Duruflé: Ubi Caritas

Ubi caritas et amor, Deus ibi est.  
Congregavit nos in unum Christi amor.  
Exultemus, et in ipso iucundemur.  
Timeamus, et amemus Deum vivum.  
Et ex corde diligamus nos sincero. Amen.

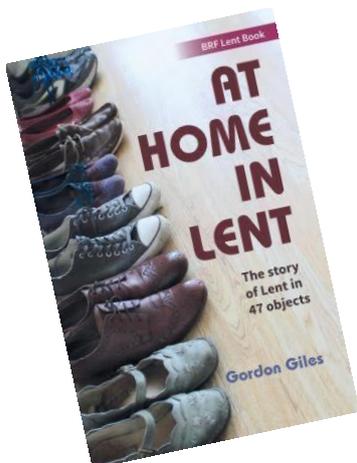
Where charity and love are, God is there.  
Christ's love has gathered us into one.  
Let us rejoice and be pleased in Him.  
Let us fear, and let us love the living God.  
And may we love each other  
with a sincere heart. Amen.

[http://emmanuelmusic.org/notes\\_translations/translations\\_motets/t\\_durufle\\_ubi\\_caritas.htm](http://emmanuelmusic.org/notes_translations/translations_motets/t_durufle_ubi_caritas.htm)

And here's a beautiful performance: <https://www.youtube.com/watch?v=E6J3CL0Y2TE>



## 7. Suggestions for further reading



This is our Lent Book for 2020, we began reading it from Ash Wednesday and the author, Revd Dr. Gordon Giles, uses everyday objects you would find in your home, to help us consider different aspects of discipleship and faith.

Revd Gordon has made each Holy Week reflection available to everyone and is reading a chapter a day - and you can find the reflection for Maundy Thursday – Alarm Clock - “New every morning” here:

<https://stmarymagdalene.church/at-home-in-lent-holy-week/maundy-thursday-alarm-clock/>

## 8. Organist’s Choice

Our church may be closed at the moment, but our organist Nigel MacArthur is still thinking about the music. In fact, he suggests a Voluntary that sits perfectly on Maundy Thursday:

***Today is the fifth day of Holy Week and we head to Denmark for a relatively recent organ work. It is a beautiful piece called:***

*'Skærtorsdag' (Maundy Thursday) by Thomas Lennert (born 1967)*

*The organ is played by Carson Cooman.*

<https://www.youtube.com/watch?v=qrGbtvyze8w>



## 9. Thought for the Day By Revd Lesley Jones

This reflection is also available on Soundcloud:

<https://soundcloud.com/lesley-jones-18/its-maundy-thursday-and-im-thinking-about-feet/s-zWrQ2SNrCG6>



Image: <https://lifestone.wordpress.com/2012/05/24/dirty-feet-dirty-feet/>

In the middle of Holy Week – 2020- with its rich passages from Scripture and moments of deep Silence, the delicate music, flickering candlelight and gentle prayers – we are suddenly confronted by a part of the body, some find hard to look at.

### **Its Maundy Thursday and I'm thinking about feet!**

I know one person who cannot bear see their naked feet... they need to keep their socks on as does anyone else visiting their home.

And while most of us - don't mind looking at our *own* feet – more than a few of us would prefer not to look at someone else's, no matter how much we love them!

Bodies are funny things...

When St Paul talked about the Body of Christ – the church – the people – the living stones - having different parts of the body – *just like the human body* – he talks of bits that are visible and other parts that are less visible and how they all have their part to play<sup>1</sup>.

The eyes may sparkle, the ears keenly listen, the hands create wonderful things or the mouth say words of great comfort but the feet? The feet, well they bear the weight.

When we think of our feet holding everything up, its usually in strong boots or snazzy trainers, flats or heels and so on. So in that sense, bare feet may appear weak, vulnerable, easily bruised, little toes easily broken, toenails needing constant attention, before they pinch. There may be a few bunions, or corns, a verruca or two, or dare I say, the dreaded "athlete's foot!"

I'm sure there are people with feet out there that could model nail-polish for commercials - their feet are so gorgeous – sadly my own feet do not fall into that category.

My feet have had to work hard, travel far, bear my heavy load plus for a little while a baby, shopping bags, and down the years various giant handbags which over the decades stuffed

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<sup>1</sup> 1 Corinthians 12:12-31 – you can view the passage here:

<https://www.biblegateway.com/passage/?search=1+Corinthians+12%3A12-31&version=ESV>

with art materials, council papers, a series of laptops that have come and gone, Messy Church resources, and so on and so on...

In fact these days I have a range of shopping trolleys to help ease screaming feet at the end of another busy day.

Whichever way you look at it though... feet are never really top of our list are they?

When we remember of events of Maundy Thursday... we have a simple, active, practical lesson in humility, and grace, the grace that descends as we serve another human being in *love* and *compassion*. This lesson, as Jesus, having little time left to finish preparing the disciples - gets down on his knees, wraps a towel around his waist, takes a jug of water and a bowl, and washes the disciples feet- is a practical lesson that we can all understand.

Was it unusual to have someone wash your feet 2,000 years ago? Well, no. But this would normally be carried out as a menial task by someone way down in the social pecking order of the household, sadly, probably a slave.

Now what *was* unusual here was for the boss, the teacher, the leader, the healer, the great story-teller, the miracle-worker Jesus – to get down on his knees and deliver a demonstration, in a way that shows anyone, if they wanted to, could serve another with the utmost care and devotion, in humility and love.

And we know this was jaw-dropping because Peter is struggling – “No!” – if anyone was washing feet surely Peter is not worthy and should be washing the feet of Jesus! Good old Peter, he reminds us we can all get it wrong, over and over again, because we all do all get it wrong, again and again...

I have a vivid memory of the first time I had my foot washed on Maundy Thursday, in a church, and its when I was still in Sunderland. It was washed by a parish priest – our vicar - but after I had worked a 12 hour shift – 12 hour day- with teenagers running a holiday club, up the road. This was the *last thing* I was expecting, having arrived virtually straight from work! And I tried to get out of it, but do you know what – I just couldn't get out of it. I was saying “No! Surely not! Noooo! Really? Ah No! This is not a good idea – I haven't been home!”

Oh dear. I was conscious of how smelly my black sock would have been by 7.30 that night, at least they were dark and would not show up too much grubbiness if they were grubby, but, then again, they were quite fluffy which meant they often left tiny bits of black fluff between the toes.

Oh, believe me I was *cringing* with embarrassment; and oh so uncomfortable.

I reluctantly took my place alongside the other members of the congregation, and my face, I remember, it glowing red as I quickly whipped off one of my socks.

But what happened next I would never have expected in a million years. The vicar knelt down, and aided by his older colleague, and as he poured water on my grubby foot - and it was as if Jesus himself was doing this!

Here was a merging of real people I could see with my eyes, and yet - in the same instant – Jesus was pouring the water over my foot and present in my head and my heart.... my embarrassment evaporated.

Now, many years later, I am a parish priest myself, and having seen lots of models on how this is done, I now approach Maundy Thursday differently because I want everyone to see Jesus in the action, its the giving and receiving, but also know **they too are called to wash the feet of others** – not just the parish priest but *all* of God’s people.

I usually begin and wash the foot of the first person, and then I go and join the end of the row. One by one, a foot is washed, and then the person washes the foot of the person next to them and they swap and move down the line and I wait in the queue, for the person next to me, once their foot has been washed, to wash my own.

Jesus doesn’t just kneel down to wash *our* feet – he expects us, and calls us lovingly, to do the same. It is a wonderful, practical lesson in community and discipleship.

In washing another’s feet we step into close proximity of one another, we are present to one another, and as we unflinchingly pour the water across their toes of another, in a way that is tender and simple, we can also in that action witness a heart of stone becoming a heart of flesh. That one act can bring the unseen into focus by the eyes of the heart.

Tracy, our Lay Minister has shared a lovely mediation each day with us as part of our “Walking Through Holy Week” and suggestions that this Maundy Thursday, we wash our own foot carefully, tenderly, lovingly and offer our prayers to the Lord for all who are caught up in this situation; for everyone at the NHS, for our families and friends. If you want to find that meditation, just look for St. Michael’s Sittingbourne on “A Church Near You.”

I know that for many of us our traditions are important to us, especially at this time. Some of you may feel that you are missing key moments in Holy Week like the washing of feet in church or perhaps for you its when we “strip the altar” which will not be happening in St. Michael’s as the church building remains closed. The church isn’t closed, we are very much active, the church building remains closed.

For me, the stripping of the altar at the end of the Maundy Thursday’s service brings an added kick in the stomach of the desolation that must have fallen on our Lord, and his disciples when He is arrested, but, hey just stop for a minute – and look around... Around the world right now there is a sense of desolation, confusion, trauma, anxiety, depression, disappointment and stress and its coming at us from so different directions. In fact, this year it feels like Maundy Thursday, and the Passion of Christ is on every street corner right now, in every empty train carriage, every empty football stadium, or classroom, or car park, or theatre, library, cinema, play park and yes .... our church buildings.

This Holy Week however, as we reflect and wonder can I add a question of my own...? Because I do wonder about “foot-washing” as being a symbol or a metaphor for simple, kind, generous, loving service carried out in humility... and we are seeing that all around too – we are seeing that from our health professionals and our volunteers, our emergency service workers and the army, all those keeping the supermarkets open, all of those taking calls at 111. So, dear reader...my question is:

*I wonder whose feet you are called to wash?*

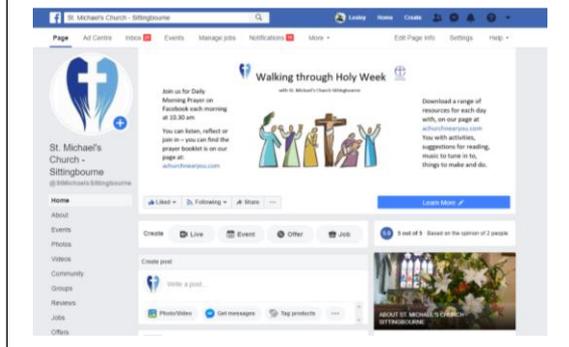
Amen

## 10. A Prayer for Holy Week 2020 By Revd Lesley Jones

Loving and Merciful God  
we cry out to you this day  
as we long to be reconciled with you.  
Comfort your people in their distress,  
isolation and loneliness;  
help us to find new ways to welcome and offer  
hospitality in how we use our time,  
how we share what we have,  
and by making time to listen to others.  
Lord, we cry out to you today for all who are sick,  
all who are suffer,  
all who are dying,  
all who are grieve -  
we ask you to surround them with you love.  
Creator God, we thank you for all who serve,  
all who have studied and trained for a time such as this,  
our prayers are with all on the front-line of this  
pandemic that we may we see a turnaround soon.  
We know you love us, Lord, please bring us your consolations, and your peace. Amen

Please do tune in for Morning Prayer,  
we are here every day at 10.30, on St.  
Michael's Facebook Page:

<https://www.facebook.com/StMichaelsSittingbourne/>



## 11. And Finally

Psalms written especially for Holy Week by our Retired NHS Chaplain, Revd Pam Beckinsale:

*Lord, you disappointed me,  
you let that woman pour expensive ointment all over your head.  
How could you allow such extravagance when it could have been sold and used  
for the poor.  
You're not the saviour I was expecting, that we were expecting.  
We wanted someone who would get rid of the Roman occupation, we wanted a  
leader,  
a leader, who would be victorious so we were no longer subject to another  
nation.  
I was so angry I went to the authorities to complain about you.  
It was not long before they offered me money to betray you, by telling them  
where they might find you in this crowded city, crowded for the Passover. My  
anger carried me along and I agreed.  
But, O Lord, it was not long before I regretted it, the whole sordid affair, I did  
not think they would condemn you to death.  
I knew you were innocent of the charges they invented. I took the money back  
but they would not receive it. I could not undo the wrong I had done.*

*Yet as so often happens, good comes out of evil.*

*Though I had betrayed you into losing your life, and I did not live to see what happened, you did in fact bring out of evil.*

O Lord, we humans never learn. Even today there are people, who out of malice, misguided righteousness or sheer frustration make other people's lives hell or worse.

Anger, envy and jealousy all cause problems for other people, Lord, when we are unable to recognise the harm they do, or even delight in it when our conscience no longer works.

Judas found he could not live with the evil he had done, he did have a conscience.

Yet, Lord, in many parts of your world, there are people who make false accusations against people of another faith so that they are persecuted or even thrown into prison.

The false accusation might be in the workplace with the hope that the accused is reprimanded, disciplined or sacked, it could even be among your own people in your own churches causing hurt, mischief and worse.

Dear Lord, please come alongside us when we are persecuted, when we have been made anxious or fearful by the unkindness or treachery of others.

Help us, O Lord, when we have made false or exaggerated accusations to be mindful of the harm they can do,

prick our consciences so we can turn back from our evil ways and hopefully undo the harm that we have done, and not be left with regrets.