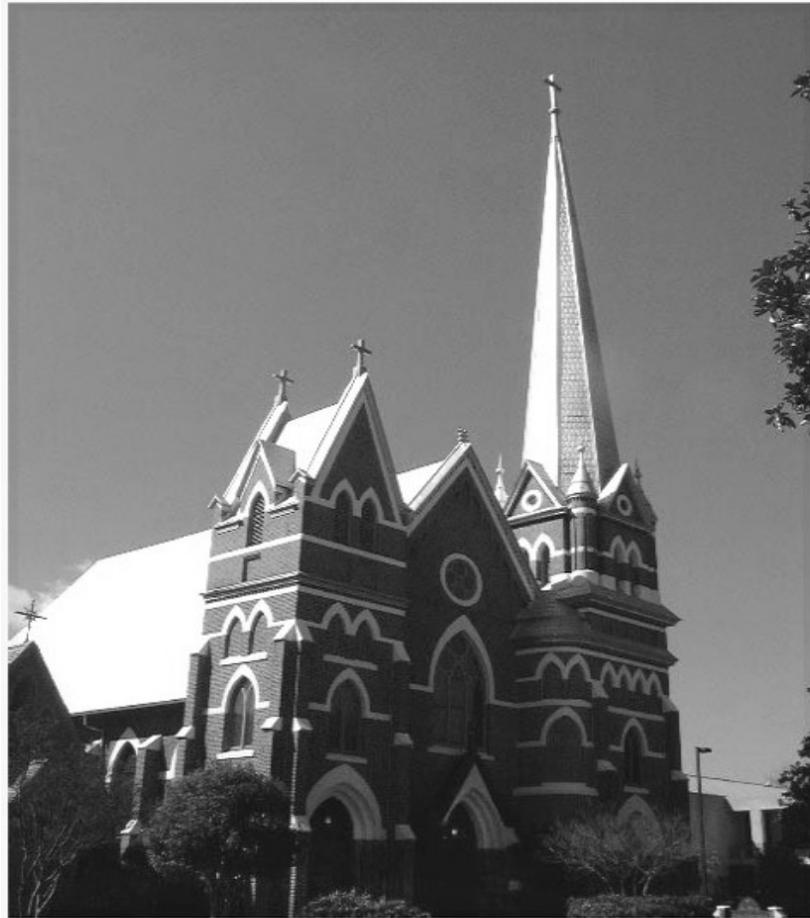


*TENEBRAE*  
*GOOD FRIDAY*



*St. Mary Help of Christians Catholic Church*  
*Aiken, SC*

**Good Friday  
Office of Readings**

**Introduction**

*Tenebrae* is a Latin word meaning “shadows or darkness.” It designates a special form of prayer that is prayed by the Church on Good Friday and Holy Saturday. The service consists of the Office of Readings and Morning Prayer from the Liturgy of the Hours, the daily prayer of the Church. While for several centuries this form of prayer was understood to be the prayer of clergy and religious, the Second Vatican Council made it clear that it belongs to all the Church’s faithful:

*“Wherever possible...groups of the faithful should celebrate the Liturgy of the Hours communally in church. This especially applies to parishes.... The laity must learn above all how in the liturgy they are adoring God the Father in spirit and in truth; they should bear in mind that through public worship and prayer they reach all humility and can contribute significantly to the salvation of the whole world.”*

*-General Instruction of the Liturgy of the Hours #s 21, 27*

The Tenebrae Service is dramatically marked by the extinguishing of the seven candles placed in a candle stand in the sanctuary. Originally, the service began before dawn, with candles lighting the darkness. As daylight became stronger, fewer candles were needed, and one by one they were put out. The gradual extinguishing of light, however, took on symbolic meaning associated with these solemn days of the Triduum. Over the centuries, as the Church commemorated the death of Our Lord Jesus Christ, the decreasing candlelight became a sign of the apparent triumph of evil and of the apparent failure of God’s plan of salvation.

At the great Easter Vigil, we celebrate the victory of Christ over sin and evil. The light of the one Paschal Candle, the symbol of the risen Christ, is passed from one to another in the darkness of night. This growing light, which shatters the dark, signifies the good over evil and the spread of the reign of God.

*Adapted from Tenebrae: Office of Readings and Morning Prayer for Good Friday and Holy Saturday,  
prepared by the Liturgical Commission of the Archdiocese of New York, 1990*

**Good Friday  
Office of Readings**

**STAND**

*Celebrant:* Lord, open my lips. (✠ on lips)

*All:* **And my mouth will proclaim your praise.**

**Invitatory**

**Antiphon**

*Reader:* Come, let us worship Christ, the Son of God, who redeemed us with his blood.

*Psalm 95*

*Reader:* Come, let us sing to the Lord  
and shout with joy to the Rock who saves us.  
Let us greet Him with praise and thanksgiving  
and sing joyful songs to the Lord.

*All:* **Come, let us worship Christ, the Son of God, who redeemed us with his blood.**

*Reader:* The Lord is our God, the mighty God,  
the great king over all the gods.  
He holds in His hand the depths of the earth  
and the highest mountains as well.  
He made the sea, it belongs to Him,  
the dry land too, for it was formed by His hands.

*All:* **Come, let us worship Christ, the Son of God, who redeemed us with his blood.**

*Reader:* Come, then, let us bow down and worship,  
bending the knee before the Lord, our Maker.  
For He is our God and we are His people,  
the flock He shepherds.

*All:* **Come, let us worship Christ, the Son of God, who redeemed us with his blood.**

*Reader:* Today, listen to the voice of the Lord:  
“Do not grow stubborn,

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as your fathers did in the wilderness,  
when at Meriba and Massah they challenged me and provoked  
me,  
although they had seen all of my works.

*All:*     **Come, let us worship Christ, the Son of God, who redeemed  
us with his blood.**

*Reader:*   Forty years I endured that generation.  
I said, ‘They are a people whose hearts go astray  
and they do not know my ways.  
So I swore in my anger,  
they shall not enter into my rest.’”

*All:*     **Glory to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and will be forever. Amen**

**Antiphon**

*All:*     **Come, let us worship Christ, the Son of God, who redeemed  
us with his blood.**

**Hymn - O Sacred Head Surrounded**

O Sacred Head surrounded by crown of piercing thorn!  
O bleeding Head, so wounded, reviled and put to scorn!  
Death’s pallid hue comes o’er thee, the glow of life decays,  
Yet angel hosts adore thee, and tremble as they gaze.

I see thy strength and vigor all fading in the strife,  
And death with cruel rigor, bereaving thee of life;  
O agony and dying! O love to sinners free!  
Jesus, all grace supplying, O turn thy face on me.

In this, thy bitter passion, Good Shepherd, think of me  
With thy most sweet compassion, unworthy though I be:  
Beneath thy cross abiding forever would I rest,  
In thy dear love confiding, and with thy presence blest.

**Good Friday  
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**SIT**

**Psalmody**

**Antiphon 1**

*Leader:* Earthly kings rise up, in revolt; princes conspire together against the Lord and His Anointed.

*Psalm 2*

*Side 1:* Why this tumult among the nations,  
among peoples this useless murmuring?  
They arise, the kings of the earth,  
princes plot against the Lord and His Anointed.  
“Come, let us break their fetters,  
come, let us cast off their yoke.”

*Side 2:* He who sits in the heavens laughs;  
the Lord is laughing them to scorn.  
Then He will speak in His anger,  
His rage will strike them with terror.  
“It is I who have set up my king  
on Zion, my holy mountain.”

*Side 1:* I will announce the decree of the Lord:

*Side 2:* The Lord said to me: “You are my Son.  
It is I who have begotten you this day.  
Ask and I shall bequeath you the nations,  
put the ends of the earth to your possession.  
With a rod of iron you will break them,  
shatter them like a potter’s jar.”

*Side 1:* Now, O kings, understand, take warning, rulers of the earth;  
serve the Lord with awe  
and trembling pay Him your homage  
lest he be angry and you perish;  
for suddenly his anger will blaze.

*Side 2:* Blessed are they who put their trust in God.

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*Side 1:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

*Side 2:* as it was in the beginning,  
is now, and will be forever. Amen.

**Antiphon 1**

*All:* **Earthly kings rise up, in revolt; princes  
conspire together against the Lord and His Anointed.**

*1<sup>st</sup> Candle (lower left) is extinguished. Brief period of silence.*

**Antiphon 2**

*Leader:* They divided my garments among them;  
they cast lots for my clothing.

**Psalm 22: 2-23**

*Side 1:* My God, my God, why have you forsaken me?  
You are far from my plea and the cry of my distress.  
O my God, I call by day and you give no reply;  
I call by night and I find no peace.

*Side 2:* Yet you, O God, are holy,  
enthroned on the praises of Israel.  
In you our fathers put their trust;  
they trusted and you set them free.  
When they cried to you, they escaped.  
In you they trusted and never in vain.

*Side 1:* But I am a worm and no man,  
scorned by men, despised by the people.  
All who see me deride me.  
They curl their lips, they toss their heads.  
“He trusted in the Lord, let Him save him;  
let Him release him if this is His friend.”

*Side 2:* Yes, it was you who took me from the womb,  
entrusted me to my mother’s breast.

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To you I was committed from my birth,  
from my mother's womb you have been my God.  
Do not leave me alone in my distress;  
come close, there is none else to help.

*Side 1:* Many bulls have surrounded me,  
fierce bulls of Bashan close me in.  
Against me they open wide their jaws,  
like lions, rending and roaring.

*Side 2:* Like water I am poured out,  
disjointed are all my bones.  
My heart has become like wax,  
it is melted within my breast.

*Side 1:* Parched as burnt clay is my throat,  
my tongue cleaves to my jaws.

*Side 2:* Many dogs have surrounded me,  
a band of the wicked beset me.  
They tear holes in my hands and my feet  
and lay me in the dust of death.

*Side 1:* I can count every one of my bones.  
These people stare at me and gloat;  
they divided my clothing among them.  
They cast lots for my robe.

*Side 2:* O Lord, do not leave me alone,  
my strength, make haste to help me!  
Rescue my soul from the sword,  
my life from the grip of these dogs.  
Save my life from the jaws of these lions,  
my poor soul from the horns of these oxen.

*Side 1:* I will tell of your name to my brethren  
and praise you where they are assembled.

*Side 2:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

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*Side 1:* as it was in the beginning,  
is now, and will be forever. Amen.

**Antiphon 2**

*All:* **They divided my garments among them;  
they cast lots for my clothing.**

*2<sup>nd</sup> Candle (lower right) is extinguished. Brief period of silence.*

**Antiphon 3**

*Leader:* They sought to take my life by violence.

***Psalm 38***

*Side 1:* O Lord, do not rebuke me in your anger  
do not punish me, Lord, in your rage.  
Your arrows have sunk deep in me;  
your hand has come down upon me.  
Through your anger all my body is sick;  
through my sin, there is no health in my limbs.

*Side 2:* My built towers higher than my head;  
it is a weight too heavy to bear.  
My wounds are foul and festering,  
the result of my own folly.  
I am bowed and brought to my knees.  
I go mourning all the day long.

*Side 1:* All my frame burns with fever;  
all my body is sick.  
Spend and utterly crushed,  
I cry aloud in anguish of heart.

*Side 2:* O Lord, you know all my longing;  
my groans are not hidden from you.  
My heart throbs, my strength is spent;  
the very light has gone from my eyes.

*Side 1:* My friends avoid me like a leper;

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those closest to me stand afar off.  
Those who plot against my life lay snares;  
those who seek my ruin speak of harm,  
planning treachery all the day long.

*Side 2:* But I am like the deaf who cannot hear,  
like the dumb unable to speak.  
I am like a man who hears nothing,  
in whose mouth is no defense.

*Side 1:* I count on you, O Lord;  
it is you, Lord God, who will answer.  
I pray: "Do not let them mock me,  
those who triumph if my foot should slip."

*Side 2:* For I am on the point of falling  
and my pain is always before me.  
I confess that I am guilty  
and my sin fills me with dismay.

*Side 1:* My wanton enemies are numberless  
and my lying foes are many.  
They repay me evil for good  
and attack me for seeking what is right.

*Side 2:* O Lord, do not forsake me!  
My God, do not stay afar off!  
Make haste and come to my help,  
O Lord, my God, my savior!

*Side 1:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

*Side 2:* as it was in the beginning,  
is now, and will be forever. Amen.

**Antiphon 3**

*All:* **They sought to take my life by violence**

*3rd Candle (center left) is extinguished. Brief period of silence*

**Good Friday  
Office of Readings**

**First Reading** (Hebrews 9: 11-28)

**The Lamentations of Jeremiah (1<sup>st</sup>)**

*(sung by deacon)*

Response:

**All: Jerusalem, Jerusalem, return to the Lord, your God.**

*Brief period of silence*

**Second Reading**

(“The Power of Christ’s Blood” From *The Catechesis* by St. John Chrysostom, Liturgy of the Hours, Volume II, p. 473)

*Brief period of silence*

**The Lamentations of Jeremiah (2<sup>nd</sup>)**

*(sung by deacon)*

Response:

**All: Jerusalem, Jerusalem, return to the Lord, your God.**

**STAND**

**Hymn – Were You There**

Were you there when they crucified my Lord?  
Were you there when they crucified my Lord? Oh!  
Sometimes it causes me to tremble, tremble, tremble.  
Were you there when they crucified my Lord?

Were you there when they nailed Him to the tree?  
Were you there when they nailed Him to the tree? Oh!  
Sometimes it causes me to tremble, tremble, tremble.

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Were you there when they nailed Him to the tree?

Were you there when they laid Him in the tomb?

Were you there when they laid Him in the tomb? Oh!

Sometimes it causes me to tremble, tremble, tremble.

Were you there when they laid Him in the tomb?

Were you there when they rolled the stone away?

Were you there when they rolled the stone away? Oh!

Sometimes it causes me to tremble, tremble, tremble.

Were you there when they rolled the stone away?

**SIT**

**Psalmody**

**Antiphon 1**

*Leader:* God did not spare His own Son,  
but gave Him up to suffer for our sake.

***Psalm 51***

*Side 1:* Have mercy on me, God, in your kindness.  
In your compassion blot out my offense.  
O wash me more and more from my guilt  
and cleanse me from my sin.

*Side 2:* My offenses truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
What is evil in your sight I have done.

*Side 1:* That you may be justified when you give sentence  
and be without reproach when you judge.  
O see, in guilt I was born,  
a sinner was I conceived.

*Side 2:* Indeed you love truth in the heart;

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then in the secret of my heart teach me wisdom.  
O purify me, then I shall be clean;  
O wash me, I shall be whiter than snow.

*Side 1:* Make me hear rejoicing and kindness,  
that the bones you have crushed may revive  
From my sins turn away your face  
and blot out all my guilt.

*Side 2:* A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

*Side 1:* Give me again the joy of your help;  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.

*Side 2:* O, rescue me, God, my helper,  
and my tongue shall ring out your goodness.  
O Lord, open my lips,  
and my mouth shall declare your praise.

*Side 1:* For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit.  
A humbled, contrite heart you will not spurn.

*Side 2:* In your goodness, show favor to Zion;  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

*Side 1:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

*Side 2:* as it was in the beginning,  
is now, and will be forever. Amen

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**Antiphon 1**

*All:*       **God did not spare His own Son,  
but gave Him up to suffer for our sake.**

*4th Candle (center right) is extinguished. Brief period of silence*

**Antiphon 2**

*Leader:*    Jesus Christ loved us,  
and poured out His own blood for us  
to wash away our sins.

***Habakkuk 3:2-4, 13a, 15-19***

*Side 1:*     O Lord, I have heard your renown,  
and feared, O Lord, your work.  
In the course of the years revive it,  
in the course of the years make it known;  
in your wrath remember compassion!

*Side 2:*     God comes from Teman,  
the Holy One from Mount Paran.  
Covered are the heavens with his glory,  
And with his praise the earth is filled.

*Side 1:*     His splendor spreads like the light;  
rays shine forth from beside him,  
where his power is concealed.  
You come forth to save your people,  
to save your anointed one.

*Side 2:*     You tread the sea with your steeds  
amid the churning of the deep waters.  
I hear, and my body trembles;  
at the sound, my lips quiver.

*Side 1:*     Decay invades my bones,  
my legs tremble beneath me.  
I await the day of distress

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that will come upon the people who attack us.

*Side 2:* For though the fig tree blossom not  
nor the fruit be on the vines,  
though the yield of the olive fail  
and the terraces produce no nourishment,

*Side 1:* though the flocks disappear from the fold  
and there be no herd in the stalls,  
yet will I rejoice in the Lord  
and exult in my saving God.

*Side 2:* God, my Lord, is my strength;  
he makes my feet swift as those of hinds  
and enables me to go upon the heights.

*Side 1:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

*Side 2:* as it was in the beginning,  
is now, and will be forever. Amen.

**Antiphon 2**

*All:* **Jesus Christ loved us,  
and poured out His own blood for us  
to wash away our sins.**

*5th Candle (top left) is extinguished. Brief period of silence*

**Antiphon 3**

*Leader:* We worship your cross, O Lord,  
and we praise and glorify your holy resurrection,  
for the wood of the cross has brought joy to the world.

***Psalm 147: 12-20***

*Side 1:* O praise the Lord, Jerusalem!  
Zion, praise your God!

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*Side 2:* He has strengthened the bars of your gates,  
he has blessed the children within you.  
He established peace on your borders,  
he feeds you with finest wheat.

*Side 1:* He sends out his word to the earth  
and swiftly runs his command.  
He showers snow white as wool,  
he scatters hoarfrost like ashes.

*Side 2:* He hurls down hailstones like crumbs.  
The waters are frozen at his touch;  
he sends forth his word and it melts them;  
at the breath of his mouth the waters flow.

*Side 1:* He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees.

*Side 2:* Glory to the Father, and to the Son,  
and to the Holy Spirit,

*Side 1:* as it was in the beginning,  
is now, and will be forever. Amen.

**Antiphon 2**

*All:* **We worship your cross, O Lord,  
and we praise and glorify your holy resurrection,  
for the wood of the cross has brought joy to the world.**

*6<sup>th</sup> candle (top right) is extinguished. Brief period of silence.*

**Third Reading (Isaiah 52: 13-15)**

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**The Lamentations of Jeremiah (2<sup>nd</sup>)**

*(sung by deacon)*

Response:

**All: Jerusalem, Jerusalem, return to the Lord, your God.**

**STAND**

**Gospel Cantic Antiphon**

*Leader:* Over his head they hung their accusation:  
Jesus of Nazareth, King of the Jews.

*Cantic of Zechariah*

*All:* (✠) **Blessed be the Lord the God of Israel;  
he has come to his people and set them free.**

**He has raised up for us a mighty savior  
born of the house of his servant David.**

**Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.**

**He promised to show mercy to our fathers  
and to remember his holy covenant.**

**This was the oath he swore to our father Abraham;  
to set us free from the hands of our enemies  
free to worship him without fear  
holy and righteous all the days of our life.**

**You my child shall be called the prophet of the Most High;  
for you will go and prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.**

**In the tender compassion of our God  
the dawn from on high shall break upon us  
to shine on those who dwell in darkness**

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**and the shadow of death  
and to guide our feet into the way of peace.**

**Glory to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and will be forever. Amen.**

**Gospel Canticle Antiphon**

*All:* **Over his head they hung their accusation:  
Jesus of Nazareth, King of the Jews.**

7<sup>th</sup> Candle (center) extinguished. Brief period of silence.

**Intercessions**

*Celebrant:* For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him and pray:

*All:* **Lord, have mercy on us.**

*Reader:* Christ our teacher, for our sake you were obedient even to accepting death, teach us to obey the Father's will in all things.

*All:* **Lord, have mercy on us.**

*Reader:* Christ our life, by your death on the cross you destroyed the power of evil and death, may we die with you to rise with you in glory.

*All:* **Lord, have mercy on us.**

*Reader:* Christ our King, you became an outcast among us, a worm and no man, teach us the humility by which you saved the world.

*All:* **Lord, have mercy on us.**

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*Reader:* Christ our salvation, you gave yourself up to death out of love for us, help us to show your love to one another.

*All:* **Lord, have mercy on us.**

*Reader:* Christ our Savior, on the cross you embraced all time with your outstretched arms, unite God's scattered children in your kingdom of salvation.

*All:* **Lord, have mercy on us.**

*Celebrant:* Gathering our prayers into one, we pray as Jesus our Lord taught us:

*All:* **Our Father...**

**Closing Prayer**

*Celebrant:* Father,  
look with love upon your people,  
the love with which our Lord Jesus Christ showed us when He delivered Himself to evil men and suffered the agony of the cross,  
for he lives and reigns with you and the Holy Spirit,  
one God, forever and ever.

*All:* **Amen.**

*Celebrant:* The Lord be with you.

*All:* **And also with you.**

*Celebrant:* May almighty God bless you,  
(✠)the Father, and the Son, and the Holy Spirit.

*All:* **Amen.**

*Celebrant:* Go in peace.

*All:* **Thanks be to God.**

All depart in silence.