

## Good Friday

**My God, my God, why have you forsaken me.**

This is the Response to our Psalm on Palm Sunday, as we prepare to hear the Passion Narrative.

Jesus didn't say many words on the Cross, but those He did say are of the upmost importance to us.

These words are probably the most remembered by us, maybe because in our lives we turn at times say those same words.

Good Friday is one of those days as Catholics when we really unite ourselves with Christ.

We identify often with the pain and the suffering of Our Blessed Lord upon the Cross.

This year more than most, we can feel maybe abandoned, we are left without being able to receive Our Blessed Lord, or even to visit Him in Our Church.

We are not even able to pray the Stations of the Cross in Church on this most Solemn day.

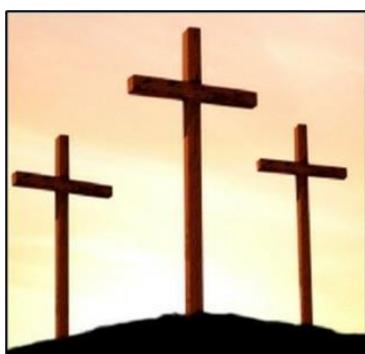
Those words of our Blessed Lord though remind us that He is united to us very much in our pain and in our isolation. He understands us.

Our Lord wanted us to hear those words because He was of course praying while He was upon the Cross. But that particular Psalm isn't one of despair but of hope. It concludes in great hope.

"You who fear the Lord give him praise; all sons of Jacob, give him glory. Revere him, Israel's sons."

When we unite ourselves with Our Lord, He lifts us up and He carries us upon His shoulders as He did the lost sheep.

Our Lord upon the Cross takes upon Himself the whole of humanity. He does so to save us and to stand before our Heavenly Father on our behalf.



With Our Lord with us and indeed on our side what have we to fear. These fears have been nailed to the Cross and Jesus has Redeemed and saved us.

Let us join our prayers with Psalm at Todays Liturgy:

"Be strong, let your hearts take courage, all who hope in the Lord"

Canon Tim