

Good Friday

At Home Adoration of the Cross

Veneration of the Cross goes back to 4th century Jerusalem following St. Helena's discovery of the True Cross inside a basil covered cistern in 326. This reverent genuflecting and kissing of the symbol of Christ's sacrifice is a beautiful practice for Catholics of all aged. No matter the location, the act of kissing the crucifix carries a partial indulgence.

To venerate a cross, the crucifix is held at an angle with the foot lower than the head. It is pious tradition that all shoes are taken off beforehand just as Moses removed his sandals before approaching the burning bush.

Ecce lignum Crucis

V. Let us Pray. O almighty and eternal God, the comfort of the afflicted and the strength of those that labor: Let the prayers of those who call upon Thee in any tribulation be heard by Thee: that all may rejoice that in their necessities Thy mercy relieved them.

R. Amen.

The Crucifix is presented with the words:

V. "Behold the wood of the cross, on which has hung the Salvation of the world."

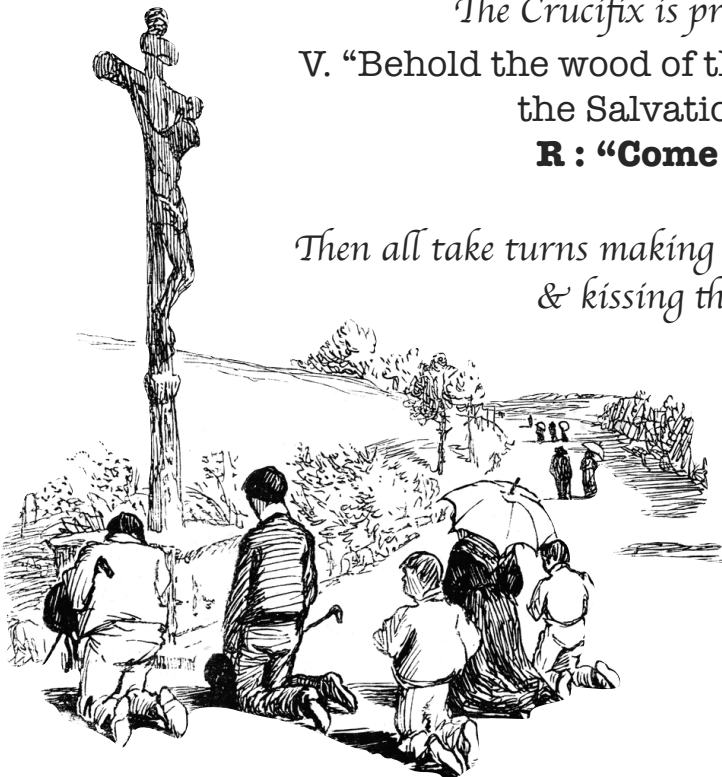
R : "Come let us adore!"

Then all take turns making the sign of the cross, genuflecting, & kissing the crucifix saying:

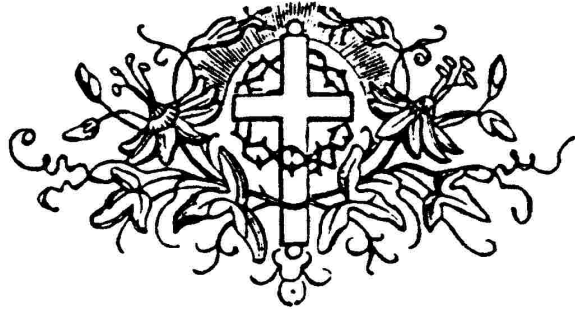
"We adore Thee, O Christ, and we bless Thee: because by Thy holy cross Thou hast redeemed the world."

The Reproaches can then be listened to with the provided recording at www.BarefootAbbey.com/GoodFriday

Then the hymn Crux Fidelis is sung.



Crux Fidelis



This hymn was authored by Venantius Fortunatus in the 6th century. He wrote it in celebration of the arrival of a relic of the True Cross at a French convent.

**Crux fidelis, inter omnes
Arbor una nobilis,
Nulla talem silva profert,
Fronde, flore, germine.**

**Dulce lignum, dulces clavos,
Dulce pondus sustinet.**

**Pange, lingua, gloriosi,
Proelium certaminis,
Et super Crucis trophaeo,
Dic triumphum nobilem,
Qualiter Redemptor orbis,
Immolatus vicerit.**

**Crux fidelis, inter omnes
Arbor una nobilis:
Nulla talem silva profert,
Fronde, flore, germine.**

Faithful Cross, Above All Other

**Faithful Cross, above all other
One and only noble Tree:
None in foliage, none in blossom,
None in fruit thy peer may be.
Sweet the wood and sweet the iron,
And thy load, most sweet is He!**

**Bend, O lofty Tree, thy branches,
Thy too-rigid sinews bend;
And a while the stubborn hardness,
Which thy birth bestowed, suspend;
And the limbs of heav'n's high monarch
Gently on thine arms extend. Amen.**