

# STATIONS OF THE CROSS

## THE WAY OF MARY

### GATHERING MOMENT

Welcome to your Pilgrim journey of the stations of the cross.

We gather where we are as pilgrims. There could be a variety of reasons for us to be here today from needing God's help to opening ourselves up to get to know God more.

You are invited to gather a stone, You can move it through your fingers and reflect on any of the burdens, concerns indeed crosses that are on your heart.

As we move through the stations of the cross let us become aware of Christ's suffering, his pain, his love for us.

That this act of love breaks free our suffering as we know we are not alone—Jesus is right there with us, strengthening us.

Along the way if you feel the freedom to leave down your stone you are encouraged to do so.

Our stations of the cross are journeying with Jesus to his death and resurrection through the eyes of Mary his mother.

And so we being our pilgrim journey, walking in an alert, quiet and reflect way paying attention to our inner selves, the place where our God dwells.

### WHAT YOU WILL NEEDS

**CROSS**  
**STONE**  
**HOLY WATER**

### SOURCES

**REFLECTION - THE WAY OF  
MARY BY LITTLE SISTERS  
OF THE POOR**

[http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary\\_Way\\_of\\_the\\_Cross\\_e.pdf](http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf)

# JESUS IS CONDEMNED TO DIE

**WE ADORE YOU, O CHRIST, AND WE PRAISE  
YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

It was early Friday morning when I saw my son.  
That was the first glimpse I had of him since they took him away.  
His bruised and bleeding skin  
sent a sword of pain deep into my heart and tears down my cheeks.  
Then Pilate, from his chair of judgment,  
asked the crowd why they wanted my son executed.  
All around me they shouted, "Crucify him!"  
I wanted to plead with them to stop, but I knew this had to be.  
So I stood by and cried silently.

Lord Jesus, it is hard for me to imagine  
the anguish your mother felt at your  
condemnation.

But what about today, when I hold a  
grudge...?

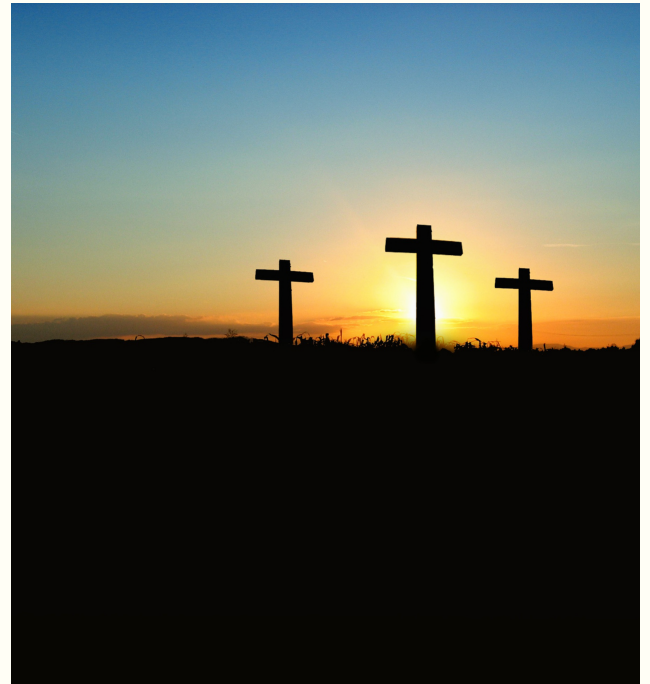
"Crucify him!"

"When I judge others..."

"Crucify him!"

Doesn't this bring tears of anguish to both  
you and your mother?

Forgive me, Jesus.



**Reflective Action:**

*The Response to the Litany of the Cross is  
Heal us Lord*

**Litany of the Cross**

For the Cross of Anxiety

Heal us Lord

For the Cross of Addiction

Heal us Lord

For the Cross of Violence

Heal us Lord

For the Cross of Depression & Suicide

Heal us Lord

For the Cross of Poverty

Heal us Lord

For the Cross of Grief

Heal us Lord

For the Cross of Illness

Heal us Lord



## THE SECOND STATION

# JESUS TAKES HIS CROSS

**WE ADORE YOU, O CHRIST, AND WE PRAISE  
YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED THE  
WORLD.**

Regaining a little strength, I walked  
with the crowds  
to the entrance of the square.  
A door flew open  
and my son stumbled out, the guards  
laughing behind him.  
Two men dragged over a heavy  
wooden cross  
and dropped it on his shoulders.  
Then they shoved him down the road.  
My pain for him was unbearable.  
I wanted to take the cross from him  
and carry it myself.  
But I knew this had to be so I walked  
on silently.



El Greco, Christ Carrying the cross [1580]

Lord Jesus, I beg you to forgive me  
for the many times I have added more  
weight to your cross,  
by closing my eyes to the pain and  
loneliness of my neighbour.  
Forgive me for gossiping about others  
and for always trying to find excuses  
to avoid certain people who wish to  
talk with me.  
Help me to be like Mary, always  
seeking to lighten the crosses of  
others.  
Forgive me, Jesus.

## THE THIRD STATION

# JESUS FALL THE FIRST TIME

**WE ADORE YOU, O CHRIST, AND WE PRAISE  
YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED THE  
WORLD.**

I followed close behind my son as he  
stumbled toward Calvary.  
Nothing had ever hurt me more than to see  
him in such pain.  
I saw the cross digging into his shoulders.  
My heart dropped when I saw him fall, face to  
the ground,  
the heavy cross landing squarely on his back.  
For a moment I thought my beloved son was  
dead.  
Now, my whole body began to tremble.  
Then the guards kicked him.  
He rose slowly and began to walk again,  
yet they still whipped him.  
I wanted to protect him with my own body.  
But, I knew this had to be, so I walked on and  
wept silently.

Lord, how often have I seen you fall,  
and, unlike Mary, have left you there without  
concern?  
How often have I seen people make mistakes  
and laughed at them?  
How often do I find myself getting angry  
when someone does things differently than I?  
Mary offered you her support through your  
entire Passion.  
Help me to do the same for you by the support  
I give to others.  
Lord, have mercy on me.



Sebastiano del Piombo [1485-1547]

**Action:**

**We journey silently, searching our  
hearts to seek how we can support  
those in need around us?**



## THE FOURTH STATION

# JESUS MEETS HIS GRIEVING MOTHER

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

I had managed to break through the crowd  
and was walking side by side with my son.  
I called to him through the shouting  
voices.

He stopped.

Our eyes met, mine full of tears of anguish,  
his, full of pain and confusion.

I felt helpless;

then his eyes said to me,

“Courage! There is a purpose for this.”

As he stumbled on, I knew he was right.

So I followed and prayed silently.

Lord Jesus,

forgive me the many times our eyes met  
and I turned mine away.

Forgive me the times things did not go my  
way

and I let everyone know about it.

Forgive me the times I brooded over little  
inconveniences

or became discouraged, and did not heed  
your call to courage!

Yes, Lord, our eyes have met many times,  
but fruitlessly.



Stations of the Cross | duende (wordpress.com)]

**Action—Sing:**

**Jesus Remember Me when you come  
into your kingdom, Jesus remember  
me when you come into your  
kingdom**

## THE FIFTH STATION

# SIMON HELPS JESUS CARRY HIS CROSS

**WE ADORE YOU, O CHRIST, AND WE PRAISE  
YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

I could now see almost complete  
helplessness  
on the face of my son  
as he tried to carry his heavy load.  
Each step looked as if it would be his  
last.

I felt his every pain in my heart  
and I wanted the whole thing to end.  
Then I noticed some commotion near  
Jesus.

The guards had pulled a protesting man  
from the crowd.

They forced him to pick up the back of  
the cross

to help lighten my son's load.

He asked the guards why this had to be.  
I knew, and so followed silently.

Lord Jesus,  
I have many times refused to help you.  
I have been a selfish person  
who has often questioned your word.  
Don't let me remain like Simon,  
but help me to be like your mother,  
Mary



Stations of the Cross | duende (wordpress.com)]

### **Action: Litany of Thanksgiving**

For Crosscare  
We praise you God  
For AA, NA & GA  
We praise you God  
For Trocaire  
We praise you God  
For St. Vincent de Paul  
We praise you God  
For Focus Ireland & Peter McVerry Trust  
We praise you God  
For Childline  
We praise you God  
For the Irish Cancer Society  
We Praise you God  
For Faoisemh  
We Praise you God



# VERONICA WIPE THE FACE OF JESUS

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

As I continued close by Jesus,  
a woman pushed past the guards, took  
off her veil  
and began to wipe my son's sweating,  
bloody face.  
The guards immediately pulled her  
back.  
Her face seemed to say,  
"Why are you doing this to him?"  
I knew, so I walked on in faith, silently.

Lord, this woman gave you the best she  
could.  
On the other hand,  
I have wanted to take more than I give.  
So many opportunities arise every day  
for me to give to you by giving to  
others,  
but I pass them by.  
My Saviour, never let me ask why  
again,  
but help me to give all I have to you.



Stations of the Cross | duende (wordpress.com)]

**Action—Sing:  
SongServant Song**  
(Richard Gillard – Gather)

Will you let me be your servant, let me be  
as Christ to you;  
Pray that I may have the grace to let you  
be my servant too.  
I will hold the Christ light for you in the  
night-time of your fear.  
I will hold my hand out to you, speak the  
peace you long to hear.  
I will weep when you are weeping, when  
you laugh I'll laugh with you.  
I will share your joy and sorrow 'til we've  
seen this journey through.

## THE SEVENTH STATION

# JESUS FALLS THE SECOND TIME

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

Again, my son fell,  
and again my grief was overwhelming  
at the thought that he might die.  
I started to move toward him,  
but the soldiers prevented me.  
He rose and stumbled ahead slowly.  
Seeing my son fall, get up again, and  
continue on,  
was bitter anguish to me.  
But, since I knew this had to be,  
I walked on silently.

Lord, of all people,  
Mary was your most faithful follower,  
never stopping in spite of all the pain  
she felt for you.  
I have many times turned away from  
you by my sins  
and have caused others to turn away  
from you.  
I beg you to have mercy on me.



FR LAWRENCE LEW, O.P. | FLICKR CC BY NC ND 2.0

### Reflective Action:

Move your stone through your fingers,  
paying attention to your own story—  
the times you've stumbled, faced  
challenges, times when you were made  
to feel weak or small. Bring them to the  
God who is love and mercy to  
strengthen you to journey on.



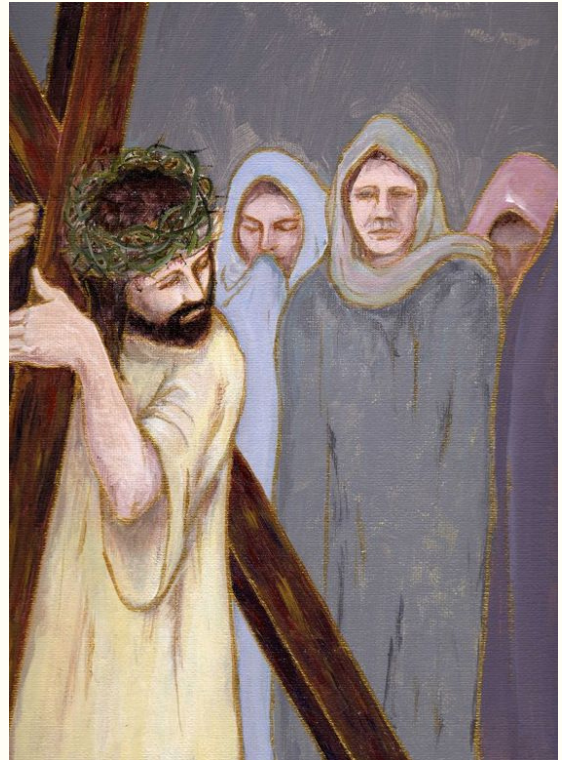
## THE EIGHTH STATION

# JESUS SPEAKS TO THE WOMEN

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

I was walking a few steps behind Jesus  
when I saw him stop.  
Some women were there crying for him  
and pitying him.  
He told them not to shed tears for him.  
They had the opportunity to accept him  
as the Messiah.  
Like many others, they rejected him  
instead.  
He told them to shed tears for  
themselves,  
tears that would bring their conversion.  
They did not see the connection  
between that  
and his walk to death.  
I did, and as he walked on, I followed  
silently.

My Saviour, many times have I acted  
like these women,  
always seeing the faults of others and  
pitying them.  
Yet, very rarely have I seen my own  
sinfulness  
and asked your pardon.  
Lord, you have taught me through  
these women.  
Forgive me, Lord, for my blindness.



### **Action—Sing:**

Open my eyes Lord, help me to see  
your face, open my eyes Lord, help me  
to see. Open my ears Lord, help me to  
see your face, open my eyes Lord, help  
me to see. Open my heart Lord, help  
me to Love like you, open my heart  
Lord, help me to Love.

# JESUS FALLS THE THIRD TIME

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

This fall of Jesus was agony to me.  
Not only had he fallen on the rocky  
ground again,  
but now he was almost at the top of  
the hill of crucifixion.  
The soldiers screamed at him and  
abused him,  
almost dragging him the last few steps.  
My heart pounded  
as I imagined what they would do to  
him next.  
But, I knew this had to be,  
so I climbed the hill silently behind  
him.

My loving Jesus,  
I know that many times  
I have offered my hand to help people,  
but when it became inconvenient or  
painful to me,  
I left them, making excuses for myself.  
Help me, Lord, to be like your mother,  
Mary,  
and never take my supporting hand  
away from those who need it.



Stations of the Cross | duende (wordpress.com)]

## Action—Intercessions

For those who are sick at home or in  
hospital, that the healing hand of the Lord  
may ease their pain, calm their fears and  
give them hope.

*We ask you, God.*

For those who care for the sick, that they  
may show them the dignity and respect  
they deserve in their time of trial.

*We ask you, God.*

For those close to death, that Christ may  
hold their hands and lead them to the joy  
of his kingdom.

*We ask you, God.*

If there is any prayer on your hear you  
would like to share, I invite you now to do  
so.

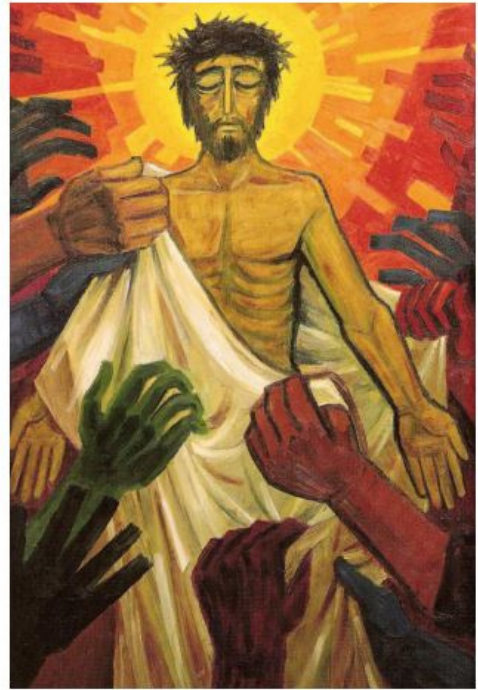


# JESUS IS STRIPPED OF HIS GARMENT

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

With my son finally relieved of the  
weight of the cross,  
I thought he would have a chance to  
rest.  
But the guards immediately started to  
rip his clothes  
off the blood-clotted skin.  
The sight of my son in such pain was  
unbearable.  
Yet, since I knew this had to be,  
I stood by and cried silently.

Lord, in my own way I too have  
stripped you.  
I have taken away the good name of  
another by foolish talk,  
and have stripped people of human  
dignity by my prejudice.  
Jesus, there are so many ways I have  
offended you  
through the hurt I have caused others.  
Help me to see you in all people



## **Action Sing:**

**Jesus Remember Me when you come  
into your kingdom, Jesus remember me  
when you come into your kingdom.**

## THE ELEVENTH STATION

# JESUS IS NAILED TO THE CROSS

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

As they threw Jesus on the cross,  
he willingly allowed himself to be  
nailed.  
As they punctured his hands and his  
feet,  
I felt the pain in my heart.  
Then they lifted up the cross.  
There he was, my son, whom I love so  
much,  
being scorned as he struggled  
for the last few moments of earthly  
life.  
But I knew this had to be,  
So I stood by and prayed silently.

Lord, what pain you endured for me.  
And what pain your mother went  
through,  
seeing her only son die for love of me!  
Yet, both you and she are ready to  
forgive me  
as soon as I repent of my sin.  
Help me, Lord,  
to turn away from my sinfulness.



Stations of the Cross | duende (wordpress.com)]

### **Action Sing:**

**Jesus Remember Me when you come  
into your kingdom, Jesus remember me  
when you come into your kingdom.**



## THE TWELVETH STATION

# JESUS DIES ON THE CROSS

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

What greater pain is there for a mother  
than to see her son die right before her  
eyes!

I, who had brought this Saviour into  
the world  
and watched him grow, stood  
helplessly beneath his cross  
as he lowered his head and died.  
His earthly anguish was finished, but  
mine was greater than ever.  
Yet, this had to be and I had to accept  
it,  
so I stood by and I mourned silently.

My Jesus, have mercy on me  
for what my sins have done to you and  
to others.  
I thank you for your great act of love.  
You have said that  
true love is laying down your life for  
your friends.  
Let me always be your friend.  
Teach me to live my life for others,  
and not fail you again.



twelfth Station of the Cross (detail),  
Pfettisheim Saint Symphorian

### **Action Sing:**

**Jesus Remember Me when you come  
into your kingdom, Jesus remember me  
when you come into your kingdom.**



## THE THIRTEENTH STATION

# JESUS IS TAKEN FROM THE CROSS

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

The crowd had gone; the noise had  
stopped,  
I stood quietly with one of Jesus'  
friends  
and looked up at the dead body of our  
Saviour, my son.  
Then two men took the body from the  
cross  
and placed it in my arms.  
A deep sorrow engulfed my being.  
Yet, I also felt deep joy.  
Life had ended cruelly for my son,  
but it had also brought life to all of us.  
I knew this had to be, and I prayed  
silently.

Lord, your Passion has ended.  
Yet, it still goes on whenever I choose  
sin over you.  
I have done my part in your crucifixion  
and now, my Saviour,  
I beg your forgiveness with all my  
heart.  
Help me to live a life worthy of you  
and your mother.



### **Action Sing:**

**Jesus Remember Me when you come  
into your kingdom, Jesus remember me  
when you come into your kingdom.**



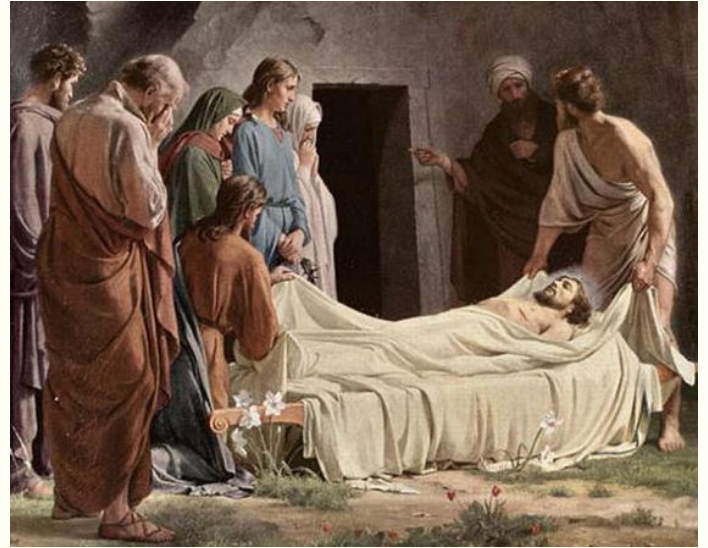
## THE FOURTEENTH STATION

# JESUS IS PLACED IN THE TOMB

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

We brought Jesus' body to a tomb and I  
arranged it there myself,  
silently weeping, silently rejoicing.  
I took one more look at my loving son,  
and then walked out.  
They closed the tomb and before I left,  
I thought,  
I knew this had to be...it had to be for  
you!  
I would wait in faith silently.

Yes, my Lord,  
this had to be  
because you loved me, and for no other  
reason.  
All you ask is that I live a good life.  
You never said such a life would be  
easy.  
I am willing to leave sin behind  
and live for you alone,  
in my brothers and sisters.



Disciples at the scene of the entombment of Jesus  
after his crucifixion. Hulton Archive/Getty Images

### **Action:**

**You are invited to venerate the cross  
in whatever way feels comfortable to  
you—kiss, genuflect/kneel, sign of the  
cross**

# JESUS IS RAISED FROM THE DEAD

**WE ADORE YOU, O CHRIST, AND WE  
PRAISE YOU, BECAUSE BY  
YOUR HOLY CROSS YOU HAVE REDEEMED  
THE WORLD.**

I could only be most grateful for the  
sacrifice of my son for us.  
Yet, what emptiness I felt trying to live  
without him whom I loved so!  
But, only two days later that emptiness  
was filled beyond belief ---  
He had risen!  
Our Saviour had opened the doors to a  
new life.  
That is the way it had to be ---  
because his undying love for you  
would not stop at anything less.  
I could rejoice forever,  
but not in silence.

My Saviour, thank you!.  
Thank you for such endless love that  
helps me to rise  
rise out of my own sinfulness.  
I will try again to live a better life.  
Help me to always remember that love.  
Mary, mother of our risen Saviour,  
teach me to be like you,  
and in my love for others,  
love him in return.



## **Call to Action:**

You are invited, if you haven't already done  
so, to drop your stone as a sign of you  
letting go of your burdens and crosses.  
From the Holy Water bottle, bless yourself,  
remembering your baptism where we  
became one with Christ. Reminding  
ourselves too that we are blessing  
ourselves in the Love and protection of  
God. In the name of the Father, Son and  
Holy Spirit. Amen.