

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**

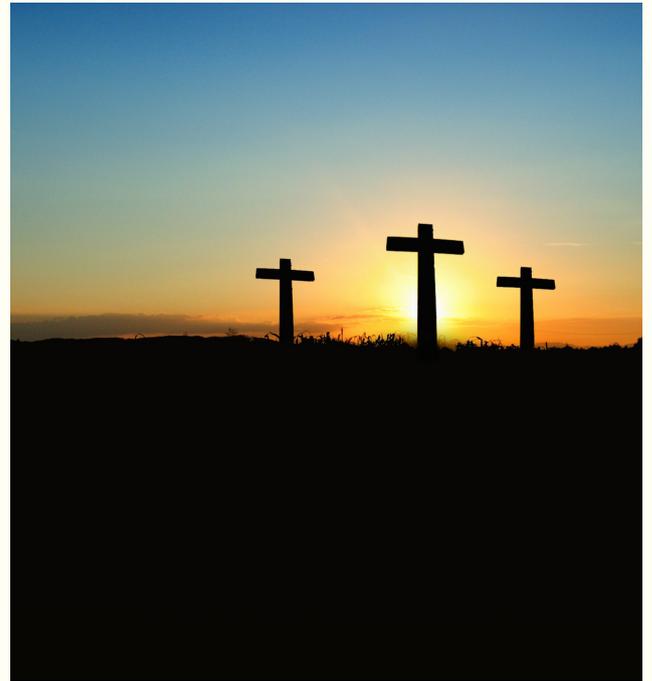
http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf

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]

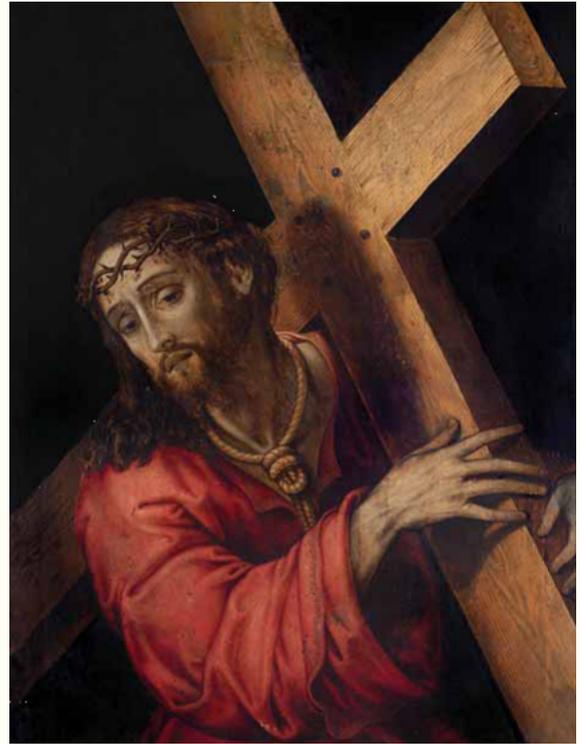
Lord Jesus, I beg you to forgive me for the many times I have added more weight to your cross, by closing my eyes to the pain and loneliness of my neighbour. Forgive me for gossiping about others and for always trying to find excuses to avoid certain people who wish to talk with me. Help me to be like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

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?**

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**

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 WIPES 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:
Song Servant 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.

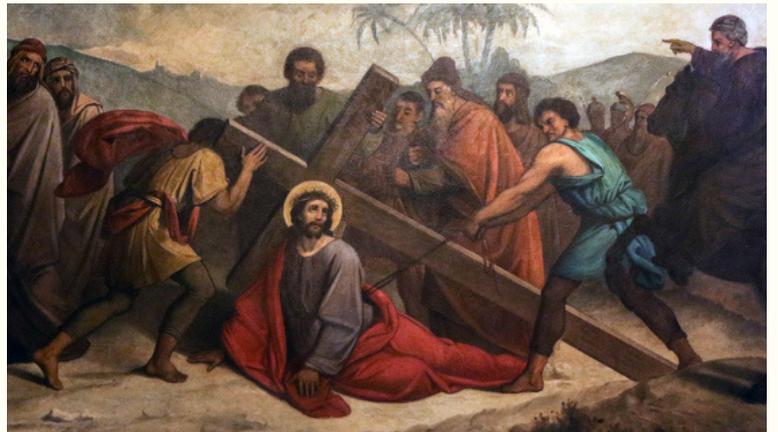
THE SEVENTH STATION

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:

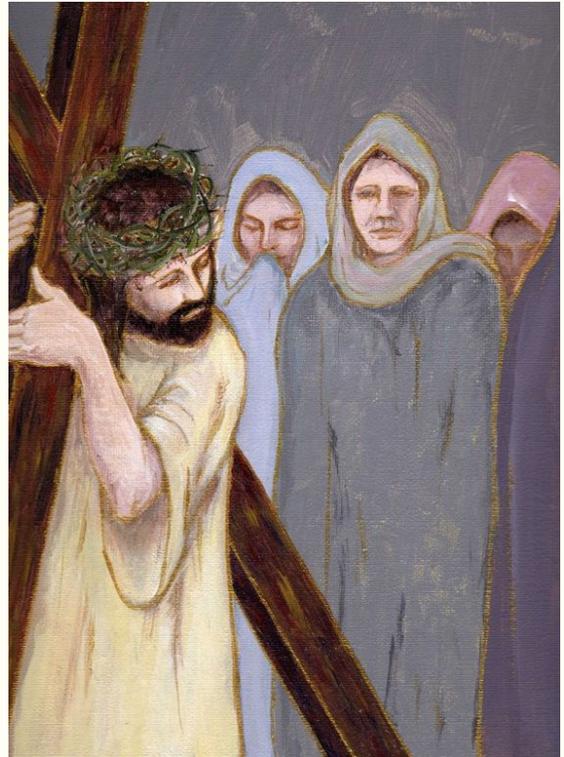
Move your stone through your fingers,
paying attention to your own story—
the times you've stumbled, faced
challenges, times when you were made
to feel weak or small. Bring them to the
God who is love and mercy to
strengthen you to journey on.

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.

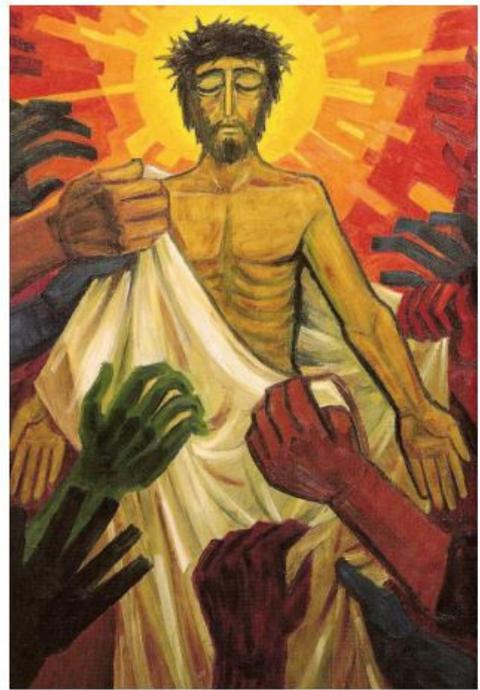
If there is any prayer on your hear you
would like to share, I invite you now to do
so.

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.**



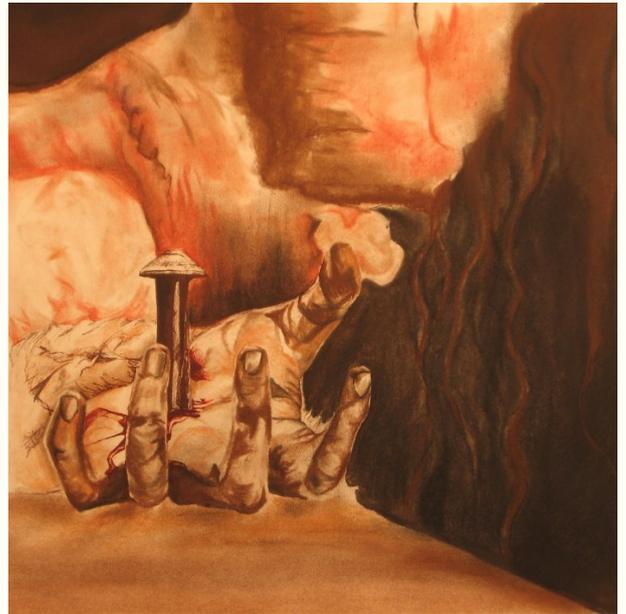
THE ELEVENTH STATION

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

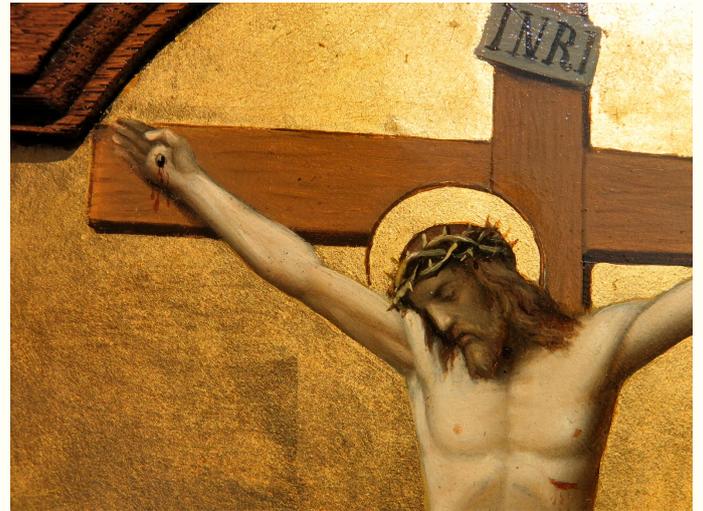
JESUS DIES ON THE CROSS

**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.**

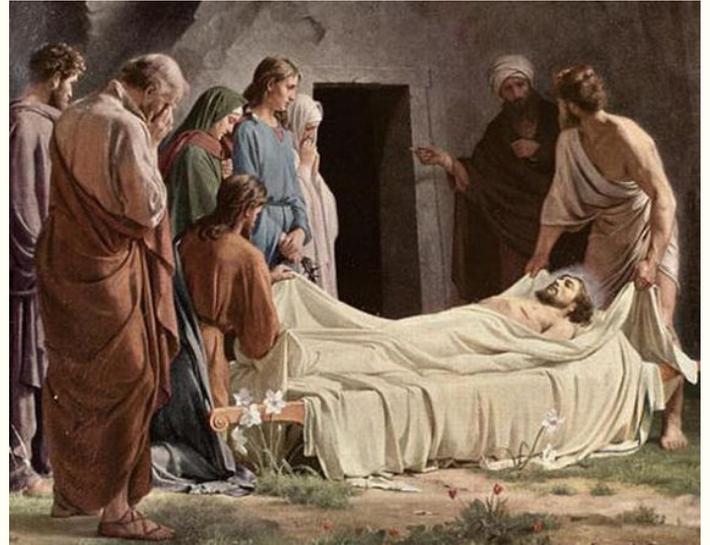
THE FOURTEENTH STATION

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:

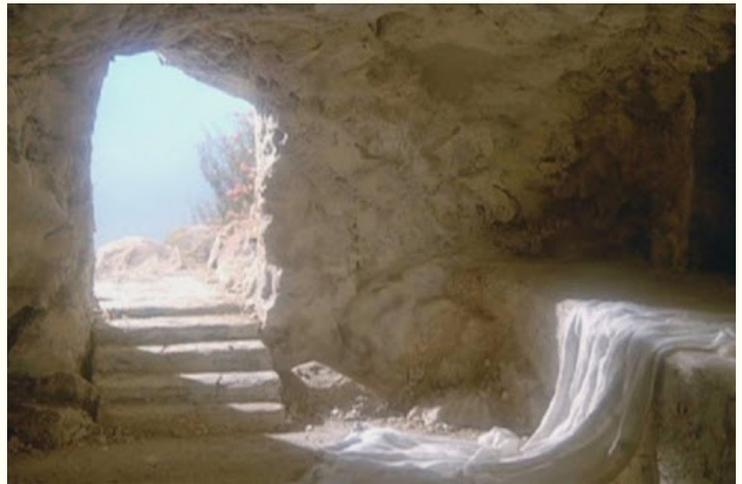
**You are invited to venerate the cross
in whatever way feels comfortable to
you—kiss, genuflect/kneel, sign of the
cross**

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.