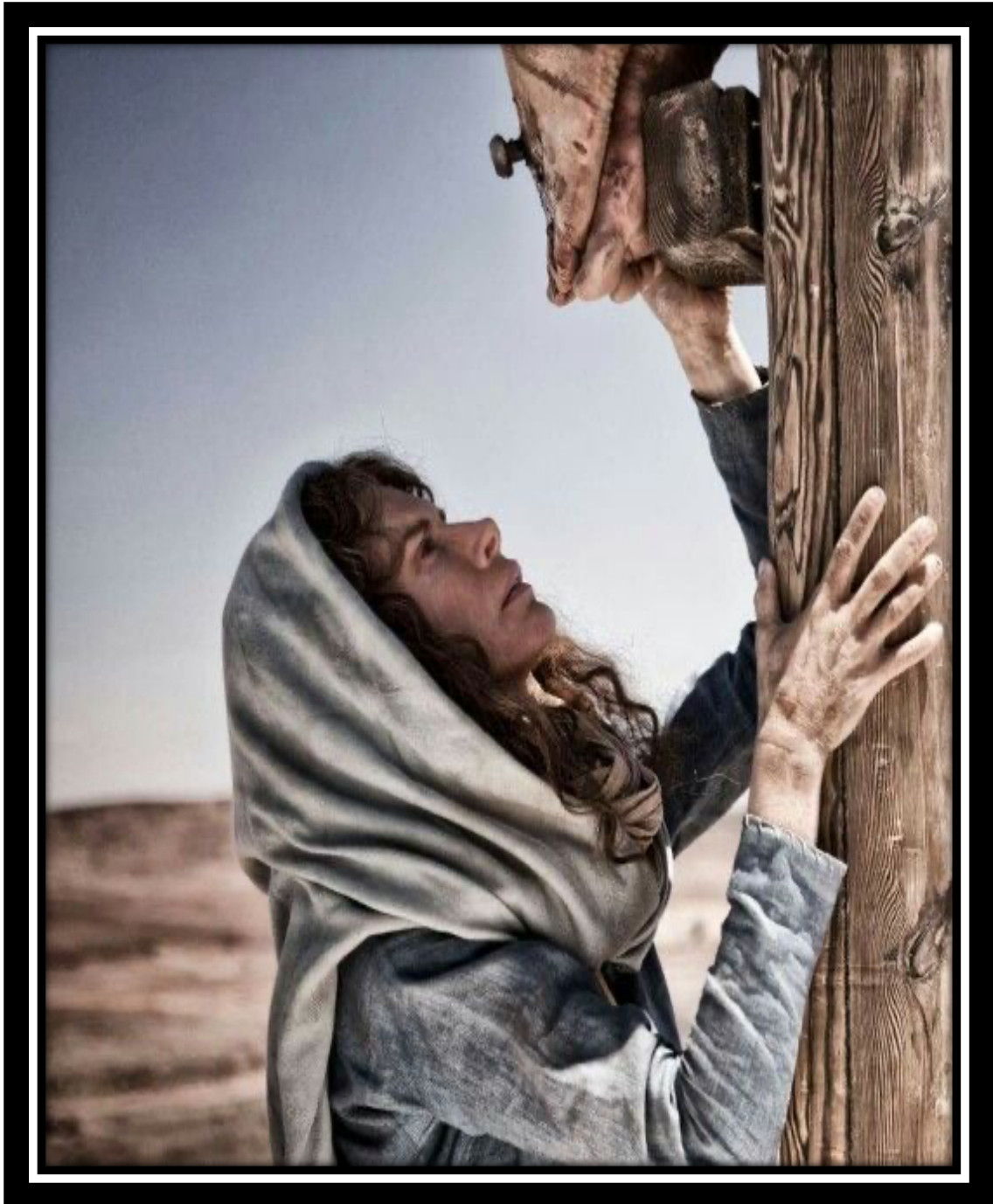




## ***MARY'S STATIONS OF THE CROSS***





### **Mary's Stations**

**follow the mother of Jesus as she walks with her Son  
on the road to Calvary and to his crucifixion.**

**Jesus' pain and suffering on the cross  
are seen through the sorrowful heart of his Mother.**



**OPENING PRAYER**

**In the name of the Father and of the Son  
and of the Holy Spirit.**

**Amen.**

**God of life and living,  
as we journey with the Stations of the Cross,  
we recall the story of Jesus' life,  
we retell the story of his suffering  
and we remember the sacred story of his death on the cross.  
Jesus lived, died and rose to help us understand more about you and  
your love of humanity.  
In your graciousness, bless us as we make this solemn pilgrimage  
and make us holy.**

**Amen**



## **THE FIRST STATION: JESUS IS CONDEMNED TO DEATH**

**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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE SECOND STATION: JESUS ACCEPTS 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.

*Lord Jesus, 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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



### **THE THIRD STATION: JESUS FALLS 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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE FOURTH STATION: JESUS MEETS HIS 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 when things did not go my way and I let everyone know  
about it.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among  
women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our  
suffering. Join our sorrows to your own and to those of your Son,  
our Lord, Jesus Christ. Amen**



## **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,*

**Prayer:     Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**





## **THE SIXTH STATION: 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 my son, a woman pushed past the guards, took off her veil and began to wipe Jesus'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.*

**Prayer:     Hail Mary full of grace, the Lord is with you. Blessed are you among  
women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our  
suffering. Join our sorrows to your own and to those of your Son,  
our Lord, Jesus Christ. Amen**



## **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. Have mercy on me.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE EIGHTH STATION: JESUS MEETS THE WOMEN OF JERUSALEM**

**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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE NINTH STATION: 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.

*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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE TENTH STATION: JESUS IS STRIPPED**

**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 his 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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE TWELFTH 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.

*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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



## **THE THIRTEENTH STATION: JESUS IS TAKEN DOWN 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 his 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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**





## **THE FOURTEENTH STATION: JESUS IS LAID 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.*

**Prayer: Hail Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.**

**Mother of God, you suffered with your Son. We offer you our suffering. Join our sorrows to your own and to those of your Son, our Lord, Jesus Christ. Amen**



**THE LORD'S PRAYER**

**CLOSING PRAYER**

Loving God,  
we believe that in Jesus' life, death and resurrection  
we have the great sign of hope for the world.  
In this world, people love with compassion,  
forgive without regret  
and work for justice without counting the cost.  
May we go this day blessed by your great love,  
inspired by the self-less love of Jesus  
and enlivened with the hope of the Holy Spirit.

Amen.

In the name of the Father and of the Son  
and of the Holy Spirit.

Amen.



