



SS. Isidore and Maria Parish

GLASTONBURY, CONNECTICUT

Stations of the Cross

Unless otherwise noted, you may either stand, sit, or kneel whichever you are most comfortable with.

OPENING PRAYER (Please Stand)

Holy God, be with us now as we meditate on your Son's journey to Calvary. Remind us that still, in this present day, many of your children continue that walk to Calvary, carrying heavy, difficult crosses. May we be Simon to those whose burdens are too heavy to be borne alone. May we be Veronica to those who need the touch of love and comfort. And may we, struggling with our own crosses, always remember your promises of justice, mercy and peace.

Amen

(To the tune of Stabat Mater)
***Jesus, Lord, condemned, defiled,
May we too be meek and mild
As we tread your Holy Way.***

***May we feel no bitter hatred,
When we too are persecuted,
Left alone to walk with You***

THE FIRST STATION: Jesus is condemned to death

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: The governor said to them in reply, “Which of the two do you want me to release to you?” They answered, “Barabbas!

Imagine the scene, perhaps we see chaos, people pushing and pulling at each other, screaming and shouting. A good man is about to be killed as a public spectacle, and the laws of the land stand in silence. Perhaps this scene seems far removed—something we may glimpse in the news. Or perhaps it is something we know well. Perhaps we’ve experienced this kind of injustice in our own lives.

PAUSE FOR SILENT REFLECTION

We might consider Fernando, a young child from El Salvador. Each day when he goes to work selling cookbooks on the buses of the capital city, he risks his life. Gang members frequently target buses for harassment, making life for Fernando—and all those who live in San Salvador—dangerous. To many of us, this may seem like a remote issue, but for our brothers and sisters in El Salvador, it’s daily life.

We are called to live in solidarity as one global family, each of us made in the image and likeness of God. We are responsible for one another, for what happens to our neighbors next door and our neighbors overseas. Though we may not share Fernando’s experience, we are called to empathize with him and others. So then, do we stand silent in the crowd, or do we shout? And if we shout, what do we say?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you were condemned by those you had come to serve, by those you had come to love. In moments when I may be tempted to condemn those around me, fill my heart with compassion and understanding. Amen.

***Now the Cross as Jesus bore it,
Has become for us who share it,
The jeweled Cross of Victory.***

THE SECOND STATION: Jesus carries the Cross

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: Carrying the cross himself, he went out to what is called the Place of the Skull.

Jesus, carrying the cross himself, went out to what is called the Place of the Skull. (John 19:17) We all have our crosses to carry, those hidden battles we fight when we think no one is looking. How easy it is to become so focused on my battles, my problems, my cross that I forget to look at those around me. Rich or poor, shy or outgoing, near or far, each of us fights our own hidden battles.

Jesus is given his cross and made to carry it, and so are we. Let us not do so alone. Let us help one another shoulder our burdens. Think of our brothers and sisters around the world who carry the crosses of hunger and poverty. How can we help them shoulder their burdens?

PAUSE FOR SILENT REFLECTION

As we work with and for those whose crosses are the heaviest—the hungry, the thirsty, the oppressed—perhaps we will be surprised by what we find. Perhaps, if we truly seek the face of Christ among those who live in poverty, we will discover something new about ourselves, about what it means to be rich and poor, about what it means to pick up our crosses and follow in the way of Christ.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, our crosses are heavy and our bodies weak, but we want to follow you. Give us strength to continue. And although our burdens may be heavy, let us remember to stop and help those we encounter along the way. Amen.

***Weakened, prodded, cursed, and fallen,
His whole Body bruised and swollen,
Jesus tripped and lay in pain.***

THE THIRD STATION: Jesus falls for the first time

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: I am troubled now. Yet what shall I say? "Father, save me from this hour?" But it was for this purpose that I came to this hour. Father, glorify your name.

How many of us know someone who has fallen—fallen on hard times, on difficulties in a relationship, on a moment of doubt and challenge? How many of us are experiencing a moment like this now? But these moments, these hardships, are never borne in vain. All things, if we allow them to, have the potential to conspire together for the greater glory of God.

PAUSE FOR SILENT REFLECTION

When flooding in India damaged the Singh family's fields, they were devastated. How would they eat? What could they sell at the market? All seemed lost. And yet, by remaining open to new opportunities, new possibilities, they now have the ability to grow stronger, healthier crops than before. Their children are healthier; the family is better prepared for future floods.

God does not want us to fall but, when we do, we are each given that opportunity—that moment of choice—to stand back up, look around and take stock of ourselves and our lives. Where is God at work, even in apparent darkness? We look to Jesus, who, though he fell, got up and kept walking. How can we help those we encounter do the same? How can we, ourselves, continue on?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you know that each of us falls, each of us fails, each of us gives in to temptation. Help us to remember that, with your grace, we have the opportunity to rise up stronger and wiser than before. Amen.

***Jesus met his grieving Mother,
She who made the Lord our Brother;
Now the sword her heart has pierced.***

THE FOURTH STATION: Jesus encounters his mother

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: And Simeon blessed them and said to Mary.... "You yourself a sword will pierce so that the thoughts of many may be revealed." (Luke 2:34-35)

What must Mary have been thinking, standing there in the midst of suffering, looking at her son? What pain must have been in her heart? What doubt? And yet we know that she followed Christ until the end and beyond, being present to his friends, comforting them in their fear, encouraging them as the young Church grew. Mary's desire to love and serve God overcame the suffering she encountered.

PAUSE FOR SILENT REFLECTION

Consider the life of Evelina, a mother in Zambia concerned for the welfare of her son. Reflecting on her own childhood, she knew that the food she had grown up eating did not provide the kind of nutrition she wanted her son to have. So, she learned what food she needed and how to prepare it—and now her son is growing up strong and healthy.

How do we respond to the needs of others, whether in our immediate family or in our global one? Let us look to Mary and the example she sets for us as she meets Christ carrying the cross.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, in the person of your Blessed Mother, we have an example of courage, perseverance and faith. No stranger to suffering herself, Mary desired to be with those in need. Strengthen us as we try to follow her example. Amen.

***Simon stopped in hesitation,
Not foreseeing his proud station,
Called to bear the Cross of Christ.***

THE FIFTH STATION: Simon helps Jesus carry the Cross

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: They pressed into service a passer-by, Simon, a Cyrenian, who was coming in from the country ... to carry his cross.

Human beings are social beings: we are called to live in community. By being together, by helping one another, we become the best versions of ourselves. We build a better planet. We bring about the reign of God.

It's exciting to recognize God's plan in our lives, to realize how we can use our gifts to serve others. But let us never forget that we, too, are, in our own ways, in need—and often those we serve end up serving us. Let us never be too proud to accept what others give. Let us remind ourselves that there is much to be learned from each person we encounter.

PAUSE FOR SILENT REFLECTION

In the town of Ejido Hidalgo, Mexico, Maria and her community lean on one another for support and comfort amidst hardship. Though many of their family members have left town looking for a better life, these women have each other to share their joys and sorrows. They give and receive what they have for the common good—and in doing so find sustenance. Perhaps our prayer should be one of humility: both to give and receive help, free of pride, for we never know where God might be at work.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you are God. How awesome it is to think that the God of the universe accepted the help of a simple human like me, and continues to desire my help in bringing about the Kingdom of God. Teach me humility that I may serve you worthily. Amen.

***Brave but trembling came the woman,
None but she would flaunt the Roman,
Moved by love beyond her fear.***

THE SIXTH STATION: Veronica wipes the face of Jesus

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: He said to her, “Daughter, your faith has saved you; go in peace.” (Luke 8:48)

It’s tempting for us to remove humanity from this station, to view it in terms of great marble statues and stained glass. But what Veronica did was hardly clean or simple. Here is a woman who quite literally pushes herself—her own body—into the heart of suffering and struggle, into a rowdy crowd that can hardly afford her safety. This is a woman who threw cultural norms and taboos aside and took action.

This is a woman who touched poverty in its rawest form. And for what? Jesus’ face was bruised and bloodied; a little cloth wasn’t going to change that. He was on his way to die—why waste the time and resources to touch him? We, too, may be tempted to think like this when faced with the overwhelming challenge of global poverty, of human suffering.

PAUSE FOR SILENT REFLECTION

We must never underestimate the value of simply being present to another human being, to one who shares in the sacredness and dignity of being made in the image and likeness of God. The Catholic community in the United States has been present through Catholic Relief Services in countries like India, Mexico and Ethiopia. What does it mean to stick by a community for the long haul, continuing our commitment to be with those who suffer even when hope seems all but lost? Is this what Veronica did for Jesus? Is this what Jesus asks of us?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, help us to remember that nothing we do for the sake of love is done in vain. May we, like Veronica, have the strength to reach out to those on the margins—to those whom society has forgotten—and show them love. Amen.

***Prostrate on the dust He crumbled,
Flogged in Body He resembled
All our brothers poor and scorned.***

THE SEVENTH STATION: Jesus falls the second time

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: Let the one among you who is without sin be the first to throw a stone.

There is a great temptation to ignore those who live in poverty by assuming that their plight is of their own creation. Some may reason that poverty comes from laziness, ignorance or a failure to seize opportunities. But this is an easy way out. We assign blame to someone else to escape culpability. We distance ourselves from a situation we think is remote from our own. We block ourselves off from the real struggles, personal histories and present-day challenges of the individuals and communities that we encounter.

PAUSE FOR SILENT REFLECTION

We see that someone has fallen, and we forget that we, too, can just as easily trip and find ourselves face-down in the dirt. In Ethiopia, we encounter Dita and her family amidst one of the country's worst droughts. For so long, such droughts meant that Dita and her family did not eat—their crops shriveled and died. But due to her entrepreneurial persistence, Dita now feeds her family three meals a day. She fell, but she got back up. As we reflect on this story, we would do well to reflect on all families who so easily fall into poverty, hardship, impossible situations. What is our responsibility to these families? How do we uphold our commitment by ensuring that those who fall are helped back up and empowered to continue along?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, You meet me where I am in my life with an outstretched hand rather than a thrown stone. Help me to do the same for those around me. Teach me what it means to love my neighbor as myself. Amen.

***May our sympathy for Jesus
Turn to those who here now need us,
May we see Christ bruised in them.***

THE EIGHTH STATION: Jesus consoles the women of Jerusalem

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children ...” (Luke 23:28)

Throughout the Gospels, we see Jesus deeply involved with the concerns of individual people. He doesn't simply go to political or religious leaders to learn about what the people are thinking. He goes right to the source, the people themselves. Jesus was attentive to the needs of specific individuals, sharing his own hurts and joys with them, and listening to theirs. We, too, must remember to act in this way.

PAUSE FOR SILENT REFLECTION

Surely, we can call to mind images of individuals and communities from seemingly distant lands and unknown situations: lives lived in Zambia, Mexico, El Salvador and more. As we engage in global solidarity and reach out to those who are poorest and most vulnerable, we must try to understand—by listening. Catholic social teaching calls us to working with individuals and communities that are nearest to a problem to devise a solution. How easy it is to propose solutions for others' problems; how much harder it is to enter into constructive dialogue for the betterment of all.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you always invite; you never impose. You always seek to engage people in ways that are meaningful; you never try to pressure or manipulate. Guide us in our efforts, that we may truly serve the needs of the poor and not simply the needs of ourselves. Amen.

***Jesus fell again in weakness,
Stumbling as we do, to lead us
Through our sorrow and our pain.***

THE NINTH STATION: Jesus falls for a third time

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: But his father ordered his servants, “Quickly, bring the finest robe and put it on him; put a ring on his finger and sandals on his feet.” (Luke 15:22)

Sometimes it may feel as though we've fallen one too many times. We can't possibly get up again. God must be done with us—how can we be forgiven once more? We keep falling, keep failing, and we're weighed down by shame and guilt. And we begin to think no one can love us enough to enable us to go on.

PAUSE FOR SILENT REFLECTION

But God is not done with us; God never tires of forgiving, of showing us mercy! Failure should not keep us down. When it comes to mercy, as in the story of the Prodigal Son, we have only to ask. God does not want us to wallow in guilt—no, God tells us we're forgiven and invites us to get up and do God's work. As sons and daughters of God, it is our responsibility to accept that forgiveness, accept that new opportunity, and then to be about the business of justice, mercy and peace; the business of building the Reign of God.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, we may stumble, we may fall; help us remember that what is most important is to get back up and start again. Amen.

***Stripped and jeered by his own nation,
Jesus stood in desolation,
Giving all He had to give.***

THE TENTH STATION: Jesus is stripped of his garments

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: For creation awaits with eager expectation ... in hope that [it] would be set free from slavery to corruption and share in the glorious freedom of the children of God.
(Romans 8:19–21)

When we think of those goods the poor are stripped of daily, there are probably several key items that come to mind: food, water, shelter, and healthcare. We so often see countries rich in resources, and yet, the people of those countries live in poverty. How do we ensure that the wonders of the natural world are used in a sustainable, equitable way? Giving a man a fish, as the old adage goes, only solves the problem for the day.

Pope Francis said in his encyclical, 'Laudato Si': "We have to realize that a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor."

PAUSE FOR SILENT REFLECTION

The environment and the people that inhabit it are interconnected; all of God's creation is one. God calls us to be stewards of the resources which we have been given, to look out for one another by sharing and collaborating, rather than grabbing up everything we can get now and worrying about others later. After all, teaching a man to fish will be of little value if we've left a polluted pond.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, all life comes from you. You have created a natural world with wondrous resources and beautiful sights. May we truly value that which you have made, and in turn be good stewards of your gifts for the common good of all. Amen.

***Pierced the hands that blessed and cured us,
Pierced the feet that walked to free us,
Walked the hill of Calvary.***

THE ELEVENTH STATION: Jesus is nailed to the Cross

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: He replied to him, "Amen, I say to you, today you will be with me in Paradise."
(Luke 23:43)

We've all been there—stuck in a seemingly impossible situation, weighed down, perhaps, by financial burdens, family obligations and the opinions of others. We've all been nailed to the cross. And often it feels as though we've come to the end; we can't move, can't maneuver our way out of this bleak situation. We have been left alone to flounder. This is a part of the human experience that all of us go through, regardless of our wealth, our nationality or our past experiences. Jesus knows this, and never gives up on us.

PAUSE FOR SILENT REFLECTION

Even the thief with whom he was crucified was given the opportunity to be made better. And if Jesus offers us these second, third or hundredth chances, what then should we offer to our neighbors? What can we do to help others come down from the crosses of hunger, homelessness, or sickness?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you are always willing to give us another chance to better ourselves and those around us. May we follow your example and never cease to help others come down from the crosses that bind them, always prayerfully reflecting on our own role in putting them there. Amen.

***Life eternal, death defiant,
Bowed his head - the world was silent,
Through his death came life anew.***

THE TWELFTH STATION: Jesus dies on the Cross

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: My God, my God, why have you forsaken me? (Matthew 27:46)

(All kneel together for a reflective pause, and then rise.)

By human standards, the Crucifixion and Death of Jesus is the ultimate failure. Members of the Jewish community had waited so long for the Messiah, had put their faith and hope in a man they believed had come to liberate them, and he died a horrific death. It was a devastating, final moment, and so many of Jesus' friends had already fled the scene, abandoning hope in a better future.

PAUSE FOR SILENT REFLECTION

It's a good thing the Crucifixion and Death of Jesus are not to be judged by human standards. Rather, what we see as failure, God transforms into victory. Where we see nothing but hopelessness and devastation, God is at work in surprising and spectacular ways. When we think of the hardships so many in our world face, we might easily grow discouraged; but our God offers us hope, and wants all of us to work together to build a world of peace and justice.

How does this perspective of Easter inspire our own work in seemingly hopeless, failed situations? How does God want us to look upon problems like poverty, natural disasters and environmental decay—by human standards, or something more hopeful?

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, even in the most devastating failures, you show us the importance of hope. May we have the courage to work patiently and tirelessly with those in need, always keeping our sights on you. Amen.

**Stunned and stricken, Mary, Mother
In your arms was placed our Brother,
"Full of grace" now filled with grief.**

THE THIRTEENTH STATION: Jesus' body is taken down from the Cross

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me." (Luke 22:19)

As we contemplate Jesus' broken body, we are reminded of his full humanity. He had a body, just as we do, that needed sustenance and exercise, that could be bruised and battered, and through which he experienced the world around him. This is a common experience of humanity—that of the body—and it reminds us of our shared dignity as unique creations of God. It reminds us of our call to solidarity because, drawing on our own bodily experience of creation, we can understand and appreciate that of another, no matter where—or when—he or she may live. Through his example, Jesus challenges us to examine the real bodily needs of those around us, the "neighbors" we pass on city streets and in crowded shopping centers.

PAUSE FOR SILENT REFLECTION

We are reminded of the Eucharist, the Communion through which we, the Church, share in Jesus' body and blood, in yet another common experience with our brothers and sisters no matter when or where they live. We are called to encounter our God who became human. In experiencing the Eucharist, we receive an opportunity to put our own needs aside and replace them with another's—with our neighbor's—needs as God did, so we empty ourselves of what it means to be me and better understand what it means to be another.

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, you offer us yourself in the Eucharist and invite us to offer ourselves to you and to your global family. May we learn to put the needs of others ahead of our own so we can better love our neighbor. Amen.

***Jesus, Lord, your gift accepted,
In three days Your Resurrected,
You did first what we shall do.***

THE FOURTEENTH STATION: Jesus' body is placed in a tomb

Leader: We adore You, O Christ, and we praise You.
(Please Genuflect)

All: Because by your holy Cross You have redeemed the world.

Leader: Was it not necessary that the Messiah should suffer these things and enter into His glory? (Luke 24:26)

We know how the story ends. We know that after a mere three days, God's victory shines forth; Christ triumphs over sin, evil and death. And yet how long were those three days for the men and women who lived through them? They didn't have the knowledge that we do: they didn't know that the story would end in triumph. For them, the story had already ended, and it had all been for nothing.

PAUSE FOR SILENT REFLECTION

As Christians, we know that God wins the day, but that doesn't always make it easier for us in our daily struggles. How many of us are currently living in our own "three days"—a dark period with seemingly no end in sight? How many of us are quick to throw in the towel, to say that our efforts to make the world a better place, to bring about mercy, justice and peace are in vain and hopeless?

The mystery of our faith says that Christ wins; darkness ends. The seeds we plant today will bear fruit tomorrow. Our efforts to love are never wasted. Bishop Kenneth Untener's famous prayer reminds us, "We are prophets of a future not our own."

PAUSE FOR SILENT REFLECTION

(Please Stand)

Leader/All: Christ Jesus, as we contemplate all that remains to be done to build a just and loving world, remind us that "our work may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest." Amen.

***Jesus, Risen, be our lover
In your Food and in our brother.
Lead us home to heaven with You.***

CLOSING PRAYER
(Please Stand)

Christ Jesus, we have walked the way of the cross with you.

We have seen your sorrows and sufferings and have experienced the hope and joy that a single moment of love can give. We know that although the Singh family and Maria live in foreign countries, they are a part of our global family.

We know that even though Zambia and El Salvador may seem far away, there, too, live our brothers and sisters. All over our world, you are at work. And you call us to work as well, alongside those who are poorest and most vulnerable.

As we continue our Lenten journey, we ask that you bless our efforts to love and serve one another. Amen.

