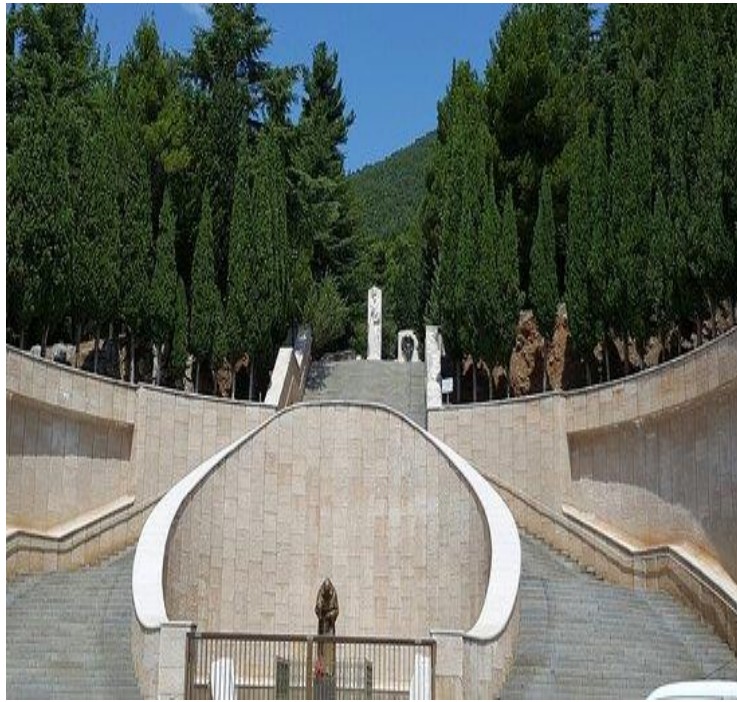


The Stations of the Cross



The Stations of the Cross are best compared to a train journey. As you stop at different stations along the way, you will see different places and different things. This journey is the journey to Calvary: the places and the things we shall see are the passion and sufferings of the Lord Jesus Christ. The high stations are one option. They are accessed via the high steps to the right of the Church of Our Lady of Graces. Another option is to follow the stations inside any of the other churches.

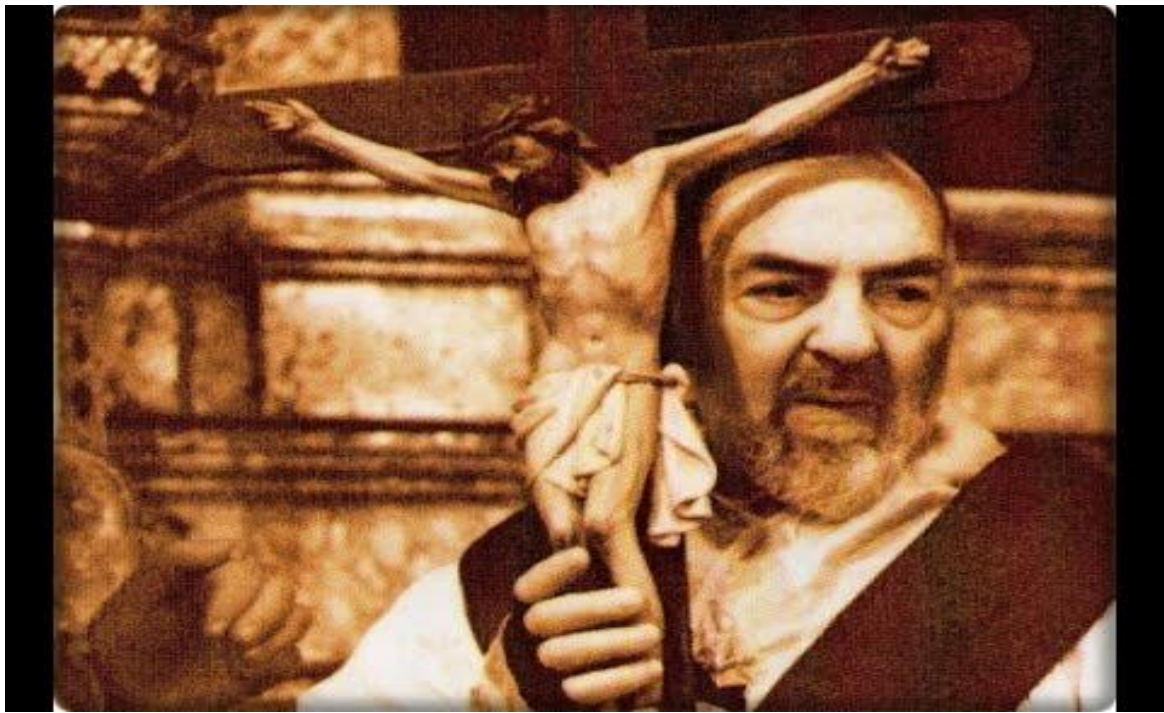
At the beginning of each station pray:

We adore you O Christ and we bless you: because by your holy cross you have redeemed the world.

Then at the end of each station pray

The Our Father, the Hail Mary and the Glory be.

1. **Pilate condemns Jesus to die:** Consider all those people who are unjustly condemned in the world: in family disputes, in the media, through cyber bullying,
2. **Jesus accepts his cross:** the true cross is the one we do not expect. Consider those who will receive bad news today.
3. **Jesus falls for the first time:** the weight of the cross can bring us to our knees- physically, emotionally and spiritually. Yet Christ exhorts us to get up again.
4. **Jesus meets his mother, Mary:** At the Annunciation Gabriel told Mary that Jesus would be the son of the highest. Now he will be high, high up on the cross. Consider mothers whose hearts are broken through the loss of their children.
5. **Simon helps carry the cross:** Simon emerges from the crowd, He is only visiting for the day, yet he is the only one who will help Jesus who is a stranger to him. Padre Pio is known as “*Everyone’s Simon of Cyrene*” because through his suffering he helps us and shows us how to manage the cross.
6. **Veronica wipes the face of Jesus:** Veronica’s name does not appear in the Gospels. She is the woman who wipes the face of Jesus. Veronica is a combination of two words: *Vere-meaning true* and *iconia-meaning icon or image*. When she wipes the face of Christ she is given the true image of Christ.



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9. **Jesus falls for the second time:** the weight of the cross is too much, but this time, there is no one to help.
10. **Jesus meets the three women of Jerusalem:** When mothers are caring for little children, if one falls down even if it’s not their child: they will pick the child up. These women look on: they want to help him, he is some mother’s son. But this time, they cannot help.
11. **Jesus falls for the third time:** again, he falls, nearing the end the risk of giving up the spirit is large. Consider today those people who may feel like giving up on everything, those who have no hope, who feel there is no future.
12. **Jesus is stripped of his clothes:** Naked I came into the world, naked I shall leave it. We bring nothing with us and we can most certainly not take anything with us. The last bit of dignity he had, clothing, is now taken from him. Consider those who have nothing, not even the control of their own minds.
13. **Jesus is nailed to the cross:** now he receives the symbols of his office, not the crown and the sceptre, but the crown of thorns and the nails. The hands of Christ seem very frail for they were broken by a nail. Our sins are the nails, which break his hands. Lord we are sorry for our sins.
14. **Jesus dies on the cross:** *Jesus Remember me, when you come into your kingdom!* (Luke 23:42)

Christ Jesus came into the world to save sinners, of whom I am the worst

(1 Timothy 1:15)

15. **Jesus is taken down from the cross:** taken down from the cross he is placed in the hands of his mother, just as he was at the nativity. At Holy Mass, Jesus is placed in our hands. Like Mary we must receive him with great care and great love
16. **Jesus is placed in the tomb:** The tomb is the place of the dead. Christ is not to be found among the dead, but among the living. The tomb is the first word for him, not the last word.