

# Stations of the Cross



Church of  
**Saint Mary**



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STATIONS OF THE CROSS

WITH CONTRIBUTIONS FROM REVERENDS JACK GLEASON AND DUY NGUYEN,  
MONSIGNOR DENNIS DORNEY, AND REVEREND DEACONS RICH BENDER, STEVE  
CRAIG, GARY GAMINO, AND KEVIN MALONEY

AND PHOTOGRAPHS BY KATHY DESRUISSEAU AND MIKE MALCOM



## OPENING PRAYER

Pr.: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Pr.: Today, we meditate on the full meaning of Jesus' sacrifice on the Cross, so that what happened may speak with new power to our minds and hearts, and become the source of the grace of a real sharing in it.

What does it mean to have a part in the Cross of Christ? It means to experience, in the Holy Spirit, the love hidden within the Cross of Christ. It means to recognize, in the light of this love, our own cross. It means to take up that cross once more and, strengthened by this love, to continue our journey through life, in imitation of the one who "endured the cross, despising the shame, and is seated at the right hand of the throne of God" (Heb 12:2) (Pope Saint John Paul II).

All: Lord Jesus Christ, fill our hearts with the light of your Spirit, so that by following you on your final journey we may come to know the price of our Redemption and become worthy of a share in the fruits of your Passion, Death and Resurrection. You who live and reign for ever and ever. Amen.

*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.*



FIRST STATION  
*Jesus is condemned to death*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr: Pilate brought Jesus out and sat down on the judgment seat at a place called the Pavement, and in Hebrew, Gabbatha. Now it was the day of Preparation of the Passover. He said to the Jews, "Here is your King!" They cried out, "Away with him, away with him, crucify him!" Pilate said to them. "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. (Jn 19:12-16)

All: Though He was in the form of God, Jesus did not deem equality with God something to be grasped. Rather He emptied Himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled Himself, becoming obedient to death, even death on a cross. (Phil. 2:6-8)

PLEASE KNEEL.

Pr: Jesus, you stand before Pilate and no one speaks up for you or defends you. Why are you so silent? Give me the grace to withstand the ridicule of the world and the willingness to be deprived of all things rather than lose your friendship.

PLEASE STAND.

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



II

SECOND STATION  
*Jesus carries his Cross*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha. (John 19:16-17)

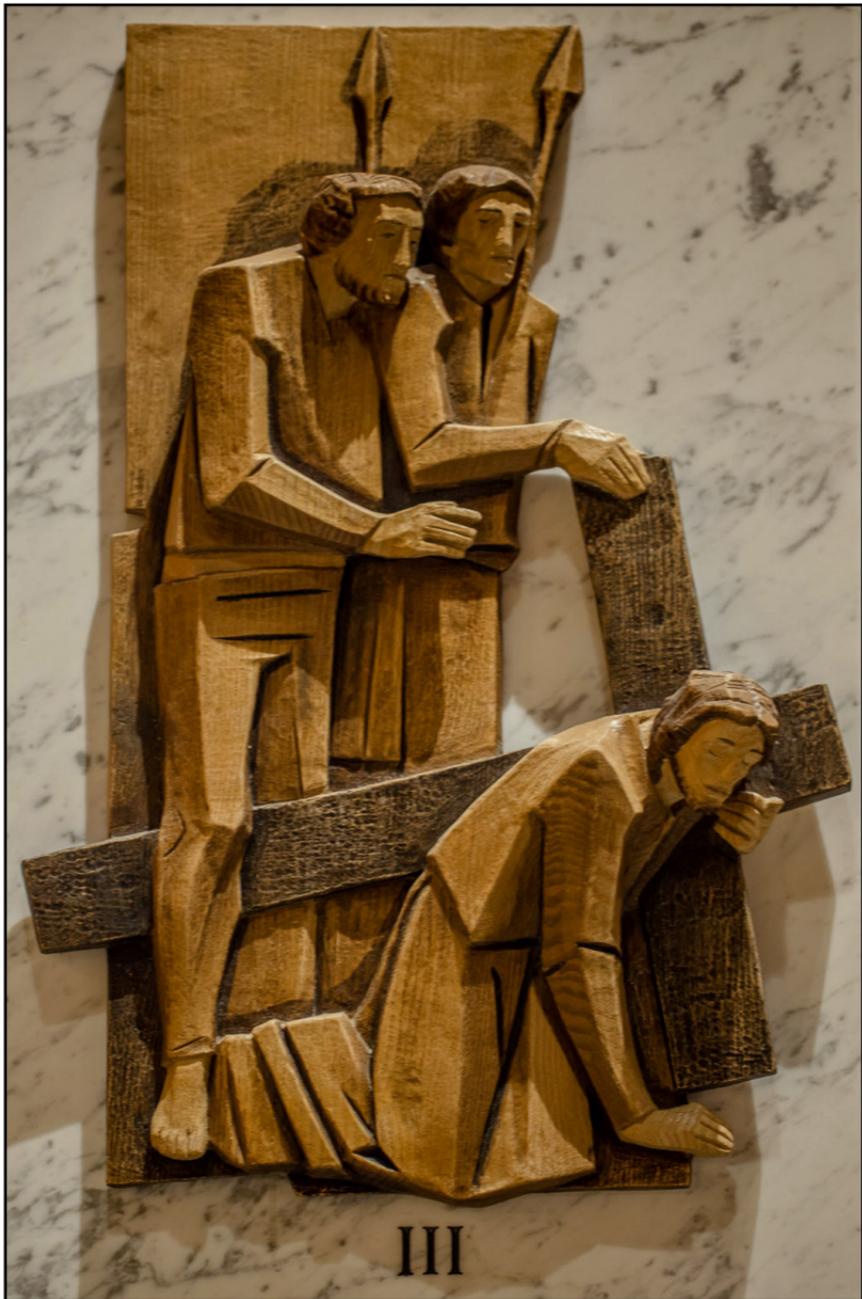
All: Surely he has borne our griefs, and carried our sorrows, yet we esteemed him as stricken, smitten by God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. We like sheep have gone astray, we have turned to our own way. (Is 53:4-6).

PLEASE KNEEL.

Pr.: Lord Jesus, I do not understand how any human could impose such a burden on your bruised and bleeding body. Help me to see the dignity of the cross as it is carried with love. Amen.

PLEASE STAND.

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



III

THIRD STATION  
*Jesus falls the first time*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: I am very near to falling; my wounds are with me always. My enemies live and grow strong, those who hate me grow numerous fraudulently, repaying me evil for good, accusing me for pursuing good. Do not forsake me, O Lord; my God, be not far from me! (Psalm 33:18,20-22)

All: Consider this first fall of Jesus under His cross. His flesh was torn by the scourges, His head was crowned with thorns, and He had lost a great deal of blood. He was so weakened that He could barely walk, and yet, He had to carry this great load upon His shoulders.

PLEASE KNEEL.

Pr.: My beloved Jesus, it is not the weight of the cross, but of my sins, which has made you suffer so much pain. By the merits of this first fall, deliver me from ever falling into mortal sin. I love you, Lord Jesus, with my whole heart.

PLEASE STAND.

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



IV

FOURTH STATION  
*Jesus meets his afflicted mother*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed. (Luke 2:34-35)

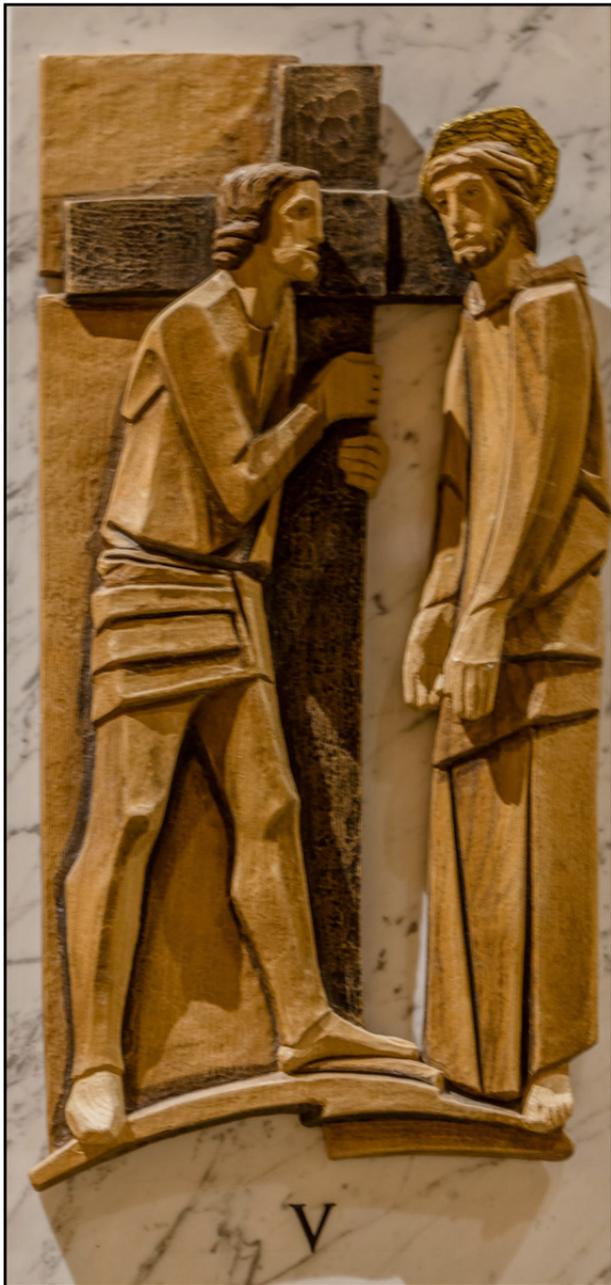
All: Mary gave herself completely and accepted the will of the Father, carrying her own heavy cross up Calvary after her son. Her pain was great; a sword was piercing her heart watching her son suffer so much, surrounded by so much evil and hatred, yet she continued to trust in God’s goodness. Do we lose trust in God at the slightest suffering? Can we trust like Mary when the cross is heavy and human instincts tell us to avoid the cross?

PLEASE KNEEL.

Pr.: Mary, please help me to trust in God’s goodness when I am carrying my own cross. Help me to learn from your obedience to God’s Holy Will, and to follow your son especially in my suffering.

PLEASE STAND.

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



V

FIFTH STATION  
*Simon of Cyrene helps Jesus to carry his Cross*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. (Luke 23:26)

All: Simon, a citizen of Cyrene, an affluent Greek city in northern Africa, must have been surprised to see cruel soldiers whipping Jesus Christ on His way to be crucified. One of the soldiers grabbed Simon and forced him to carry Jesus' cross. Simon was shocked and afraid, yet he followed Jesus, carrying His cross.

PLEASE KNEEL.

Pr.: Lord Jesus, help me to embrace the cross as You did. Help me to live each moment of my life with the goal of growing closer to You. Allow me to unite my sufferings with Yours. Let me offer my life and my death to You in the sure hope of eternal life. Amen.

PLEASE STAND.

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



VI

SIXTH STATION  
*Veronica wipes the face of Jesus*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: “Whoever receives you receives me, and whoever receives me receives the one who sent me. And whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple—amen, I say to you, he will surely not lose his reward.” (Matthew 10:40, 42)

All: Christ’s holy face was covered in sweat and tears as He made His way through the streets of Jerusalem. Veronica showed kindness and compassion to Jesus by offering a brief moment of comfort. Even in His greatest hour of suffering, Jesus accepted Veronica’s gift and in turn blessed her. May we offer ourselves to God – especially when we are troubled.

PLEASE KNEEL.

Pr.: Jesus most merciful, I know there is no end to your tenderness. You spoke of the little children, “Let them come to me.” Give me the courage to approach you when I am ashamed, when I am scared, and when I need your grace. Amen.

PLEASE STAND.

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



VII

SEVENTH STATION  
*Jesus falls the second time*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: To you they cried out and they escaped; in you they trusted and were not disappointed. But I am a worm, not a man, scorned by men, despised by the people. (Psalm 22:6-7)

All: The dust hangs in the air except for that which clings to the scourged body of Jesus. We look upon the weakened and bloody body of Jesus pressed to the cobbled road by the weight of the cross. Our hearts are filled with regret. We know that each of us has contributed to the overwhelming burden of the cross through our sinful acts or omissions. We stare in amazement as Jesus musters the strength to rise, lifting up the cross. He continues along the way for the sake of our redemption.

PLEASE KNEEL.

Pr.: Seeing you lying underneath the weight of the cross on the road reminds me of the many times I have fallen because of my weakness. It seems at times to be hopeless – my sin too grave or too numerous or ever-repeating to overcome. The weight of sin is too much for me to bear. Then I see you standing again, Lord, lifting the burden from my shoulders onto your own. Your loving act of redemption frees me. I am forever grateful. Help me to avoid the burden of sin. Amen.

PLEASE STAND.

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



EIGHTH STATION  
*Jesus meets the women of Jerusalem*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children." (Luke 23:27-28)

All: The crowd pressed in trying to get a glimpse of Jesus as He passed by. Each onlooker saw His face, contorted with pain, drenched with blood and sweat. Jesus' words penetrated each one's heart. What does it mean when he said, "Do not weep for me, weep instead for yourself and for your children?"

PLEASE KNEEL.

Pr.: Lord, forgive me for the times that I have abandoned you, turning instead to my own self-interest. Help me to recognize my need to reconcile with You and to enter back into the presence of your grace. Amen.

PLEASE STAND.

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



NINTH STATION  
*Jesus falls a third time*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: They open their mouths against me, like lions that rend and roar.  
(Psalm 22:14)

All: Having borne the weight of the Cross along with a long period of scourging, the Lord was weakening. He fell for the third time, but he did not stay there. He used all the bodily strength that remained to stand up and continue the journey to Calvary. He did not give up and He will never give up on us, even when we are away and allow ourselves to be separated from His love. He continues to reach out to us and lifts us up in our failures.

PLEASE KNEEL.

Pr.: Lord Jesus Christ, you dispelled the power of darkness by your suffering. Pour into my heart the zeal and strength to face my suffering. Give me the courage and the perseverance to remain faithful to you, especially in the midst of my failures. Dismiss all the fears which caused by my sinfulness, and enkindle in me a fire to love you more. Amen.

PLEASE STAND.

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



X

TENTH STATION  
*Jesus is stripped of his clothes*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: Then they crucified him and divided his garments by casting lots for them to see what each should take. (Mark 15:24)

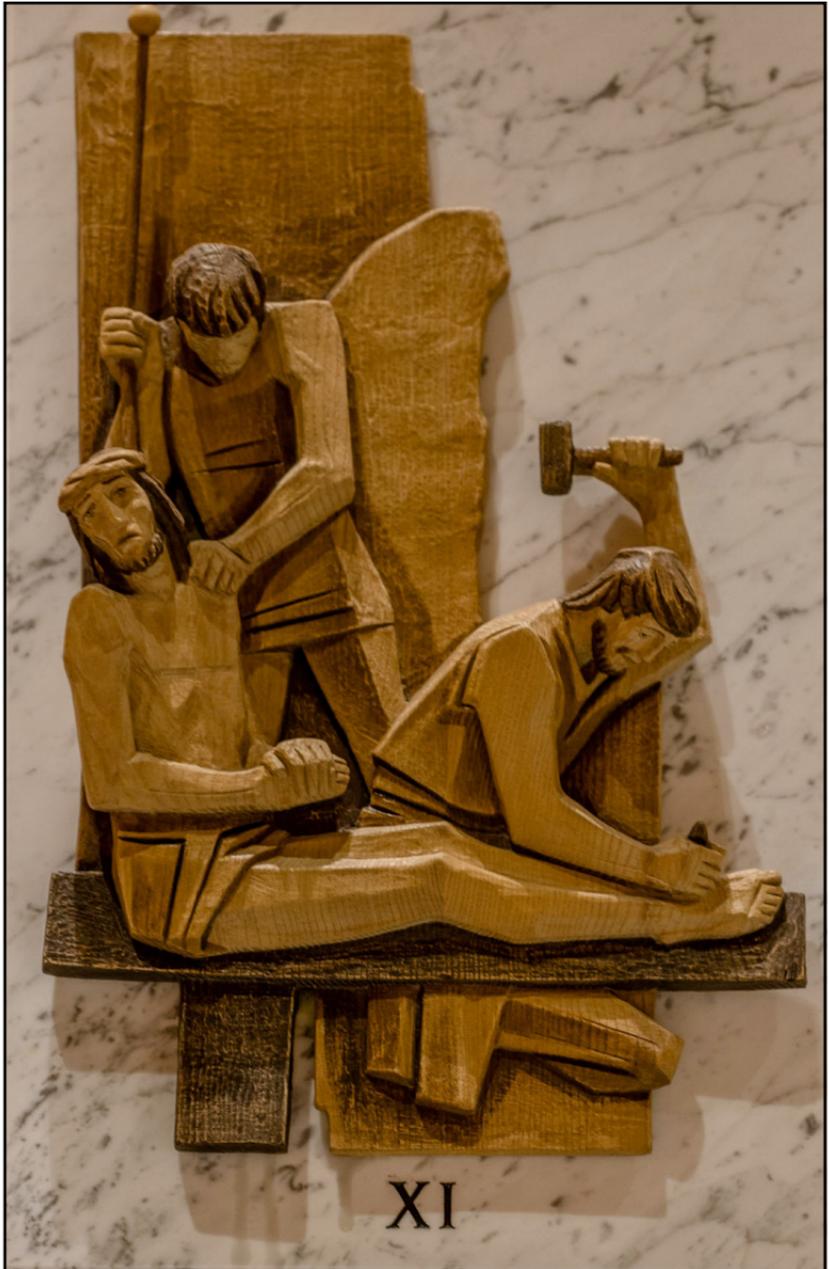
All: Surrounded by the locals, the Lord is publicly humiliated for our own sake. The soldiers stripped off His cloak and cast lots for it among themselves; however, they were unable to strip away His love and compassion for humanity. The desolation He experienced, the verbal humiliation He heard, and the cruelty He saw, Jesus accepted for our sake.

PLEASE KNEEL.

Pr.: Lord Jesus Christ, strip away my vices and the things that keep me away from you. Transform my heart and mind, so that I can fix my eyes on You always. Place in me the generosity and selflessness as you showed the world in your suffering. Amen.

PLEASE STAND.

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



ELEVENTH STATION  
*Jesus is nailed to the Cross*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: But [Thomas] said to them, “Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.” (John 20:25)

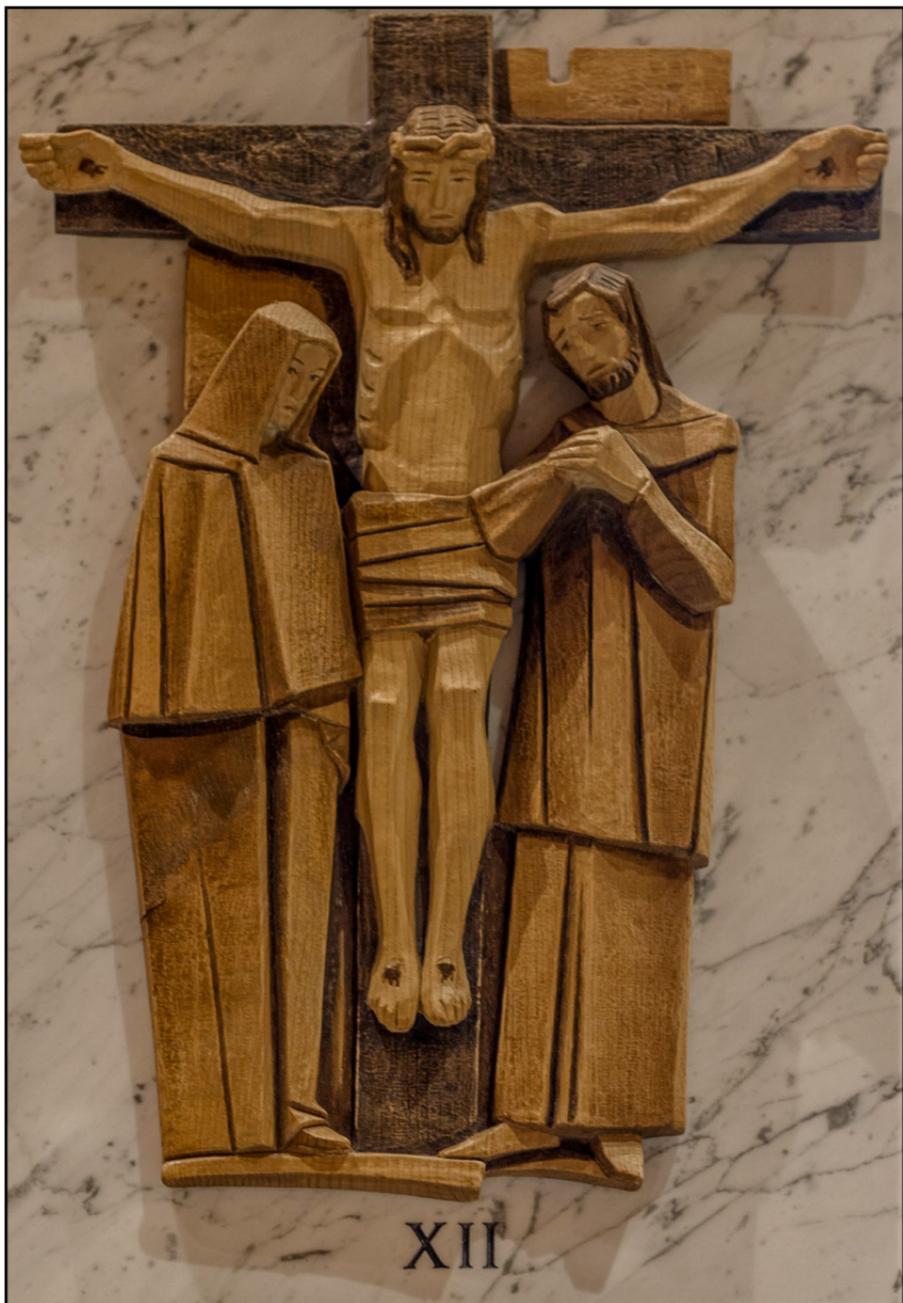
All: Jesus extended his hands over the wood of the Cross and offered to His eternal Father the sacrifice of his life for our salvation. The sound of jeering laughter was replaced with hammers driving nails into Jesus’ hands and feet. Hands that healed the blind, deaf, and lame were pierced. Feet that brought the Good News were disfigured and restrained. The anguish on the face of Jesus is a result of his suffering on the cross and from our sins.

PLEASE KNEEL.

Pr.: Lord, I repent of every time I have offended you. Help me to see what my life would look like if I were completely consumed in you. Change me and form me so that I may live my life ever drawing closer to you. Amen.

PLEASE STAND.

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



XII

TWELFTH STATION  
*Jesus dies on the Cross*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last. The centurion who witnessed what had happened glorified God and said, "This man was innocent beyond doubt." (Luke 23:44-47)

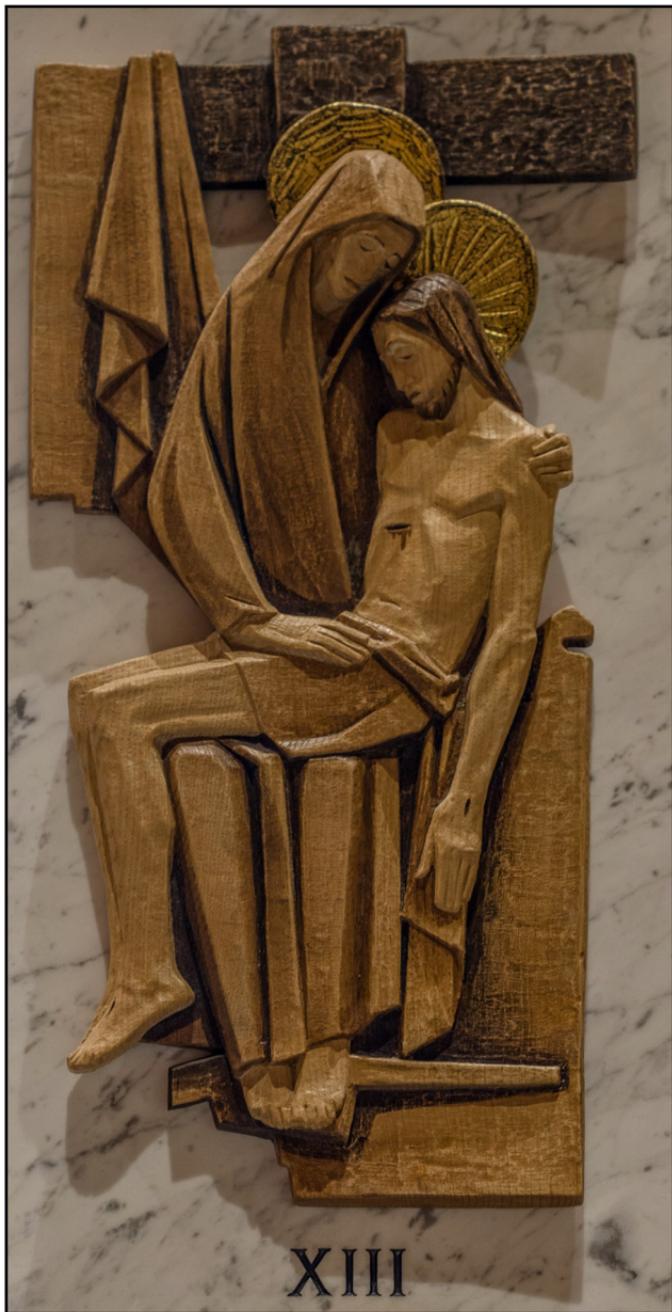
All: Soldiers lifted Jesus, our king, high above Calvary for all to see. His enthronement on the cross is a mockery of his mission of bringing salvation to the world. After three hours of agony on the cross, Jesus abandoned himself to the weight of his body, bowed his head, and died.

PLEASE KNEEL.

Pr.: Teach me, Lord, to offer myself to you as you did for me. Enliven my soul with your spirit so that I may hold nothing back from you. Help me to find the courage to offer my life for the good of the world.  
Amen.

PLEASE STAND.

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



XIII

## THIRTEENTH STATION

*The body of Jesus is taken down from the Cross*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr.: But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. (John 19:33-34)

All: The limp, lifeless body of Jesus is taken down from the cross and placed in the arms of His mother. Mary is an icon of the broken hearted—of all those who know the darkness and emptiness that come from grief. And yet, even death cannot break the bond of love. Did Mary remember her son's words that the grain of wheat must die to produce much fruit? Mary's loving embrace of her son in death invites us to enter into the dark moments of our lives, trusting in the Savior's loving power to bring light and life to us all.

PLEASE KNEEL.

Pr.: Lord Jesus, as your Mother embraced your body in death, so may I follow her example of faith and open my heart to you. When I face challenges that leave me at a loss, may I hold fast to you and allow you to lead me through the darkness to a place of life and light. Amen.

PLEASE STAND.

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



XIV

FOURTEENTH STATION  
*Jesus is placed in the tomb*

Pr.: We adore You, O Christ, and we praise you.

PLEASE GENUFLECT.

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

PLEASE STAND.

Pr: Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by. (John 19:41-42)

All: Jesus' lifeless body is laid in a tomb. It is from this garden tomb that Jesus will overcome the disobedience in that first garden. From this tomb, when He seemed to be furthest from glory, the Lord was nearest His everlasting triumph. When He was lying dead in the cave, he was nearest to entering His kingdom and exercising all power in heaven and earth. The Lord promises his grace is sufficient, for power is made perfect in weakness. May we look to the weakness and vulnerability of the tomb as merely a foreshadowing of the promise of the glory that is to come for us.

PLEASE KNEEL.

Pr.: Lord Jesus, take my heart and my love this day. They are so small and I am so unworthy, but take them, please, and my broken life, for it is all I have to give. I don't have a life of holiness to offer You, but I kneel before You and offer You myself in despair, knowing who I am, and in hope, knowing who You are. Please love me with the same love You gave me in Your dying that I may grow in holiness, die to self for love of You, and come to the glory of life with You. Amen.

PLEASE STAND.

*Christ, when Thou shall call me hence,  
by Thy Mother my defense,  
by Thy Cross my victory.*

## CLOSING PRAYER

PLEASE KNEEL.

Pr.: My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the Prophet David spoke long ago concerning Yourself: "They pierced My hands and My feet; they have numbered all My bones."

PLEASE STAND.

All: Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Pr.: The Lord be with you.

All: And with your spirit.

Pr.: May the blessing of almighty God, the Father, and the son, ✠ and the holy spirit, come down on you and remain with you for ever.

Church of   
**Saint Mary**  
1347 E. 49th Pl., Tulsa, Oklahoma  
918-749-1423  
[churchofsaintmary.com](http://churchofsaintmary.com)