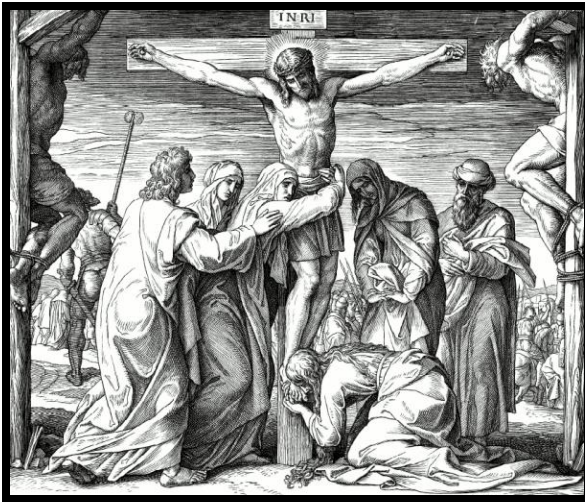


The Way of the Cross

together with the
Benediction of the Most Blessed Sacrament

A Journey with Jesus to Calvary
for Adults and Children



Two Schemas for Meditation and Prayer
compiled from various sources by

THE MOST REVEREND
EDWARD J. FORD, T.O.R., S.T.D.

IMPRIMATUR

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Metropolitan-Primate

North American Old Roman Catholic Church

16 April 2012

The Feast of the Profession of St Francis of Assisi

Springvale, Maine

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ARCHBISHOP EDWARD J FORD, TOR
Metropolitan-Primate
NORTH AMERICAN
OLD ROMAN CATHOLIC CHURCH

16 April 2012
Profession of St Francis

Dear Reader,

The Way of the Cross, also known as the Stations of the Cross, the Via Crucis and the Via Dolorosa, has been a traditional and honored devotion for many centuries within the Catholic world. The Stations of the Cross originated in pilgrimages to Jerusalem. A desire to reproduce the holy places in other lands manifested itself at quite an early date, perhaps as early as the 5th century. The tradition as a chapel devotion began with St. Francis of Assisi and extended throughout the Catholic Church in the medieval period. The devotion of the Via Dolorosa, for which there have been a number of variant routes in Jerusalem, was developed by the Franciscans after they were granted administration of the Christian holy places in Jerusalem in 1342. During the 15th and 16th centuries the Franciscans began to build a series of outdoor shrines in Europe to duplicate their counterparts in the Holy Land. Since then the devotion has been one of the dearest to the hearts of Catholics throughout all time.

This booklet contains two well-known and treasured methods of praying the Stations of the Cross. The devotion according to the method of St Francis is the traditional form used within the Franciscan Order and in the churches and missions entrusted to them and by many others as well, and is here presented for the use when praying the Stations with adults. The second method is designed for use when praying the Stations of the cross with Children. I especially remember this particular version from my own childhood. Some of my fondest memories of the Stations are of the words of this version.

I had for years searched for a copy of the original booklet from my childhood, but for years it has been out-of-print and unavailable. By the grace of God, a copy has been found and I am greatly pleased to be able to present it here and to preserve it for generations to come. While it is designed specifically for children, I believe children of all ages will fall in love with it as well and will find it full of rich material for their own devotional meditation.

It has been customary for the parish devotion of the public recitation of the Stations of the Cross, especially on the Fridays of Lent, to end with the celebration of Benediction of the Blessed Sacrament. We have here presented the rite for benediction in both English and Latin. We have also presented a Latin version of the traditional hymn, Stabat Mater Dolorosa for those who may wish to use the original Latin while journeying from station to station. The English version of the hymn is found at the bottom of each page of the stations in both versions in this booklet. A last addition is the words of the traditional Catholic hymn, O Come and Mourn With Me Awhile. Many will remember this long discarded hymn from their childhood as we join with the Blessed Mother as she watches in anguish while her Son climbs to Calvary and His death.

I am pleased to be able to offer this booklet to you for use in our parishes, missions, religious communities and the homes of our Faithful. I pray that our humble efforts will bear abundant spiritual fruit in your hearts and souls.

May our Lord reward your efforts in praying the Way of the Cross, in union with the countless numbers of Catholics throughout the centuries, honoring His request in the Garden of Gethsemane which he addressed to His Apostles, "...watch and pray that ye fall not into temptation...".

Your faithful servant and brother,

✠ Edward, T.O.R.

OPENING HYMN

O COME AND MOURN WITH ME AWHILE

This traditional hymn is often sung at celebrations of the Stations of the Cross either before the Stations begin or at times between the ending of the Stations and the beginning of Benediction of the Blessed Sacrament.

1. O come and mourn with me awhile,
See Mary calls us to her side
O come, and let us mourn with her,
||Jesus our Lord is crucified.||
2. Have we no tears to shed for Him;
While soldiers scoff and men deride.
Ah, look how patiently He hangs,
||Jesus our love is crucified.||
3. How fast His hands and feet are nailed;
His blessed tongue with thirst is tied,
His failing eyes are blind with blood:
||Jesus, our Lord, is crucified.||
4. His mother cannot reach His face;
She stands in helplessness beside;
Her heart is martyred with her Son's:
||Jesus, our Lord, is Crucified.||

5. Seven times He spake seven words of love;
And all three hours His silence cried
For mercy on the souls of men;
||Jesus our Lord is crucified.||

6. Come, let us stand beneath the cross;
So may the blood from out His side
Fall gently on us drop by drop;
||Jesus, our Lord, is crucified.||

7. O break, O break, hard heart of mine!
Thy weak self-love and guilty pride
His Pilate and His Judas were:
||Jesus our Lord is crucified.||

8. A broken heart, a fount of tears,
Ask, and they will never be denied;
A broken heart love's cradle is:
||Jesus our Lord is crucified.||

9. O love of God! O sin of man!
In this dread act Your strength is tried;
And victory remains with love;
||For Thou our Lord, art crucified!!||

STATIONS OF THE CROSS FOR ADULTS

ACCORDING TO THE METHOD OF
SAINT FRANCIS OF ASSISI



Preparatory Prayer

O most merciful Jesus, / with a contrite heart and penitent spirit, / I bow down in profound humility before Thy divine majesty. / I adore Thee as my supreme Lord and Master; / I believe in Thee, / I hope in Thee, / I love Thee above all things. / I am heartily sorry for having offended Thee, / my Supreme and Only Good. / I resolve to amend my life, / and although I am unworthy to obtain mercy, / yet the sight of Thy holy cross, / on which Thou didst die, / inspires me with hope and consolation. / I will, therefore, meditate on Thy sufferings, / and visit the stations of Thy Passion / in company with Thy sorrowful Mother and my guardian angel, / with the intention of promoting Thy honor / and saving my soul.

I desire to gain all the indulgences granted for this holy exercise / for myself and for the Poor Souls in Purgatory. / O merciful Redeemer, / who has said, / "And I, if I be lifted from earth, will draw all things to Myself," / draw my heart and my love to Thee, / that I may perform this devotion as perfectly as possible, / and that I may live and die in union with Thee. / Amen.

**At the cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.**

I
THE FIRST STATION



**JESUS IS CONDEMNED
TO DEATH**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Jesus, most innocent, / who neither did nor could
commit a sin, / was condemned to death, / and moreover,
/ to the most ignominious death of the cross. / To remain
a friend of Caesar, / Pilate delivered Him into the hands
of His enemies. / A fearful crime -- / to condemn
Innocence to death, / and to offend God / in order not to
displease men!

PRAYER

O innocent Jesus, / having sinned, I am guilty of eternal
death, / but Thou willingly dost accept the unjust
sentence of death, / that I might live. / For whom, then,
shall I henceforth live, / if not for Thee, my Lord? /
Should I desire to please men, / I could not be Thy
servant. / Let me, therefore, rather displease men and all
the world, / than not please Thee, O Jesus.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Through her heart, His sorrow sharing
All His bitter anguish bearing,
Now at length the sword has passed.**

II
THE SECOND STATION



JESUS CARRIES HIS CROSS

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

When our divine Savior beheld the cross, / He most willingly stretched out His bleeding arms, / lovingly embraced it, / and tenderly kissed it, / and placing it on His bruised shoulders, / He, although almost exhausted, / joyfully carried it.

PRAYER

O my Jesus, / I cannot be Thy friend and follower, / if I refuse to carry the cross. / O dearly beloved cross! / I embrace thee, / I kiss thee, / I joyfully accept thee from the hands of my God. / Far be it from me to glory in anything, / save in the cross of my Lord and Redeemer. / By it the world shall be crucified to me / and I to the world, / that I may be Thine forever.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**O, how sad and sore distressed
Was that Mother highly blessed
Of the sole-begotten One!**

III
THE THIRD STATION



JESUS FALLS THE FIRST TIME

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Our dear Savior, carrying the cross, / was so weakened
by its heavy weight / as to fall exhausted to the ground. /
Our sins and misdeeds were the heavy burden which
oppressed Him: / the cross was to Him light and sweet, /
but our sins were galling and insupportable.

PRAYER

O my Jesus, / Thou didst bear my burden and the heavy
weight of my sins. / Should I, then, not bear in union
with Thee, / my easy burden of suffering / and accept the
sweet yoke of Thy commandments? / Thy yoke is sweet
and Thy burden is light: / I therefore willingly accept it. /
I will take up my cross and follow Thee.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Christ above in torment hangs,
She beneath beholds the pangs,
Of her dying, glorious Son.**

IV
THE FOURTH STATION



JESUS MEETS HIS
AFFLICTED MOTHER

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

How painful and how sad it must have been / for Mary, the sorrowful Mother, / to behold her beloved Son, / laden with the burden of the cross! / What unspeakable pangs her most tender heart experienced! / How earnestly did she desire to die in place of Jesus, / or at least with Him! / Implore this sorrowful Mother / that she assist you in the hour of your death.

PRAYER

O Jesus, / O Mary, / I am the cause of the great and manifold pains which pierce your loving hearts! / Oh, that also my heart / would feel and experience at least some of your sufferings! / O Mother of Sorrows, / let me participate in the sufferings which thou and Thy Son endured for me, / and let me experience thy sorrow, / that afflicted with thee, / I may enjoy thy assistance in the hour of my death.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Is there one who would not weep
Whelmed in miseries so deep
Christ's dear Mother to Behold?**

V
THE FIFTH STATION



**SIMON OF CYRENE HELPS
JESUS TO CARRY THE CROSS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Simon of Cyrene was compelled to help Jesus carry His cross, / and Jesus accepted his assistance. / How willingly would He also permit you to carry the cross: / He calls, / but you hear Him not; / He invites you, / but you decline. What a reproach, / to bear the cross reluctantly!

PRAYER

O Jesus! / Whosoever does not take up his cross and follow Thee, / is not worthy of Thee. / Behold, / I join Thee in the Way of Thy Cross; / I will be Thy assistant, / following Thy bloody footsteps, / that I may come to Thee in eternal life.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?**

VI
THE SIXTH STATION



**VERONICA WIPES
THE FACE OF JESUS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Veronica, impelled by devotion and compassion, / presents her veil to Jesus to wipe His disfigured face. / And Jesus imprints on it His holy countenance: / a great recompense for so small a service. / What return do you make to your Savior / for His great and manifold benefits?

PRAYER

Most merciful Jesus! / What return shall I make for all the benefits Thou hast bestowed upon me? / Behold I consecrate myself entirely to Thy service. / I offer and consecrate to Thee my heart: / imprint on it Thy sacred image, / never again to be effaced by sin.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Bruised, derided, cursed, defiled,
She beheld her tender child,
All with bloody scourges rent.**

VII
THE SEVENTH STATION



JESUS FALLS
THE SECOND TIME

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

The suffering Jesus, under the weight of His cross, / again falls to the ground; / but the cruel executioners / do not permit Him to rest a moment. / Pushing and striking Him, / they urge Him onward. / It is the frequent repetition of our sins which oppress Jesus. / Witnessing this, / how can I continue to sin?

PRAYER

O Jesus, / Son of David, / have mercy on me! / Offer me Thy helping hand, / and aid me, / that I may not fall again into my former sins. / From this very moment, / I will earnestly strive to reform: / nevermore will I sin! / Thou, O sole support of the weak, / by Thy grace, / without which I can do nothing, / strengthen me to carry out faithfully this my resolution.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**For the sins of His own nation
Saw Him hang in desolation
Till His Spirit forth He sent.**

VIII
THE EIGHTH STATION



**THE WOMEN OF JERUSALEM
WEEP OVER JESUS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

These devoted women, / moved by compassion, / weep over the suffering Savior. / But He turns to them, saying: / "Weep not for Me, Who am innocent, but weep for yourselves and for your children." / Weep thou also, / for there is nothing more pleasing to Our Lord / and nothing more profitable for thyself, / than tears shed from contrition for thy sins.

PRAYER

O Jesus, / Who shall give to my eyes a torrent of tears, / that day and night I may weep for my sins? / I beseech Thee, through Thy bitter and bloody tears, / to move my heart by Thy divine grace, / so that from my eyes tears may flow abundantly, / and that I may weep all my days over Thy sufferings, / and still more over their cause, my sins.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**O thou Mother! fount of love,
Touch my spirit from above.
Make my heart with thine accord:**

IX
THE NINTH STATION



JESUS FALLS THE THIRD TIME

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Jesus, arriving exhausted at the foot of Calvary, / falls for the third time to the ground. / His love for us, however, / is not diminished, / not extinguished. / What a fearfully oppressive burden our sins must be / to cause Jesus to fall so often! / Had He, however, not taken them upon Himself, / they would have plunged us into the abyss of Hell.

PRAYER

Most merciful Jesus, / I return Thee infinite thanks / for not permitting me to continue in sin and to fall, / as I have so often deserved, / into the depths of Hell. / Enkindle in me / an earnest desire of amendment; / let me never again relapse, / but vouchsafe me the grace / to persevere in penance / to the end of my life.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Make me feel as thou hast felt;
Make my soul to glow and melt
With the love of Christ, my Lord.**

X
THE TENTH STATION



**JESUS IS STRIPPED OF
HIS GARMENTS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

When Our Savior had arrived on Calvary, / He was cruelly despoiled of His garments. / How painful this must have been / because they adhered to His wounded and torn body, / and with them parts of His bloody skin were removed! / All the wounds of Jesus were renewed. / Jesus was despoiled of His garments / that He might die possessed of nothing; / how happy will I also die / after laying aside my former self / with all evil desires and sinful inclinations!

PRAYER

Induce me, O Jesus, / to lay aside my former self / and to be renewed according to Thy will and desire. / I will not spare myself, / however painful this should be for me: / despoiled of things temporal, / of my own will, / I desire to die, / in order to live for Thee forever.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Holy Mother, pierce me through!
In my heart, each wound renew
Of my Savior crucified.**

XI
THE ELEVENTH STATION



**JESUS IS NAILED TO
THE CROSS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Jesus, / being stripped of His garments, / was violently thrown upon the cross / and His hands and feet nailed thereto. / In such excruciating pains He remained silent, / because it pleased His heavenly Father. / He suffered patiently, / because He suffered for me. / How do I act in sufferings and in troubles? / How fretful and impatient, / how full of complaints I am!

PRAYER

O Jesus, / gracious Lamb of God, / I renounce forever my impatience. / Crucify, O Lord, / my flesh and its concupiscences; / scourge, / scathe, / and punish me in this world, / do but spare me in the next. / I commit my destiny to Thee, / resigning myself to Thy holy will: / may it be done in all things!

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Let me share with thee His pain,
Who for all our sins was slain,
Who for me in torments died.**

XII
THE TWELFTH STATION



**JESUS IS RAISED UPON
THE CROSS AND DIES**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Behold Jesus crucified! / Behold His wounds, received for love of you! / His whole appearance betokens love: / His head is bent to kiss you; / His arms are extended to embrace you; / His Heart is open to receive you. / O superabundance of love, / Jesus, the Son of God, / dies upon the cross, / that man may live and be delivered from everlasting death!

PRAYER

O most amiable Jesus! / Who will grant me that I may die for Thee! / I will at least endeavor to die to the world. / How must I regard the world and its vanities, / when I behold Thee hanging on the cross, / covered with wounds? / O Jesus, receive me into Thy wounded Heart: / I belong entirely to Thee; / for Thee alone do I desire to live and to die.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**Let me mingle tears with thee,
Mourning Him who mourned for me,
All the days that I may live.**

XIII
THE THIRTEENTH STATION



**JESUS IS TAKEN DOWN FROM
THE CROSS AND PLACED INTO
THE ARMS OF HIS MOTHER**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

Jesus did not descend from the cross / but remained on it until He died. / And when taken down from it, / He in death as in life, / rested on the bosom of His divine Mother. / Persevere in your resolutions of reform / and do not part from the cross; / he who persevereth to the end shall be saved. / Consider, moreover, / how pure the heart should be / that receives the body and blood of Christ in the Adorable Sacrament of the Altar.

PRAYER

O Lord Jesus, / Thy lifeless body, mangled and lacerated, / found a worthy resting-place on the bosom of Thy virgin Mother. / Have I not often compelled Thee to dwell in my heart, / full of sin and impurity as it was? / Create in me a new heart, / that I may worthily receive Thy most sacred body in Holy Communion, / and that Thou mayest remain in me / and I in Thee for all eternity.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**By the cross with thee to stay,
There with thee to weep and pray,
Is all I ask of thee to give.**

XIV
THE FOURTEENTH STATION



**JESUS IS LAID IN
THE SEPULCHRE**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross, Thou hast redeemed the world.

MEDITATION

The body of Jesus is interred in a stranger's sepulchre. /
He who in this world / had not whereupon to rest His
head, / would not even have a grave of His own, /
because He was not from this world. / You, who are so
attached to the world, / henceforth despise it, / that you
may not perish with it.

PRAYER

O Jesus, / Thou hast set me apart from the world; / what,
then, shall I seek therein? / Thou hast created me for
Heaven; / what, then, have I to do with the world? /
Depart from me, deceitful world, / with thy vanities! /
Henceforth I will follow the Way of the Cross/ traced
out for me by my Redeemer, / and journey onward to my
heavenly home, / there to dwell forever and ever.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

V. Lord Jesus, crucified.

R. Have mercy on us!

**To my parting soul be given,
Entrance through the Gate of Heaven,
There confess me for Thine own.
AMEN.**

Concluding Prayer

Almighty and eternal God, / merciful Father, / who
hast given to the human race / Thy beloved Son as
an example of humility, / obedience, / and patience,
/ to precede us on the way of life, / bearing the
cross: / Graciously grant us / that we, /inflamed by
His infinite love, / may take up the sweet yoke of
His Gospel / together with the mortification of the
cross, / following Him as His true disciples, / so that
we shall one day gloriously rise with Him / and
joyfully hear the final sentence: / "Come, ye blessed
of My Father, and possess the kingdom which was
prepared for you from the beginning," / where Thou
reignest with the Son and the Holy Ghost, / and
where we hope to reign with Thee, / world without
end. Amen.

(1)
Stabat mater dolorosa
juxta Crucem lacrimosa,
dum pendeat Filius.

(2)
Cuius animam gementem,
contristatam et dolentem
pertransivit gladius.

(3)
O quam tristes et afflicta
fuit illa benedicta,
mater Unigeniti!

(4)
Quae moerebat et dolebat,
pia Mater, dum videbat
nati poenas inclyti.

(5)
Quis est homo qui non fleret,
matrem Christi si videret
in tanto supplicio?

(6)
Quis non posset contristari
Christi Matrem contemplari
dolentem cum Filio?

(7)
Pro peccatis suae gentis
vidit Iesum in tormentis,
et flagellis subditum.

(8)
Vidit suum dulcem Natum
moriendo desolatum,
dum emisit spiritum.

(9)
Eia, Mater, fons amoris
me sentire vim doloris
fac, ut tecum lugeam.

(10)
Fac, ut ardeat cor meum
in amando Christum Deum
ut sibi complaceam.

(11)
Sancta Mater, istud agas,
crucifixi fige plagas
cordi meo valide.

(12)
Tui Nati vulnerati,
tam dignati pro me pati,
poenas mecum divide.

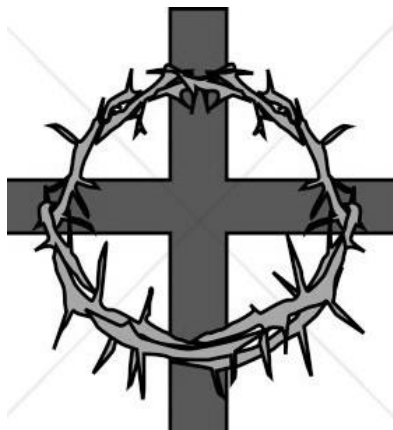
(13)
Fac me tecum pie flere,
crucifixo condolere,
donec ego vixero.

(14)
Juxta Crucem tecum stare,
et me tibi sociare
in planctu desidero.

(15)
Quando corpus morietur,
fac, ut animae donetur
paradisi gloria. Amen.

STATIONS OF THE CROSS FOR CHILDREN

BY A RELIGIOUS OF THE CENACLE



Nihil Obstat:

Arthur J. Scanlan, S.T.D.

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FOREWORD

WITH our ancestors in the Faith, "The Way of the Cross" was a favorite devotion. In these days of rush and hurry, there is reason to fear that it no longer occupies its ancient place of honor.

If a reform be called for, the point at which to begin is with the child. The Religious of the Cenacle who has arranged these pious pages, has found the way to the heart of the child, and what her devotion has here brought together may also serve to kindle a spark of fervor in the colder hearts of children of a larger growth. In the cross is sweetness, in the cross is strength, in the cross is joy.

May these simple reflections on the sufferings which our dear Lord offered His Heavenly Father for our redemption, bring all who use them to a fuller participation in the strength, the joy, and the sweetness which countless souls have found in the Heart of Christ opened for them on Calvary.

Paul L. Blakely, S.J.

Preparatory Prayer

DEAR JESUS, I adore You. / I love You / and thank You for dying on the cross for me. / I wish I could always think of You / and remember all that You have done. / But I get so busy / with lessons and play and other things / that often I forget. / I am so sorry, dear Jesus.

Today I want to follow You / up the hill of Calvary / and to understand a little better / at each station / all that it cost You / to make me God's child. / If I had been the only person in the world / You would have been willing to suffer / in just the same way.

How You must love me, dear Jesus! / Thank You for loving me so much. / Please teach me every day / to love You more and more.

I offer all the indulgences I can gain / for the poor souls in Purgatory.

I
THE FIRST STATION



**JESUS IS CONDEMNED
TO DEATH**

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, there You stand a prisoner / and wicked men / have said that You must die. / But You have done nothing wrong. / You have spent Your whole life / in doing good to others. / I must always remember / that it was for me You died / so that I could go to Heaven / and be happy with You.

Teach me, dear Jesus / when I am blamed for something / even if unjustly / to be silent as You were / because I love You / and want to be like You.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.**

II
THE SECOND STATION



**JESUS IS MADE TO CARRY
HIS CROSS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, the cross which they are laying on Your shoulders is so heavy / how it must hurt! / And You are all wounded and bleeding / how will You be able / to carry it up that steep hill?

Teach me to remember / that when I sin / it hurts You / even more than the heavy cross.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Through her heart His sorrow sharing,
All His bitter anguish bearing,
Now at length the sword had passed.**

III
THE THIRD STATION



JESUS FALLS THE FIRST TIME

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, You are so weak and tired / that You can hardly walk / but the soldiers roughly order You / to start on Your journey. / After a few steps / You stumble and fall / but there is no one to help You / or speak to You kindly.

How I wish I could have been there / to tell You that I love You / and was so sorry for You.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Oh how sad and sore distressed,
Was that Mother highly blest,
Of the sole begotten One.**

IV
THE FOURTH STATION



JESUS MEETS HIS
BLESSED MOTHER

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, who is this waiting for You / standing close to the place / where you must pass? / It is Your own Blessed Mother / who loves You so much. / But how it hurts her / to see You so cruelly treated. / She wishes they would do all these things to her / instead of to You. / The soldiers will not let her say a word / she can only speak to You with her eyes as You pass by.

Dear Jesus, teach me to love Your Blessed Mother very much.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Christ above in torment hangs,
She beneath beholds the pangs
Of her dying glorious Son.**

V
THE FIFTH STATION



**SIMON OF CYRENE HELPS
JESUS TO CARRY HIS CROSS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, You are now so weak / that You cannot carry the cross alone any more. / The soldiers make a man named Simon help You with it. / I wish I had been Simon / so that I could have helped You. /

But teach me to remember / that I am helping You even more now / when I show kindness to others / for Your sake.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Is there one who would not weep,
'Whelmed in miseries so deep,
Christ's dear Mother to behold?**

VI
THE SIXTH STATION



VERONICA WIPES
THE FACE OF JESUS

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, Your face was all covered with dust and blood / and the wicked people had been spitting on it. / The blood was trickling down / from the crown of thorns on Your head / right into Your eyes / when St. Veronica pushed her way through the crowd / and wiped Your face with her veil. / To thank her for being so brave / You left the picture of Your face / there on the veil. /

Teach me to remember / that I must never be afraid / to say I belong to You and am Your child. /

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Can the human heart refrain,
From partaking in her pain,
In that Mother's pain untold?**

VII
THE SEVENTH STATION



JESUS FALLS
THE SECOND TIME

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, this time You fall more heavily than before / and it is harder to get up. / The soldiers push and strike You / to make You hurry along / when You can hardly walk. / It frightens me / to think how cruelly You are treated / You Who are my Lord and my God. /

Teach me to understand / what a dreadful thing sin is / because to pay for it / You suffered so much. /

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Bruised, derided, cursed, defiled,
She beheld her tender Child,
All with bloody scourges rent.**

VIII
THE EIGHTH STATION



JESUS SPEAKS TO
THE WOMEN OF JERUSALEM

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, there are some women waiting by the roadside / to see You pass. / They are so sorry for You / that they are crying. / You speak to them kindly / and tell them not to weep for You / but for themselves and their children / because many people are going to suffer terribly / as a punishment / for not having believed in You.

Teach me to be very sorry for my sins / not for fear of being punished for them / but because they hurt You.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**For the sins of His own nation,
Saw Him hang in desolation,
Till His Spirit forth He sent.**

IX
THE NINTH STATION



JESUS FALLS THE THIRD TIME

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

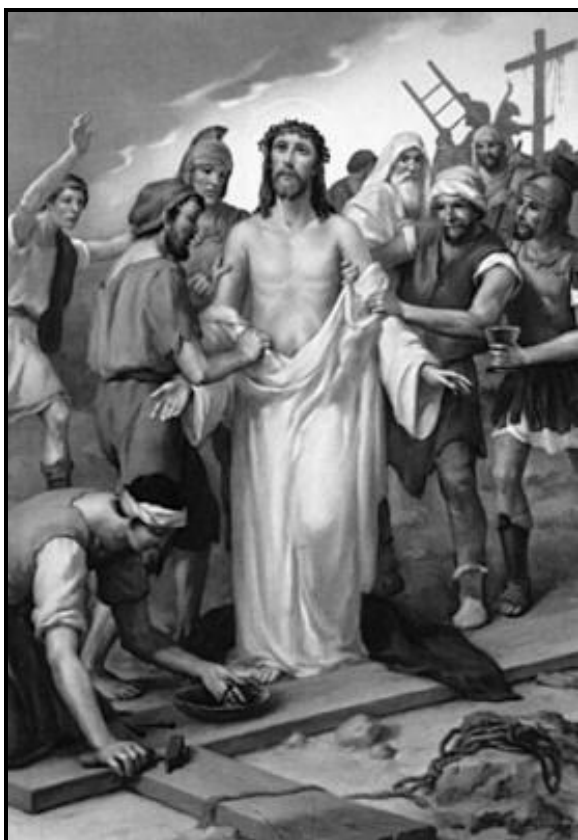
DEAR JESUS, for the last time You stumble / and fall to the ground. / Shall You ever be able to get up again? / The cross crushes You with its weight / and the people around / wonder if You are not dead already. / But no / once more You climb to Your feet / and struggle forward up the hill. /

Teach me never to be discouraged / even if I keep falling into the same sins / but help me to begin again, at once / to obey You and to do Your will. /

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**O thou Mother! Fount of love!
Touch my spirit from above,
Make my heart with thine accord.**

X
THE TENTH STATION



**JESUS IS STRIPPED OF
HIS GARMENTS**

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, at last You have reached the top of the hill / the place where You are to die. / There is a big crowd of people around You / they are laughing at You / and calling You wicked names. / Your dear Mother and Your friends cannot get near. / The executioner / roughly pulls off all Your garments / and the blood pours down. / It is just as if each one of those cruel wounds / had been given to You a second time / All the people are looking at You.

Teach me to be willing sometimes / to give up little pleasures / and go without things that I want / because You suffered so much for me.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Make me feel as thou hast felt,
Make my soul to glow and melt
With the love of Christ my Lord.**

XI
THE ELEVENTH STATION



**JESUS IS NAILED TO
THE CROSS**

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

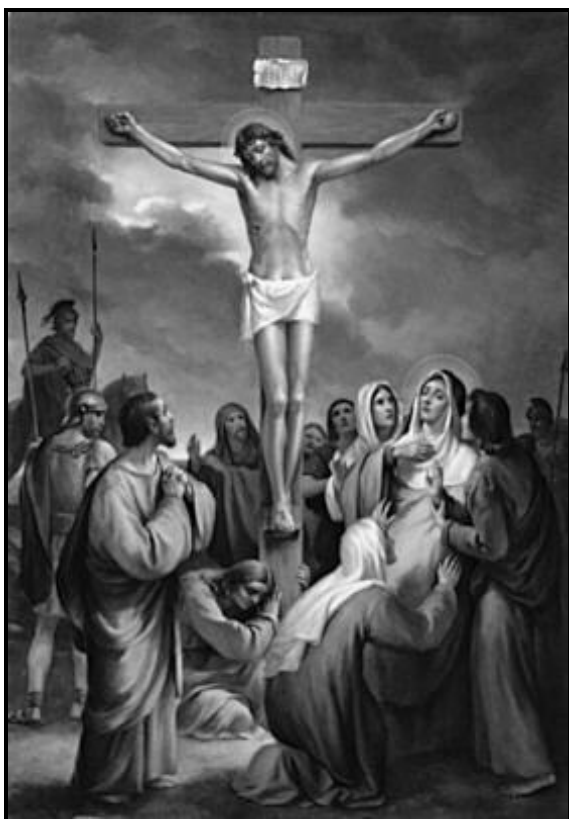
DEAR JESUS, now they are putting big nails through Your hands and feet / to fasten You to the cross. / It hurts me only to prick my finger with a pin. / How much more those nails must hurt You! / When the executioner tells You / stretch out Your hand or Your foot / You obey him without saying a word. / And I / when I am told to do some little, easy thing / how often I disobey! /

Teach me to be always perfectly obedient / because You were so obedient / when being nailed to the cross.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Holy Mother pierce me through;
In my heart each wound renew
Of my Savior crucified.**

XII
THE TWELFTH STATION



JESUS DIES ON THE CROSS

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, You are hanging on the cross and dying.
/ You are dying for me / so that I can be God's child /
and go to Heaven. / You are not angry with the wicked
men / who killed You. / You have forgiven them / and
You asked Your Father to forgive them, too. / The
people are all going away. / I think some of them are
beginning to be sorry. / Your Blessed Mother and Your
friends / are standing close by the cross. / I wish I had
been with them. / I would have stayed there / to the
very end / to show how much I love You. /

Teach me always to forgive anyone / who is unkind to
me / because You forgave Your murderers / when You
hung dying on the cross.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torment died.**

XIII
THE THIRTEENTH STATION



**JESUS IS TAKEN DOWN FROM
THE CROSS**

V. We adore Thee, O Christ, and we bless Thee.
R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, it is very quiet now around the cross. /
Everybody has gone away / but a few soldiers / and
Your Mother and Your friends. / Two of Your friends
bring a ladder / and oh, so slowly and carefully / they
take You down / and lay You in the arms of Your
Blessed Mother. / Her heart is breaking / as she looks
at the crown of thorns / and the nails / and all Your
dreadful wounds. /

Teach me to comfort Your dear Mother now / by never
hurting You with my sins. /

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**Let me mingle tears with thee,
Mourning Him Who mourned for me
All the days that I may live.**

XIV
THE FOURTEENTH STATION



JESUS IS LAID IN THE TOMB

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

DEAR JESUS, You are all ready to be laid in the tomb. / Your wounds have been washed / and You are wrapped in clean white linen cloths. / You must be buried tonight. / In a garden close by / which belongs to one of Your friends / there is a new tomb cut in the rock. / Now, You are being carried there. / Your Blessed Mother looks at You for the last time / how can she bear to let You go? / But in three days, dear Jesus / You will rise from the dead / all bright and glorious / to go back to Heaven / never to suffer any more.

Teach me, among the joys of earth / always to remember the joys of Heaven. / Help me to love You so much / that, when I die / I shall be happy with You there forever.

Recite the Our Father, the Hail Mary, and the Glory Be, etc.

**By the Cross with thee to stay,
There with thee to weep, and pray,
That is all I ask of thee.**

Closing Prayer

(not contained in the original booklet)

DEAR JESUS, as I kneel before You / looking at Your Wounds, / I ask You to help me to believe in You, / to hope in You, / and to love You with all my heart./ Help me to be sorry for my sins / which have caused You so much pain, / and help me to never hurt you again by my sins.

Teach me to always choose to do good / and to remember what You suffered for me, / because You love me so much./ Help me to love You / as You have always loved me.

*Recite one Our Father, one Hail Mary, Glory Be, etc.,
for the intentions of the Sovereign Pontiff to obtain the
plenary indulgence.*

BENEDICTION OF THE MOST BLESSED SACRAMENT



BENEDICTION OF THE MOST BLESSED SACRAMENT (ENGLISH)



The Priest ascends the steps to the altar, genuflects, takes the Blessed Sacrament out of the Tabernacle and places it in the Monstrance. The Monstrance is placed either in the throne, on the Thabor or on the mensa of the altar itself. When the Priest has exposed the Blessed Sacrament, he descends from the altar, genuflects, and after placing incense into the thurible, he kneels and censes the Blessed Sacrament with three double swings, while the choir and people sing the following hymn.

- O SALUTARIS HOSTIA -

O Saving Victim, opening wide,
The gate of Heaven to man below,
Our foes press on from every side,
Thy aid supply, Thy strength bestow.

All praise and thanks to Thee ascend,
For evermore, blest One in Three;
O grant us life that shall not end,
In our true native land with Thee.
Amen.

*The choir and the people now sing the following hymn, **Tantum Ergo**. As the second verse begins, the Priest and servers, bow, then rise while the Priest again places incense into the thurible. They kneel, and the Priest censes the Blessed Sacrament again with three double swings.*

- **TANTUM ERGO** -

Therefore we, before Him bending,
This great Sacrament revere;
Types and shadows have their ending,
For the newer Rite is here;
Faith, our outward sense befriending,
Makes our inward vision clear.

Glory let us give and blessing,
To the Father and the Son,
Honor, thanks, and praise addressing,
While eternal ages run;
Ever too His love confessing,
Who from Both with Both is One.
Amen.

The Priest sings the following Versicle, while the choir and people make the proper Response.

V. Thou hast given them Bread from Heaven.
R. Containing within Itself all sweetness.

The Priest next sings the following Oration, and then receives the Humeral Veil upon his shoulders.

Let us pray

O God, Who in this wondrous Sacrament, has left us a Memorial of Thy Passion; grant us, we beseech Thee, so to venerate the Sacred Mysteries of Thy Body and Blood, that we may always perceive within ourselves, the fruits of Thy Redemption. Who livest and reignest, world without end.

R. Amen.

The Priest ascends the steps to the altar, takes the Monstrance into the Humeral Veil and turning to the people, blesses them with the Monstrance in the Sign of the Cross. He turns back to the altar, replaces the Monstrance in the throne or upon the Thabor or the mensa of the altar, and returns to the foot of the steps, where he kneels and leads the people in the Divine Praises. The people repeat each invocation after the Priest.

THE DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Ghost, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.

May the Heart of Jesus, in the Most Blessed Sacrament be praised, adored and loved with grateful affection, at every moment, in all the Tabernacles of the world, even unto the end of time. Amen.

*The Priest again ascends the steps to the altar, replaces the Blessed Sacrament in the Tabernacle, genuflects, and returns to the foot of the altar steps. There kneeling he chants the following antiphon, and the choir and people take up **Psalm 117 (116)**. The Priest then repeats the Antiphon.*

Ant: Let us forever adore, the Most Holy Sacrament.

Psalm 117

O praise the Lord all ye nations; O praise Him all ye peoples. For His merciful kindness is ever more and more towards us; And the truth of the Lord endureth forever. Glory be to the Father, and to the Son, and to the Holy Ghost, As it was in the beginning, is now, and ever shall be, World without end. Amen.

Ant: Let us forever adore, the Most Holy Sacrament.

*All present now stand while the hymn **Holy God We Praise Thy Name** is sung. During the singing of this hymn, the Priest and servers process out of the Sanctuary, and proceed to the Sacristy.*

- HOLY GOD WE PRAISE THY NAME -

Holy God, we praise Thy Name;
Lord of all, we bow before Thee!
All on earth Thy scepter claim,
All in Heaven above adore Thee;
Infinite Thy vast domain,
Everlasting is Thy reign.

Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.

Holy Father, Holy Son, Holy Spirit,
Three we name Thee;
While in essence only One,
Undivided God we claim Thee;
And adoring bend the knee,
While we own the mystery.
Amen.

BENEDICTION OF THE MOST BLESSED SACRAMENT (LATIN)



The Priest ascends the steps to the altar, genuflects, takes the Blessed Sacrament out of the Tabernacle and places it in the Monstrance. The Monstrance is placed either in the throne, on the Thabor or on the mensa of the altar itself. When the Priest has exposed the Blessed Sacrament, he descends from the altar, genuflects, and after placing incense into the thurible, he kneels and censes the Blessed Sacrament with three double swings, while the choir and people sing the following hymn.

- O SALUTARIS HOSTIA -

O Salutaris Hostia
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

*The choir and the people now sing the following hymn, **Tantum Ergo**. As the second verse begins, the Priest and servers, bow, then rise while the Priest again places incense into the thurible. They kneel, and the Priest censes the Blessed Sacrament again with three double swings.*

- **TANTUM ERGO** -

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

The Priest sings the following Versicle, while the choir and people make the proper Response.

V. Panem de caelo praestitisti eis.

R. Omne delectamentum in se habentem.

The Priest next sings the following Oration, and then receives the Humeral Veil upon his shoulders.

Oremus: Deus, qui nobis sub sacramento mirabili, passionis tuae memoriam reliquisti: tribue, quaesumus, ita nos corporis et sanguinis tui sacra mysteria venerari, ut redemptionis tuae fructum in nobis iugiter sentiamus. Qui vivis et regnas in saecula saeculorum.

R. Amen.

The Priest ascends the steps to the altar, takes the Monstrance into the Humeral Veil and turning to the people, blesses them with the Monstrance in the Sign of the Cross. He turns back to the altar, replaces the Monstrance in the throne or upon the Thabor or the mensa of the altar, and returns to the foot of the steps, where he kneels and leads the people in the Divine Praises. The people repeat each invocation after the Priest.

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Ant: Adoremus in aeternum sanctissimum Sacramentum.

Psalm 117

Laudate Dominum omnes gentes: laudate eum omnes populi. Quoniam confirmata est super nos misericordia ejus: et veritas Domini manet in aeternum. Gloria Patri, Filio, et Spiritui Sancto: Sicut erat in principio, et nunc et semper, et in saecula saeculorum. Amen.

Ant: Adoremus in aeternum sanctissimum Sacramentum.

*All present now stand while the hymn **Holy God We Praise Thy Name** is sung. During the singing of this hymn, the Priest and servers process out of the Sanctuary, and proceed to the Sacristy.*

- HOLY GOD WE PRAISE THY NAME -

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Lord of all, we bow before Thee!
All on earth Thy scepter claim,
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Hark! the loud celestial hymn
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In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.

Holy Father, Holy Son, Holy Spirit,
Three we name Thee;
While in essence only One,
Undivided God we claim Thee;
And adoring bend the knee,
While we own the mystery.
Amen.

