



This Holy Week is like no other. We will not be going to our local church to get blessed palms, have our feet washed, kiss the cross or watch the new Easter candle being lit. This year we will have to find ways to make the week holy at home.

One of the traditions of Holy Week for many families is to go to pray the Stations of the Cross during the week or on Good Friday. To help you pray the Stations of the Cross at home this year we have put together a Slideshow/PowerPoint Presentation and this booklet which offers a simple reflection for each station to be prayed with your family.

You might like to get different members of the family to read the reflections, you might invite grandparents to join you in the prayer on FaceTime, Zoom or whatever way you are communicating at this time.

Create a quiet, prayerful atmosphere by lighting a candle before you begin:

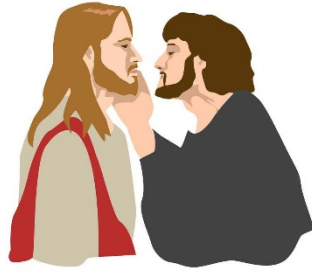
### **Praying the Stations of the Cross**

Make the Sign of the Cross together:

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

## Station 1

Jesus is  
Condemned  
to Death



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed  
the world

The Roman soldiers captured you and threw you into prison. You were laughed at, teased, tortured and finally sentenced to death. You didn't deserve to be treated like that. You were doing God's work, sharing good news.

*Many of us feel like we are in prison in our houses, that we have lost our freedom because of the COVID 19 virus. Life doesn't seem fair, everything has stopped. It's as if our life has come to an end.*

Help us Jesus, to remember that you loved us so much that you were prepared to die for us. Help us to remember that what is happening to us now, will end. As we remember your suffering, we pray for all those who are sick today, all who are scared and alone, all who have no home to stay safe in. Surround them with your love and peace, we pray.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 2

Jesus Receives  
his Cross



**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed  
the world

We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

Jesus was made to carry his heavy cross, all by himself. He must have felt very alone. None of his friends were there to help him. Jesus didn't complain he knew that God would be with him as he walked with his cross.

*Sometimes things happen in life which we find hard to accept. During these last few weeks we may have felt alone at times. We have missed our friends, members of our families who we can't go to see.*

Be with us, Jesus, in these days when life seems very tough. Help us to find something good in every day, to know that you are with us no matter how hard things seem.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

### Station 3

Jesus Falls the  
First Time



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed  
the world

Jesus is exhausted. He is barefoot and the road is hurting his feet. The cross is hurting his shoulders. The crowd is shouting and making fun of him. Jesus falls. All through this, Jesus is praying in his heart and asking God to help him and to stay with him.

*Our hands might be sore from too much washing. We see pictures of nurses and doctors whose faces are sore from wearing face masks. We have probably fallen off our bikes or playing football. It hurts when we fall, sometimes it is even a little embarrassing.*

Like Jesus, we know that God always loves us. God loves us more when we fall, when our hands hurt, when we feel stupid or silly. Help us, Jesus, to remember this and help all those who are hurting because they are working very hard to mind those who are sick to know that God loves them too.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 4

Jesus meets  
his mother



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O  
Christ and we praise you,  
because, by your holy cross  
you have redeemed the world

Mary is standing on the side of the road. Jesus stops and she walks towards him. She sees how much pain he is in. She is so upset to see her beloved son in such pain and wishes that she could make it better. Jesus sees how worried she is and wishes that he could comfort her.

*A lot of people are sad, scared or sick these days. We all wish that we could do something to make them feel a little better. Maybe we feel a little sad or scared ourselves.*

Like Jesus we are lucky to have people in our lives who love us and who want to help us feel better. Take a moment to tell those around you that you love them and that it's ok to be sad and scared these days. Ask Jesus to be with those who are on their own and have nobody to talk to today.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 5

Simon of  
Cyrene helps  
Jesus to carry  
his cross



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed  
the world

Jesus is so tired that he needs help to carry his cross. The soldiers take Simon from the crowd to help him. Even though he is exhausted Jesus takes time to thank Simon for his help.

*We all need to help each other at the moment. People are being very generous with their time and their talents helping in all sorts of ways.*

Take a moment to think of something that you could do as a family to help others this week. It might be saying a prayer for, sending a text message to or face timing somebody that you know who is cocooning at home. It might be drawing or painting a picture to say thank you to all the frontline workers and putting it in your window or it might be doing something to help out at home. Ask Jesus to help you be your best self these days

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 6

Veronica  
wipes the  
face of Jesus



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O  
Christ and we praise you,  
because, by your holy cross  
you have redeemed the  
world

A woman in the crowd, called Veronica, comes to stand beside Jesus. She gently wipes his face with a cloth. Jesus is so grateful. When she looks at the cloth, she sees that the face of Jesus is imprinted on it.

*Imagine the courage it took for Veronica to step out of the crowd and go to Jesus. Everyone else was staying away from him, keeping their distance. We have to keep our distance from everyone except those we live with to try and stop COVID 19 from spreading. That's a really hard thing to do.*

Ask Jesus to give us the courage to stay together when we have to be apart. Help us to think of ways that we can still reach out to others even when we are keeping our distance, perhaps with a smile, or a word of encouragement when we are out for our walk, or in the garden.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 7

Jesus falls the  
second time



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O  
Christ and we praise you,  
because, by your holy cross you  
have redeemed the world

Jesus' journey is not over yet and he feels that he cannot take another step. He falls again. Imagine how he is feeling as he tries to pull himself up and keep going.

*All over the world people are finding it difficult. They are wondering when this COVID 19 journey is going to end, when we can go back to school, to work, when we can play football again, when we can go shopping again. Maybe this helps us to feel in our hearts a little of what Jesus felt on the road to Calvary.*

When Jesus was worried or scared, he called on God, his Father to help him, to give him the strength to keep going. We can ask God for that strength too; we can pray that we will have the courage to keep going and to keep believing that all will be well.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen



## Station 8

Jesus meets  
the women  
of Jerusalem



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed the  
world

Jesus gets up from his fall and continues to walk, carrying his cross. He passes a group of women who are so upset that they are crying for him. Even though he is exhausted and in terrible pain he stops to talk to them. He tells them not to cry for him but to look after one another.

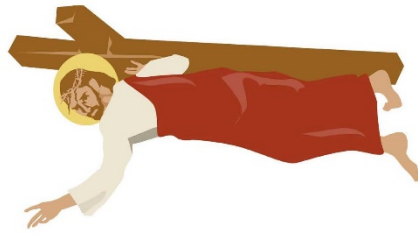
*There are lots of people who are like the women in Jerusalem, feeling upset, but still looking out for one another every day during this crisis. Let's take a moment to remember and give thanks for all those who are working to keep others safe and well in our country at this time.*

Ask God to comfort those who are working to comfort others and keep them safe, the people in our hospitals, shops, garda stations, fire stations, the priests in our parishes and so many others. We pray that they will know that what they do is appreciated by us all.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 9

Jesus falls the  
third time



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed  
the world

It is very hard for Jesus now. He has no energy left and he just cannot go on. He falls again for the third time. As he lies there in pain, he asks God for help. He feels God's presence and gets up to finish his journey.

*When we try our best and still don't succeed, we can sometimes get very discouraged. We might feel like Jesus did; we might want to lie down and not get back up.*

When things seem too hard and we get discouraged we know that we can depend on God to be with us. We pray that we will stay strong and continue to try even when we feel like giving up.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 10

Jesus is  
stripped of  
his clothing



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your  
holy cross you have redeemed the  
world

Jesus finally reaches the end of his journey. He gets to the top of the hill of Calvary. He knows that he will die here. He knows too, that the soldiers are not finished trying to make a fool of him. They pull off his clothes

*Imagine how Jesus felt, standing there in front of the crowd, almost naked. They have taken almost everything away from him. He must have felt very alone and very afraid. We can feel like this too. Maybe someone has said something bad about us that is not true. Maybe we are worried that things are never going to get back to normal, that things will never be the same.*

Jesus believed that God was with him, he believed that his friends would carry on his work helping to share the Good News of God's love for each one of us. We believe that God is with us too. We ask God to help us to have faith so that we can believe that he is always on our side.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 11

Jesus is nailed  
to the cross



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O  
Christ and we praise you,  
because, by your holy cross  
you have redeemed the world

Jesus is nailed to the cross. He hurts all over and he is thirsty. Yet he is still thinking of others. He asks John and his mother to look after each other always. He forgives those who have hurt him and the thieves who are crucified on either side of him.

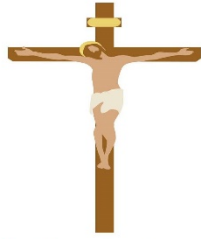
*Sometimes we find it hard to say sorry when we have done something that we shouldn't have. Sometimes we find it hard to forgive those who have hurt us. Take a moment to say sorry for something that you did today that might have hurt another member of your family or to accept a sorry from someone who might have upset you today.*

Jesus always forgave others. We ask Jesus now to help us to be more like him in all that we do and say.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 12

Jesus Dies on  
the Cross



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and we  
praise you, because, by your holy cross  
you have redeemed the world

Finally, after all the pain and that long walk, Jesus bows his head and dies.  
Jesus has given his life for love of all of us.

*Jesus shows such great love and he asks us to show love to one another always.  
This is not easy and it's really not easy when we're all cooped up in the house  
together; when mum and dad are trying to work, children are trying to study or  
play; we can't go out and everything seems strange.*

There are times when we all forget to show love and we make a selfish  
choice. When we feel like we are about to make the wrong choice, let's ask  
Jesus to help us to take a breath and remember the great love that he  
showed for us on the Hill of Calvary.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 13

Jesus is taken  
down from  
the Cross



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O Christ and  
we praise you, because, by your holy  
cross you have redeemed the world

Jesus' body is taken down from the cross. Mary, his mother holds him gently in her arms. She and all his friends are so sad.

*There are many people feeling very sad in our world today because someone in their family has died. We take a moment to remember all the people who have died particularly those we know, love and miss.*

Eternal rest grant unto them O Lord and let perpetual light shine upon them.  
May they rest in peace. Amen.

May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen

## Station 14

Jesus is laid in  
the tomb



We adore you, O Christ, and we praise you, because,  
by your holy cross you have redeemed the world

**All:** We adore you, O  
Christ and we praise you,  
because, by your holy cross you  
have redeemed the world

The friends of Jesus get his body ready to place in a tomb. They say their goodbyes, leave him there and go away very sad because they don't think that they will ever see him again.

*We all find it hard to say goodbye. We have said many goodbyes since COVID 19 began. We have said goodbye to our friends, our teachers, grandparents, aunts, uncles, to things we love to do, to going to church, to sports we love to play, the list seems endless. But we know that we will see all these people again and that we will be able to do all our activities again.*

Jesus' friends saw him again too because he rose again on the third day just like he promised. They continued the work that he began and because of this we are all friends of Jesus too. Let us give thanks that we will be ok, we will see all the people we miss again, we will be able to play and do again, we will be together again and most of all let us give thanks that Jesus is our friend.

Glory be to the Father  
And to the Son  
And to the Holy Spirit  
As it was in the beginning  
is now and ever shall  
be world without end. Amen