

SAINT ALPHONSUS LIGUORI CATHOLIC CHURCH



STATIONS OF THE CROSS

Why do we pray the Stations of the Cross?

The *Via Crucis* (Way of the Cross) is a devotion, particularly appropriate during Lent, by which we meditate upon the final earthly journey of Christ. Jerusalem is the city of the historical Way of the Cross. In the Middle Ages the attraction of the holy places of the Lord's Passion caused some pilgrims to reproduce them in their own city. There is also an historical devotion to the "dolorous journey of Christ" which consisted of journeying from one church to another in memory of Christ's Passion.

This last stage of Christ's journey is unspeakably hard and painful, but He completed it out of love for the Father and for humanity. As we pray the **Stations of the Cross**, we are reminded of our own journey towards heaven. We may also meditate upon the demands of following Christ, which include carrying our own "crosses."

Adapted from *Directory on Popular Piety and the Liturgy* #131-133



What is a Plenary Indulgence?

The *Catechism of the Catholic Church* defines an indulgence as "a remission before God of the temporal punishment due to sins whose guilt has already been forgiven..." Obtaining an indulgence requires *prescribed conditions* (i.e. being in a state of grace) and *prescribed works* (see below).

"An indulgence is **partial** or **plenary** as it removes either **part** or **all** of the temporal punishment due to sin." We can gain indulgences for ourselves or for the dead. *CCC #1471*

"To acquire a plenary indulgence it is necessary to perform the work to which the indulgence is attached and to fulfill the following three conditions [within several days]: sacramental confession, Eucharistic Communion, and prayer for the intention of the Sovereign Pontiff. It is further required that all attachment to sin, even venial sin, be absent."

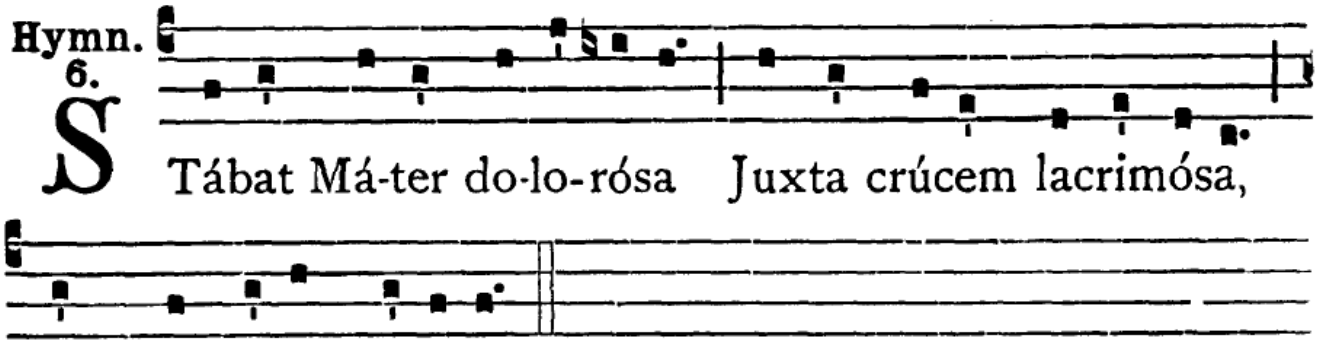
-*Enchiridion Indulgentiarum*, #26

"A plenary indulgence is granted to the faithful who make the pious exercise of the Way of the Cross. Those who are impeded can gain the same indulgence if they spend at least one half an hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ."

-*Enchiridion Indulgentiarum*, #63

Stabat Mater

Hymn. 6.
S Tábat Má-ter do-lo-rósa Juxta crúcem lacrimósa,

The image shows two staves of musical notation. The first staff begins with a treble clef and a common time signature (C). It contains a series of square notes on a five-line staff, with some notes having stems pointing down. A large, decorative initial 'S' is placed at the beginning of the first line of text below the staff. The second staff continues the musical notation with more square notes and stems.

The hymn sung during **Stations of the Cross** is *Stabat Mater Dolorosa*. Although the title is translated as 'the sorrowful (or grieving) Mother stood,' the hymn is known in English as *At the Cross Her Station Keeping*.

Based on the prophecy of Simeon that a sword was to pierce the heart of the Blessed Mother (Luke 2:35), it is considered one of the greatest Latin hymns of all time.

The authorship of the hymn, which was written in the 13th century, is not clear, but it has been attributed to, among others, Pope Innocent III, St. Bonaventure, and Jacopone da Todi. It was translated into English by Edward Caswell in the 1800s.

The hymn's popularity has inspired many musical settings to be written by dozens of composers, including Bach, Dvořák, Haydn, Liszt, Palestrina, Rossini, Schubert, Verdi and Vivaldi.

In the past, the hymn was the Sequence for the Mass on the Friday before Palm Sunday, as well as the Seven Sorrows of Mary on September 15. No longer used on the Friday prior to Holy Week, it is an option on September 15. Currently, it is most commonly used during the Stations of the Cross

Common Prayers used during Stations of the Cross

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.

Hail Mary,

Full of Grace,
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners now,
and at the hour of our death.
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.

Exposition of the Blessed Sacrament



The presider processes in with the Holy Eucharist to be placed on the altar. After the Holy Eucharist is placed on the altar, the presider and the servers kneel on the sanctuary steps.

As the Holy Eucharist is being incensed all join in singing:

O Saving Victim / O Salutaris

1. O - sa - lu - tá - ris hó - s' - a, Quae
2. U - ni tri - nó - que Dó - mi - no Sit

cae - li pan - dis ó - sti - um: Bel - la pre - munt ho -
sem - pi - tér - na gló - ri - a: Qui vi - tam si - ne

stí - li - á, Da ro - bur fer au - xí - li - um.
tér - mi - no No - bis do - net in pá - tri - a.

Text: Thomas Aquinas, 1227-1275; tr. by Edward Caswall, 1814-1878, alt.
Tune: DUGUET, LM; Dieu donne Duguet, d.1767

Sign of the Cross

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

All: ... as it was in the beginning, is now, and ever shall be, world without end.

Reading from Sacred Scripture

Homily

Stations of the Cross of Saint Alphonsus Liguori

Based on a revision by Thomas M. Santa, C.S.S.R

Period of Silence

Please kneel.

During this time, you may silently make an intention to gain an indulgence, either for yourself or for others.

Preparatory Prayer

Presider: Let us pray...

All: My Lord, Jesus Christ,
you have made this journey
to die for me with unspeakable love,
and I have so many times
ungratefully abandoned You.
But now I love You with all my heart;
and, because I love You,
I am sincerely sorry for ever having offended You.
Pardon me, my God,
and permit me to accompany You on this journey.
You go to die for love of me;
I want, my beloved Redeemer,
to die for love of You.
My Jesus, I will live and die always united to You.

Please stand.



**At the cross her station keeping,
stood the mournful Mother weeping,
close to Jesus to the last.**

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

The First Station: Pilate Condemns Jesus to Die

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (*Kneel*)

R: My adorable Jesus, it was not Pilate;

no, it was my sins that condemned You to die.

I beseech You, by the merits of this sorrowful journey,

to assist my soul on its journey to eternity.

I love You, beloved Jesus; I love You more than I love myself.

With all my heart I repent of ever having offended You.

Grant that I may love You always; and then do with me as You will.

All pray: **Our Father, Hail Mary, Glory Be (*Rise*)**

All sing: **O how sad and sore distressed
was that Mother, highly blessed,
of the sole-begotten One.**

The Second Station: Jesus Accepts His Cross

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father on our behalf, the death He was about to suffer. (*Kneel*)

R: My most beloved Jesus,

I embrace all the sufferings You have destined for me until death.

I beg You, by all You suffered in carrying Your cross,

to help me carry mine with Your perfect peace and resignation.

I love You, Jesus, my love; I repent of ever having offended You.

Never let me separate myself from You again.

Grant that I may love You always; and then do with me as You will.

All pray: **Our Father, Hail Mary, Glory Be (*Rise*)**

All sing: **Christ above in torment hangs,
she beneath beholds the pangs
of her dying glorious Son.**

The Third Station: Jesus Falls the First Time

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider the first fall of Jesus. Loss of blood from the scourging and crowning with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. *(Kneel)*

**R: My beloved Jesus, it was not the weight of the cross
but the weight of my sins which made You suffer so much.
By the merits of this first fall, save me from falling into mortal sin.
I love You, O my Jesus, with all my heart; I am sorry that I have offended You.
May I never offend You again.
Grant that I may love You always; and then do with me as You will.**

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

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

The Fourth Station: Jesus Meets His Afflicted Mother

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how the Son met his Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly. *(Kneel)*

**R: My most loving Jesus, by the pain You suffered in this meeting
grant me the grace of being truly devoted to Your most holy Mother.
And You, my Queen, who was overwhelmed with sorrow,
obtain for me by Your prayers
a tender and a lasting remembrance of the passion of Your divine Son.
I love You, Jesus, my Love, above all things. I repent of ever having offended You.
Never allow me to offend You again.
Grant that I may love You always; and then do with me as You will.**

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

All sing: **Can the human heart refrain
from partaking in her pain,
in that Mother's pain untold?**

The Fifth Station: Simon Helps Jesus Carry the Cross

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord. *(Kneel)*

R: My beloved Jesus, I will not refuse the cross as Simon did:

I accept it and embrace it.

I accept in particular the death that is destined for me with all the pains that may accompany it.

I unite it to Your death and I offer it to You.

You have died for love of me; I will die for love of You and to please You.

Help me by Your grace. I love You, Jesus, my Love;

I repent of ever having offended You. Never let me offend You again.

Grant that I may love You always; and then do with me as You will.

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

All sing: **Bruised, derided, cursed, defiled,
she beheld her tender Child
all with bloody scourges rent.**

The Sixth Station: Veronica Offers Her Veil to Jesus

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of his sacred countenance. *(Kneel)*

R: My beloved Jesus, Your face was beautiful before You began this journey;

but now, it no longer appears beautiful

and is disfigured with wounds and blood.

Alas, my soul also was once beautiful when it received

Your grace in Baptism; but I have since disfigured it with my sins.

You alone, my Redeemer, can restore it to its former beauty.

Do this by the merits of Your passion; and then do with me as You will.

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

All sing: **For the sins of His own nation,
saw Him hang in desolation,
till His spirit forth He sent.**

The Seventh Station: Jesus Falls the Second Time

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord. (*Kneel*)

**R: My most gentle Jesus, how many times You have forgiven me;
and how many times I have fallen again and begun again to offend You!
By the merits of this second fall, give me the grace
to persevere in Your love until death.**

Grant, that in all my temptations, I may always have recourse to You.

I love You, Jesus, my Love with all my heart;

I am sorry that I have offended You. Never let me offend You again.

Grant that I may love You always; and then do with me as You will.

All pray: **Our Father, Hail Mary, Glory Be (*Rise*)**

All sing: **O thou Mother! fount of love! Make me feel as thou hast felt;
Touch my spirit from above, make my soul to glow and melt
make my heart with thine accord: with the love of Christ my Lord.**

**Holy Mother! pierce me through;
in my heart each wound renew
of my Savior crucified.**

The Eighth Station: Jesus Speaks to the Women

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, "Weep not so much for me, but rather for Your children." (*Kneel*)

**R: My Jesus, laden with sorrows,
I weep for the sins which I have committed against You
because of the punishment I deserve for them;
and, still more, because of the displeasure they have caused You
who have loved me with an infinite love. It is Your love, more than the fear of
hell, which makes me weep for my sins. My Jesus, I love You more than myself;
I am sorry that I have offended You. Never allow me to offend You again.
Grant that I may love You always; and then do with me as You will.**

All pray: **Our Father, Hail Mary, Glory Be (*Rise*)**

All sing: **Let me share with thee His pain,
Who for all my sins was slain,
Who for me in torments died.**

The Ninth Station: Jesus Falls the Third Time

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. *(Kneel)*

R: My outraged Jesus, by the weakness You suffered in going to Calvary, give me enough strength to overcome all human respect and all my evil passions which have led me to despise Your friendship. I love You, Jesus my Love, with all my heart; I am sorry for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me as You will.

*All pray: Our Father, Hail Mary, Glory Be *(Rise)**

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

The Tenth Station: Jesus Is Stripped of His Garments

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated and tell Him: *(Kneel)*

R: My innocent Jesus, by the torment You suffered in being stripped of Your garments, help me to strip myself of all attachment for the things of earth that I may place all my love in You who are so worthy of my love. I love You, O Jesus, with all my heart; I am sorry for ever having offended You. Never let me offend You again. Grant that I may love You always; and then do with me as You will.

*All pray: Our Father, Hail Mary, Glory Be *(Rise)**

*All sing: At the cross your sorrow sharing,
All your grief and torment bearing,
Let me stand and mourn with you.*

The Eleventh Station: Jesus Is Nailed to the Cross

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (*Kneel*)

**R: My despised Jesus, nail my heart to the cross
that it may always remain there to love You and never leave You again.
I love You more than myself; I am sorry for ever having offended You.
Never permit me to offend You again.
Grant that I may love You always; and then do with me as You will.**

*All pray: Our Father, Hail Mary, Glory Be (*Rise*)*

*All sing: Virgin of all virgins blest,
listen to my fond request:
let me share thy grief divine.*

The Twelfth Station: Jesus Dies Upon the Cross

V: We adore You, O Christ, and we praise You. (*Genuflect*)

R: Because, by Your holy cross, You have redeemed the world. (*Rise*)

V: Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (*Kneel*)

**R: My dying Jesus, I devoutly kiss the cross on which You would die for love of me.
I deserve, because of my sins, to die a terrible death; but Your death is my hope.
By the merits of Your death,
give me the grace to die embracing Your feet and burning with love of You.
I yield my soul into Your hands. I love You with my whole heart.
I am sorry that I have offended You. Never let me offend You again.
Grant that I may love You always; and then do with me as You will.**

*All pray: Our Father, Hail Mary, Glory Be (*Rise*)*

*All sing: Let me, to my latest breath,
in my body bear the death
of that dying Son of thine.*

The Thirteenth Station: Jesus Is Taken Down from the Cross

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom. *(Kneel)*

**R: O Mother of Sorrows, for the love of Your Son,
accept me as Your servant and pray to Him for me.
And You, my Redeemer, since You have died for me, allow me to love You,
for I desire only You and nothing more. I love You, Jesus my Love,
and I am sorry that I have offended You. Never let me offend You again.
Grant that I may love You always; and then do with me as You will.**

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

All sing: **Wounded with His every wound,
steep my soul till it hath swooned
in His very Blood away.**

The Fourteenth Station: Jesus Is Placed in the Sepulcher

V: We adore You, O Christ, and we praise You. *(Genuflect)*

R: Because, by Your holy cross, You have redeemed the world. *(Rise)*

V: Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. *(Kneel)*

**R: Oh, my buried Jesus, I kiss the stone that closes You in.
But You gloriously did rise again on the third day.
I beg You by Your resurrection that I may be raised gloriously on the last day,
to be united with You in heaven, to praise You and love You forever.
I love You, Jesus, and I repent of ever having offended You.
Grant that I may love You always; and then do with me as You will.**

All pray: **Our Father, Hail Mary, Glory Be *(Rise)***

All sing: **Be to me, O Virgin, nigh, Christ, when Thou shalt call me hence,
lest in flames I burn and die, be Thy Mother my defense,
in His awful Judgment Day. be Thy Cross my victory.**

**While my body here decays,
may my soul Thy goodness praise,
safe in Paradise with Thee.**

After the 14th Station, the presider and the servers return to the sanctuary steps and kneel.

Benediction

Presider: You have given them Bread from Heaven.

All: Having all sweetness within it.

Presider: Let us pray. . .

**Lord Jesus Christ,
you gave us the Eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your Body and Blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, for ever and ever.**

All: Amen.

The presider, with humeral veil on, goes to the altar and then blesses the assembly with the Holy Eucharist while a server incenses. The presider then returns to the foot of the sanctuary steps, kneels, and all join in reciting 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 Spirit, 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 St. Joseph, her most chaste spouse.
Blessed be God in His angels and in His saints.**

The presider retrieves the Holy Eucharist, and led by the servers, processes out to the Daily Chapel. The assembly remains kneeling until the Blessed Sacrament has left the nave, at which time all stand. All sing:

Holy God, We Praise Thy Name



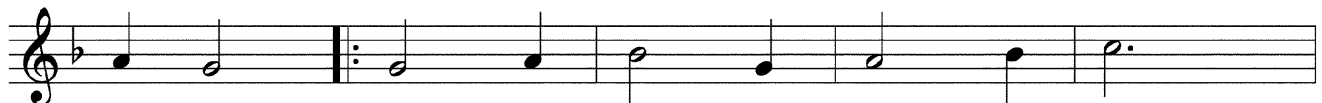
1. Ho - ly God, we praise thy name! Lord of
 2. Hark! the loud ce - les - tial hymn An - gel
 3. Ho - ly Fa - ther, Ho - ly Son, Ho - ly



all, we bow be - fore thee; All on earth thy
 choirs a - bove are rais - ing; Cher - u - bim and
 Spir - it, Three we name thee, While in es - sence



scep - ter claim, All in heav'n a - bove a -
 Ser - a - phim In un - ceas - ing cho - rus
 on - ly One, Un - di - vid - ed God we



dore thee; In - fi - nite thy vast do - main,
 prais - ing, Fill the heav'ns with sweet ac - cord:
 claim thee, And a - dor - ing bend the knee,

Repeat ad lib.



Ev - er - last - ing is thy reign.
 Ho - ly, ho - ly, ho - ly Lord!
 While we own the mys - ter - y.

Presider's Copy (with Benediction Prayer)