



Under The Holy Cross

PARISH ✠ PILGRIMAGE ✠ RETREAT

THE BLESSING OF PILGRIMS

The Priest says:

May the almighty and merciful Lord
lead you in the way of peace and prosperity.
May the Angel Raphael be your companion on the journey
and bring you back to your homes in peace, health, and happiness.

All say:

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him,

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

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.

℣. Lord, have mercy.

℞. Lord, have mercy.

℣. Christ, have mercy.

℞. Christ, have mercy.

℣. Lord, have mercy.

℞. Lord, have mercy.

All say:

Our Father...

The Priest says:

God, who led the children of Israel dry-shod through the sea,
and showed the way to the three Magi by the guidance of a star;
grant these pilgrims, we pray, a happy journey and peaceful days,
so that, with your holy angel as a guide,
they may safely reach their destination
and finally come to the haven of everlasting salvation.
God, who led your servant, Abraham out of Ur of the Chaldeans,
and kept him safe in all his wanderings;
may it please you, we pray, also to watch over these servants of yours.
Be to them, Lord, a help in their preparations, comfort on the way,
shade in the heat, shelter in the rain and cold,
a carriage in tiredness, a shield in adversity,
a staff in insecurity, a haven in shipwreck;
so that under your guidance they may happily reach their destination,
and finally return safe to their homes.

Lord, we beg you to hear our request
that you guide the steps of your servants along the path of well-being
that comes from you, and that in the midst of this fickle world
they may always live under your protection.
Grant, we pray, O almighty God,
that your family of pilgrims find a safe route;
and heeding the admonitions of blessed John, the precursor,
come finally to Him whom John foretold, your Son, Jesus Christ our Lord.
Hear, Lord, our prayers,
and kindly accompany your servants on their journey;
and as you are present everywhere lend them your aid at all times,
so that with you as their shield they will be defended from all dangers
and pay you their homage of gratitude.
Through Christ our Lord.

℟. Amen.

May the peace and blessing of almighty God,
the Father, the Son, and ✠ the Holy Spirit,
come down upon you and remain with you forever.

℟. Amen.

THE HOLY ROSARY

The Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including the Virgin Mary, all bow.
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

The Lord's Prayer

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

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.

The Doxology

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.

The Fatima Prayer

O my Jesus, forgive us our sins and save us from the fires of Hell.
Lead all souls to heaven, especially those in most need of Thy mercy.



- 1st Sorrowful Mystery, The Agony in the Garden ✠ Holy Family Church
2nd Sorrowful Mystery, The Scourging at the Pillar ✠ Holy Family Primary School
3rd Sorrowful Mystery, The Crowning with Thorns ✠ Delany College
4th Sorrowful Mystery, The Carrying of the Cross ✠ Holy Trinity Primary School
5th Sorrowful Mystery, The Crucifixion ✠ Holy Trinity Church

THE STATIONS OF THE CROSS

The Priest says:

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

℟. Amen.

The Priest says:

The Lord be with you.

℟. And with your spirit.

The Priest says:

My Lord and my God,
under the loving care of our Mother,
we are making ready to accompany you along this path of sorrow,
which was the price paid for our redemption.
We wish to suffer all that you suffered,
to offer you our poor, contrite hearts,
because you are innocent, and yet
you are going to die for us,
who are the only really guilty ones.
My mother, Virgin of sorrows,
help us to relive these bitter hours,
which your Son wished to spend on earth,
so that we, who were made from a handful of clay,
may finally live
in libertatem gloriæ filiorum Dei,
in the freedom and glory of the children of God.



*By the Cross her vigil keeping,
stands the Queen of sorrows weeping
while her Son in torment hangs.*

THE FIRST STATION
JESUS IS CONDEMNED TO DEATH

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

It is after ten in the morning. The trial is moving to its close. There has been no conclusive evidence. The judge knows that his enemies have handed Jesus over to him out of envy, and he tries an absurd move: a choice between Barabbas, a criminal accused of robbery and murder, and Jesus, who says he is Christ. The people choose Barabbas, and Pilate exclaims: “What am I to do then, with Jesus?” (Matt 27:22). They all reply: “Crucify him!” The judge insists: “Why, what evil has he done?” Once again they respond, shouting: “Crucify him! Crucify him!” Pilate is frightened by the growing uproar. So he sends for water, and washes his hands in the sight of the people, saying as he does so: “I am innocent of the blood of this just man; it is your affair” (Matt 27:24). And having had Jesus scourged, he hands him over to them to be crucified. Their frenzied and possessed throats fall silent. As if God had already been vanquished. Jesus is all alone. Far off now are the days when the words of the Man-God brought light and hope to men’s hearts, those long processions of sick people whom he healed, the triumphant acclaim of Jerusalem when the Lord arrived, riding on a gentle donkey. If only men had wanted to give a different outlet to God’s love! If only you and I had recognised the day of the Lord!

All say Our Father, Hail Mary, and Glory be.



*Now she feels O heart afflicted
by the sword of old predicted! —
more than all a mother's pangs.*

THE SECOND STATION
JESUS TAKES UP HIS CROSS

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Outside the city, to the north-west of Jerusalem, there is a little hill: Golgotha is its name in Aramaic; in Latin: the place of skulls or Calvary. Offering no resistance, Jesus gives himself up to the execution of the sentence. He is to be spared nothing, and upon his shoulders falls the weight of the ignominious cross. But, through love, the Cross is to become the throne from which he reigns. The people of Jerusalem and those from abroad who have come for the Passover push their way through the city streets, to catch a passing glimpse of Jesus of Nazareth, the King of the Jews. There is a tumult of voices, and, now and then, short silences: perhaps when Jesus fixes his eyes on someone: “If anyone wishes to come after me, let him take up his cross daily and follow me” (Matt 16:24). How lovingly Jesus embraces the wood which is to bring him to death! Is it not true that as soon as you cease to be afraid of the Cross, of what people call the cross, when you set your will to accept the Will of God, then you find happiness, and all your worries, all your sufferings, physical or moral, pass away? Truly the Cross of Jesus is gentle and lovable. There, sorrows cease to count; there is only the joy of knowing that we are co-redeemers with Him.

All say Our Father, Hail Mary, and Glory be.



*Sad and heavy stands beside him
she who once had magnified him
once begotten only born.*

THE THIRD STATION
JESUS FALLS THE FIRST TIME

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

The heavy Cross cuts and tears into Our Lord's shoulders. The crowd has swollen into a multitude, and the legionaries can scarcely contain the angry, surging mob which, like a river that has burst its banks, flows through the streets and alleyways of Jerusalem. The worn out body of Jesus staggers now beneath the huge Cross. His most loving Heart can barely summon up another breath of life for his poor wounded limbs. To right and left, Our Lord sees the multitude moving around like sheep without a shepherd. He could call them one by one by their names, by our names. There they are, those who were fed at the multiplication of the loaves and fishes, those who were cured of their ailments, those he taught by the lakeside, on the mountain and in the porticoes of the Temple. A sharp pain pierces the soul of Jesus; Our Lord falls to the ground exhausted. You and I can say nothing: now we know why the Cross of Jesus weighs so much. We weep over our wretched failings and also for the terrible ingratitude of the human heart. From the depths of our soul there comes an act of real contrition, that lifts us up from the prostration of sin. Jesus has fallen that we might get up: once and for all.

All say Our Father, Hail Mary, and Glory be.



*While she sees that rich atoning,
long the moaning, deep the groaning
of her mother-heart forlorn.*

THE FOURTH STATION
JESUS MEETS HIS BLESSED MOTHER

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

No sooner has Jesus risen from his first fall than he meets his Blessed Mother, standing by the wayside where He is passing. With immense love Mary looks at Jesus, and Jesus at his Mother. Their eyes meet, and each heart pours into the other its own deep sorrow. Mary's soul is steeped in bitter grief, the grief of Jesus Christ. "O all you that pass by the way, look and see, was there ever a sorrow to compare with my sorrow!" (Lam 1:12). But no one notices, no one pays attention; only Jesus. Simeon's prophecy has been fulfilled: "thy own soul a sword shall pierce" (Lk 2:35). In the dark loneliness of the Passion, Our Lady offers her Son a comforting balm of tenderness, of union, of faithfulness; a "yes" to the divine will. Hand in hand with Mary, you and I also want to console Jesus, by accepting always and in everything the Will of his Father, of our Father. Only thus will we taste the sweetness of Christ's Cross, and come to embrace it with all the strength of Love, carrying it in triumph along the ways of the earth.

All say Our Father, Hail Mary, and Glory be.



*Who, Christ's mother contemplating
in such bitter anguish waiting,
has no human tears to shed?*

THE FIFTH STATION
SIMON OF CYRENE HELPS JESUS TO CARRY THE CROSS

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Jesus is exhausted. His footsteps become more and more unsteady, and the soldiers are in a hurry to be finished. So, when they are going out of the city through the Judgement Gate, they take hold of a man who was coming in from a farm, a man called Simon of Cyrene, the father of Alexander and Rufus, and they force him to carry the Cross of Jesus (cf. Mk 15:21). In the whole context of the Passion, this help does not add up to very much. But for Jesus, a smile, a word, a gesture, a little bit of love is enough for him to pour out his grace bountifully on the soul of his friend. Years later, Simon's sons, Christians by then, will be known and held in high esteem among their brothers in the faith. And it all started with this unexpected meeting with the Cross. "I went to those who were not looking for me; I was found by those that sought me not" (Is 65:1). At times the Cross appears without our looking for it: it is Christ who is seeking us out. And if by chance, before this unexpected Cross which, perhaps, is therefore more difficult to understand, your heart were to show repugnance... don't give it consolations. And, filled with a noble compassion, when it asks for them, say to it slowly, as one speaking in confidence: "Heart: heart on the Cross! Heart on the Cross!"

All say Our Father, Hail Mary, and Glory be.



*Who would leave Christ's mother, sharing
all the pain her Son is bearing,
by those tears uncomforted?*

THE SIXTH STATION
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.

The reader says:

“There is no beauty in him, nor comeliness: and we have seen him, and there was no sightliness, that we should be attracted to him. Despised and the most abject of men, a man of sorrows and acquainted with infirmity; and his look was as it were hidden and despised. Whereupon we esteemed him not” (Is 53:2-3). And it is the Son of God who is passing by, a madman... madly in Love! A woman, Veronica by name, makes her way through the crowd, with a white linen cloth folded in her hands, and with this she reverently wipes the face of Jesus. Our Lord leaves the impression of his Holy Face on the three parts of that veil. The beloved face of Jesus, that had smiled upon children and was transfigured with glory on Mount Tabor, is now, as it were, concealed by suffering. But this suffering is our purification; the sweat and the blood, which disfigure and tarnish his features, serve to cleanse us. Lord, help me decide to tear off, through penance, this pitiful mask I have fashioned with my wretched doings... Then, and only then, by following the path of contemplation and atonement, will my life begin to copy faithfully the features of your life. We will find ourselves becoming more and more like You. We will be other Christs, Christ himself, *ipse Christus*.

All say Our Father, Hail Mary, and Glory be.



*Victim-priest of Jewry's nation,
there he hangs in expiation;
scourge and nail have had their will.*

THE SEVENTH STATION
JESUS FALLS A SECOND TIME

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Outside the walls of the city, the body of Jesus again gives way through weakness, and he falls a second time, amid the shouts of the crowd and the rough handling of the soldiers. Infirmary of body and bitterness of soul have caused Jesus to fall again. All the sins of men—mine too—weigh down on his Sacred Humanity. “He has borne our infirmities and carried our sorrows, and we have taken him for a leper, and as one struck by God and afflicted. But he was wounded for our iniquities and bruised for our sins. On him fell the punishment that brought us salvation, and by his wounds we have been healed” (Is 53:4-5). Jesus stumbles, but his fall lifts us up, his death brings us back to life. To our falling again and again into evil, Jesus responds with his determination to redeem us, with an abundance of forgiveness. And, so that no one may despair, again he wearily raises himself, embracing the Cross. May our stumbles and defeats separate us from Him no more. Just as a feeble child throws itself contritely into the strong arms of its father, you and I will hold tightly to the yoke of Jesus. Only a contrition and humility like this can transform our human weakness into the fortitude of God.

All say Our Father, Hail Mary, and Glory be.



*Earth and heaven his cause forsaking,
now his noble heart is breaking,
now the labouring breath is still.*

THE EIGHTH STATION
JESUS CONSOLES THE WOMEN OF JERUSALEM

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Among the people watching Our Lord as he passes by are a number of women who are unable to restrain their compassion and break into tears, perhaps recalling those glorious days spent with Jesus, when everyone exclaimed in amazement: “he has done all things well” (Mk 7:37). But Our Lord wishes to channel their weeping towards a more supernatural motive, and he invites them to weep for sins, which are the cause of the Passion and which will draw down the rigour of divine justice: “Daughters of Jerusalem, weep not for me, but weep for yourselves and for your children... For if they do these things to the green wood, what shall be done to the dry?” (Luke 23:28,31). Your sins, my sins, the sins of all men, rise up. All the evil we have done and the good that we have neglected to do. The desolate panorama of the countless crimes and iniquities which we would have committed, if He, Jesus, had not strengthened us with the light of his most loving glance. How little a life is for making atonement!

All say Our Father, Hail Mary, and Glory be.



*Mother, fount whence love flows truest,
let me know the pain thou knewest,
let me weep as thou hast wept.*

THE NINTH STATION
JESUS FALLS THE THIRD TIME

✠. We adore you, O Christ, and we praise you.

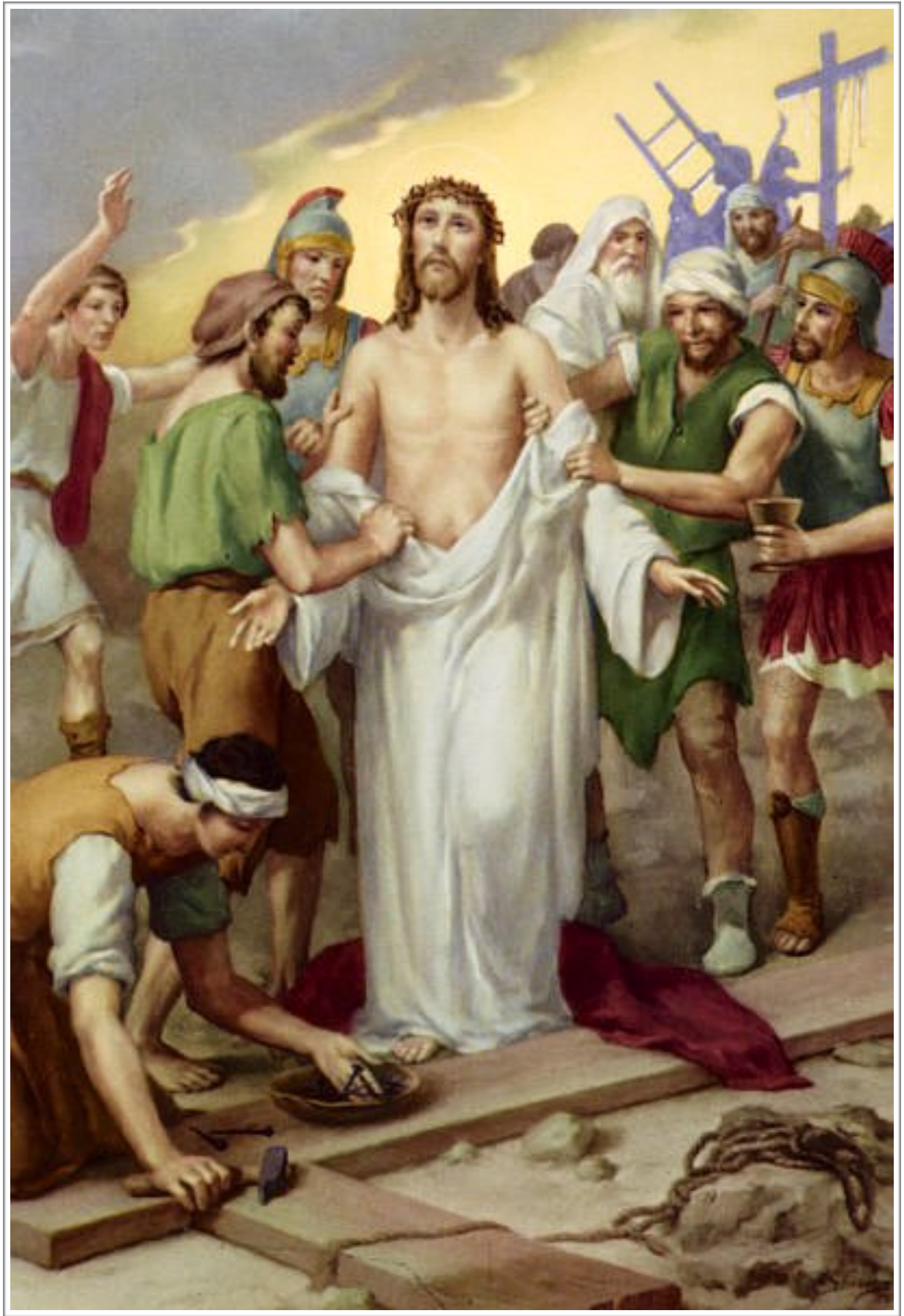
✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Our Lord falls for the third time, on the slope leading up to Calvary, with only forty or fifty paces between him and the summit. Jesus can no longer stay on his feet: his strength has failed him, and he lies on the ground in utter exhaustion. “He offered himself up because it was his will; abused and ill-treated, he opened not his mouth, as a sheep led to the slaughter, dumb as a lamb before its shearers” (Is 53:7). Everyone against Him... the people of the city and those from abroad, and the Pharisees and the soldiers and the chief priests... All of them executioners. His Mother—my Mother—weeps. Jesus fulfils the will of his Father! Poor: naked.

Generous: what is there left for him to surrender? “He loved me and delivered himself up unto death for me” (Gal 2:20). My God! may I hate sin, and unite myself to You, taking the Holy Cross into my arms, so that I, in my turn, may fulfil your most lovable Will... stripped of every earthly attachment, with no other goal but your glory... generously, not keeping anything back, offering myself with you in a perfect holocaust.

All say Our Father, Hail Mary, and Glory be.



*Love divine within me burning,
that diviner love returning,
may thy Son this heart accept.*

THE TENTH STATION
JESUS IS STRIPPED OF HIS GARMENTS

℣. We adore you, O Christ, and we praise you.

℟. Because, by your holy Cross, you have redeemed the world.

The reader says:

When Our Lord arrives at Calvary, he is given some wine to drink mixed with gall, as a narcotic to lessen in some way the pain of the crucifixion. But Jesus, after tasting it to show his gratitude for that kind service, has not wanted to drink (cf. Matt 27:34). He gives himself up to death with the full freedom of Love. Then, the soldiers strip Christ of his garments. “From the soles of his feet to the top of his head, there is nothing healthy in him: wounds and bruises and swelling sores. They are not bound up, nor dressed, nor anointed with oil” (Is 1:6). The executioners take his garments and divide them into four parts. But the cloak is without seam, so they say: “It would be better not to tear it, but let us cast lots for it to see whose it shall be” (John 19:24). Thus, Scripture is again fulfilled: “They divided my garments among them, and upon my vesture they cast lots” (Ps 21:19). Despoiled, stripped, left in the most absolute poverty. Our Lord is left with nothing, save the wood of the Cross. For us to reach God, Christ is the way; but Christ is on the Cross, and to climb up to the Cross we must have our heart free, not tied to earthly things.

All say Our Father, Hail Mary, and Glory be.



*Mother, if my prayer be granted,
those five wounds of his implanted
in my breast I fain would see.*

THE ELEVENTH STATION
JESUS IS NAILED TO THE CROSS

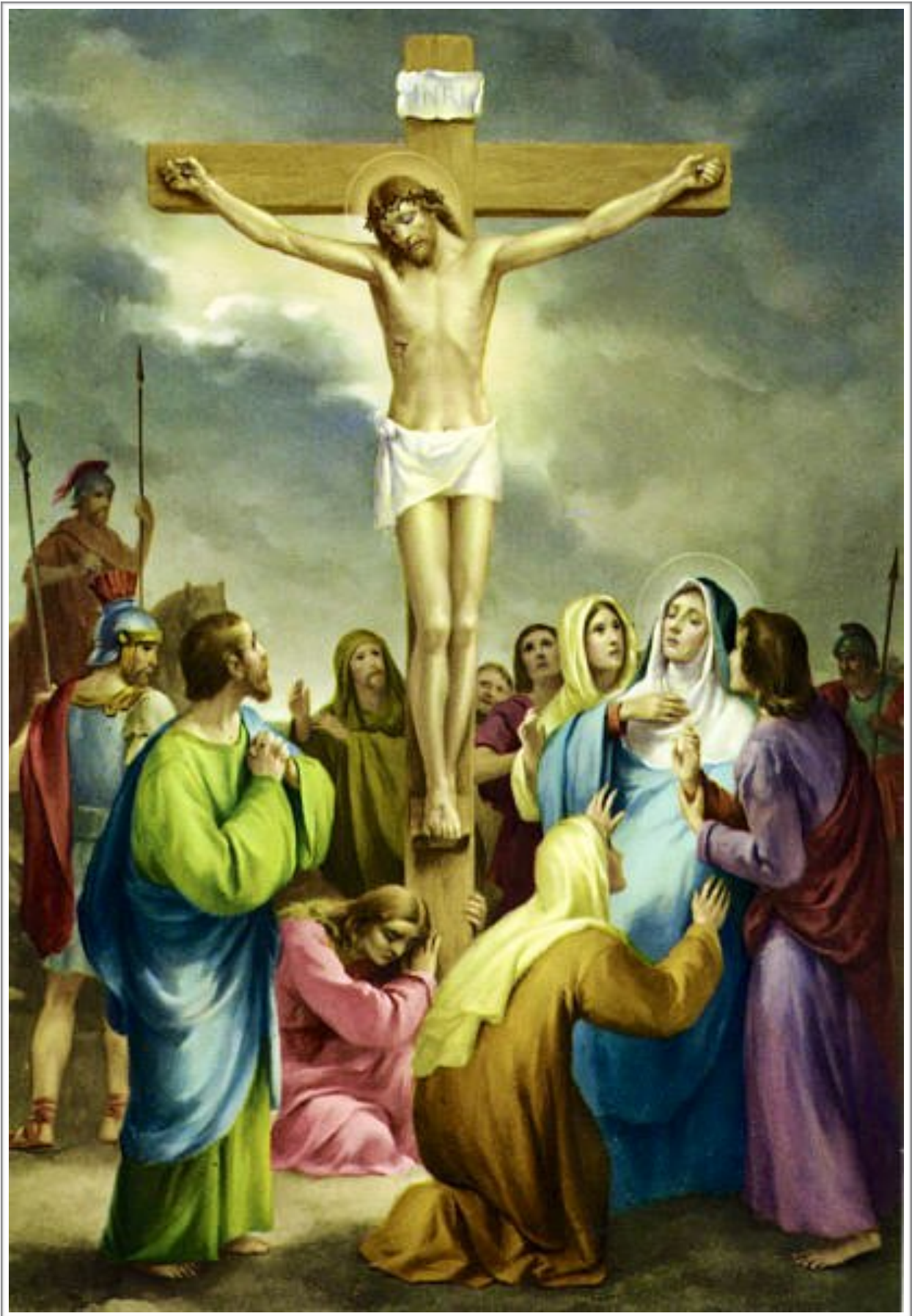
✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Now they are crucifying Our Lord, and with him two thieves, one on his right and one on his left. Meanwhile, Jesus says: “Father, forgive them for they do not know what they are doing” (Lk 23:34). It is Love that has brought Jesus to Calvary. And once on the Cross, all his gestures and all his words are of love, a love both calm and strong. With a gesture befitting an Eternal Priest, without father or mother, without lineage (cf. Heb 7:3), he opens his arms to the whole human race. With the hammer blows with which Jesus is being nailed, there resound the prophetic words of Holy Scripture: “They have pierced my hands and feet. I can count all my bones, and they stare and gloat over me” (Ps 21:17-18). “My people, what have I done to thee, or in what have I saddened thee? Answer me!” (Mi 6:3). And we, our soul rent with sorrow, say to Jesus in all sincerity: I am yours and I give my whole self to You; gladly do I nail myself to your Cross, ready to be in the cross-roads of this world a soul dedicated to You, to your glory, to the work of Redemption, the co-redemption of the whole human race.

All say Our Father, Hail Mary, and Glory be.



*Love exceeding hangs there bleeding,
my cause pleading, my love needing —
bid him share his cross with me.*

THE TWELFTH STATION
JESUS DIES ON THE CROSS

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

On the uppermost part of the Cross the reason for the sentence is written: “Jesus of Nazareth King of the Jews” (Jn 19:19). And all who pass by insult him and jeer at him. “If he is the king of Israel, let him come down here and now from the cross” (Matt 27:42). One of the thieves comes to his defence: “This man has done no evil...” (Lk 23:41). Then, turning to Jesus, he makes a humble request, full of faith: “Lord, remember me when thou comest into thy kingdom” (Lk 23:42). “Truly, I say to thee: This day thou shalt be with me in Paradise” (Lk 23:43). At the foot of the Cross stands his Mother, Mary, with other holy women. Jesus looks at her; then he looks at the disciple whom he loves, and he says to his Mother: “Woman, behold thy son.” Then he says to the disciple: “Behold thy mother (Jn 19:26-27). The sun’s light is extinguished and the earth is left in darkness. It is close on three o’clock, when Jesus cries out: “Eli, Eli, lamma sabacthani? That is: My God, my God, why hast thou forsaken me?” (Matt 27:46). Then, knowing that all things are about to be accomplished, that the Scriptures may be fulfilled, he says: “I am thirsty” (Jn 19:28). The soldiers soak a sponge in vinegar and, placing it on a reed of hyssop, they put it to his mouth. Jesus sips the vinegar, and exclaims: “It is accomplished” (Jn 19:30). The veil of the temple is rent, and the earth trembles, when the Lord cries out in a loud voice: “Father, into thy hands I commend my spirit” (Lk 23:46).

All say Our Father, Hail Mary, and Glory be.



*Till life fails, I would not fail him,
still remember, still bewail him,
born thy Son, and crucified.*

THE THIRTEENTH STATION
JESUS IS LAID IN THE ARMS OF HIS BLESSED MOTHER

✠. We adore you, O Christ, and we praise you.

✠. Because, by your holy Cross, you have redeemed the world.

The reader says:

Mary stands by the Cross, engulfed in grief. And John is beside her. But it is getting late, and the Jews press for Our Lord to be removed from there. Having obtained from Pilate the permission required by Roman law for the burial of condemned prisoners, there comes to Calvary “a councillor named Joseph, a good and upright man, a native of Arimathea. He has not consented to their counsel and their doings, but is himself one of those waiting for the kingdom of God” (Lk 23:50-51). With him too comes Nicodemus, “the same who earlier visited Jesus by night; he brings with him a mixture of myrrh and aloes, about a hundred pounds weight” (Jn 19:39). These men were not known publicly as disciples of the Master. They had not been present at the great miracles, nor did they accompany him on his triumphal entry into Jerusalem. But now, when things have turned bad, when the others have fled, they are not afraid to stand up for their Lord. Between the two of them they take down the body of Jesus and place it in the arms of his most holy Mother. Mary’s grief is renewed. “Where has thy Beloved gone, O fairest of women? Where has he whom thou lovest gone, and we will seek him with thee?” (Cant 5:17). The Blessed Virgin is our Mother, and we do not wish to, we cannot, leave her alone.

All say Our Father, Hail Mary, and Glory be.



*By the cross my vigil keeping, I would spend those hours of weeping,
Queen of sorrows, at thy side.
When. my body lies forsaken, let my ransomed soul awaken
safe, in Paradise, with thee.*

THE FOURTEENTH STATION
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.

The reader says:

Very near Calvary, in an orchard, Joseph of Arimathea had had a new tomb made, cut out of the rock. Since it is the eve of the solemn Pasch of the Jews, Jesus is laid there. Then Joseph, “rolling a great stone, closes the grave door and goes away” (Matt 27:60). Jesus came into the world with nothing; so too, with nothing—not even the place where he rests—he has left us. The Mother of Our Lord—my Mother—and the women who have followed the Master from Galilee, after taking careful note of every thing, also take their leave. Night falls. Now it is all over. The work of our Redemption has been accomplished. We are now children of God, because Jesus has died for us and his death has ransomed us. “You and I have been bought at a great price” (1 Cor 6:20). We must bring into our life, to make them our own, the life and death of Christ. We must die through mortification and penance, so that Christ may live in us through Love. And then follow in the footsteps of Christ, with a zeal to co-redeem all mankind. We must give our life for others. That is the only way to live the life of Jesus Christ and to become one and the same thing with Him.

All say Our Father, Hail Mary, and Glory be.

THE LITANY OF THE HOLY CROSS

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, have mercy.

R. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

V. Christ, hear us.

R. Christ, graciously hear us.

V. God the Father of Heaven,

R. Have mercy on us.

V. God the Son,

Redeemer of the world,

R. Have mercy on us.

V. God the Holy Spirit,

our Advocate,

R. Have mercy on us.

V. Holy Trinity, one God,

R. Have mercy on us.

V. Holy Cross whereon

the Lamb of God was offered,

R. Save us, O Holy Cross.

The response to the following verses is
"Save us, O Holy Cross."

Hope of Christians, **R.**

Pledge of the resurrection
of the dead **R.**

Shelter of persecuted innocence **R.**

Guide of the blind **R.**

Way of those

who have gone astray **R.**

Staff of the lame **R.**

Consolation of the poor **R.**

Restraint of the powerful **R.**

Destruction of the proud **R.**

Refuge of sinners **R.**

Trophy of victory over Hell **R.**

Terror of demons **R.**

Mistress of youth **R.**

Succour of the distressed **R.**

Hope of the hopeless **R.**

Star of the mariner **R.**

Harbour of the wrecked **R.**

Rampart of the besieged **R.**

Father of orphans **R.**

Defence of widows **R.**

Counsel of the just **R.**

Judge of the wicked **R.**

Rest of the afflicted **R.**

Safeguard of childhood **R.**

Strength of manhood **R.**

Last hope of the aged **R.**

Light of those who sit in darkness **R.**

Splendour of kings **R.**

Civiliser of the world **R.**

Shield impenetrable **R.**

Wisdom of the foolish **R.**

Liberty of slaves **R̃.**
Knowledge of the ignorant **R̃.**
Sure rule of life **R̃.**
Heralded by Prophets **R̃.**
Preached by Apostles **R̃.**
Glory of Martyrs **R̃.**
Study of hermits **R̃.**
Chastity of virgins **R̃.**
Joy of priests **R̃.**
Foundation of the Church **R̃.**
Salvation of the world **R̃.**
Destruction of idolatry **R̃.**
Condemnation of the ungodly **R̃.**
Support of the weak **R̃.**
Medicine of the sick **R̃.**
Health of the leprous **R̃.**
Strength of the paralytic **R̃.**
Bread of the hungry **R̃.**
Fountain of those who thirst **R̃.**
Clothing of the naked **R̃.**

Ṽ. Lamb of God, who takes away
the sins of the world,

R̃. Spare us, O Lord.

Ṽ. Lamb of God, who takes away
the sins of the world,

R̃. Hear us, O Lord.

Ṽ. Lamb of God, who takes away
the sins of the world,

R̃. Have mercy on us.

Ṽ. Christ, hear us.

R̃. Christ, graciously hear us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Ṽ. We adore you, O Christ,
and we bless you,

**R̃. Because by your Holy Cross
you have redeemed
the world.**

Behold the Cross of the Lord!

Begone you evil powers!

The Lion of the tribe of Judah,
the Root of David, has conquered!

The Priest says:

O God, who for the redemption of the world,
was pleased to be born in a stable and to die upon a cross;
O Lord Jesus Christ, by your holy sufferings,
which we, your unworthy servants, call to mind:
by your Holy Cross, and by your death, deliver us from the pains of Hell,
and vouchsafe to conduct us where you did conduct the good thief
who was crucified with you.
Who lives and reigns eternally in Heaven.

℟. Amen.

All say:

Sweet the wood, sweet the nails,
sweet the burden which you bear,
for you alone, O Holy Cross,
wast worthy to bear the King
and Lord of Heaven. Amen.

The Priest says:

O holy Mother,
most afflicted by the bitter sorrow
which you endured at the foot of the Cross
during the three hours' agony of Jesus:
we implore you, the children of your sorrows, in our last agony,
that through your intercession we may pass from the bed of death
to form a crown for you in heaven.
Through Christ our Lord.

℟. Amen.

THE DIVINE MERCY CHAPLET

Opening Prayer

You expired, Jesus,
but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.
O Fount of Life, unfathomable Divine Mercy,
envelop the whole world
and empty Yourself out upon us.

(Repeat 3 times)

O Blood and Water,
which gushed forth from the Heart of Jesus
as a fountain of Mercy for us, I trust in You!

The Lord's Prayer

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.

The Convent of the Missionary Sisters of the Blessed Virgin Mary, Queen of the World

Hail Mary

Hail Mary full of Grace,
the Lord is with thee.
Blessed are 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.

The Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
 At the words that follow, up to and including the Virgin Mary, all bow.
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

For each of the five decades on each “Our Father” bead of the rosary, pray:

Eternal Father, I offer you the Body and Blood,
Soul and Divinity of Your Dearly Beloved Son,
Our Lord, Jesus Christ,
in atonement for our sins and those of the whole world.

For each of the five decades on each “Hail Mary” bead of the rosary, pray:

For the sake of His sorrowful Passion,
have mercy on us and on the whole world.

Concluding Prayer (*repeat 3 times*)

Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.

Closing Prayer

Eternal God, in whom mercy is endless
and the treasury of compassion inexhaustible,
look kindly upon us and increase Your mercy in us,
that in difficult moments we might not despair
nor become despondent,
but with great confidence submit ourselves to Your holy will,
which is Love and Mercy itself.

ADORATION OF THE BLESSED SACRAMENT
VESPERS II OF THE EXALTATION OF THE HOLY CROSS

Psalmody

Psalm 109 (110)

The reader says:

This was Love's great deed that death should die,
when Life itself was slain upon the tree.

All say:

The Lord's revelation to my Master:
'Sit on my right:
your foes I will put beneath your feet.'

The Lord will wield from Sion
your sceptre of power:
rule in the midst of all your foes.

A prince from the day of your birth
on the holy mountains;
from the womb before the dawn I begot you.

The Lord has sworn an oath he will not change.
'You are a priest for ever,
a priest like Melchizedek of old.'

The Master standing at your right hand
will shatter kings in the day of his wrath.

He shall drink from the stream by the wayside
and therefore he shall lift up his head.

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.

All say:

This was Love's great deed that death should die,
when Life itself was slain upon the tree.

Psalm 115 (116)

The reader says:

Lord, we venerate your cross as we recall your blessed passion.
You suffered for our sake, have mercy on us.

All say:

I trusted even when I said:
'I am sorely afflicted,'
and when I said in my alarm:
'No man can be trusted.'

How can I repay the Lord
for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name.

My vows to the Lord I will fulfil
before all his people.
O precious in the eyes of the Lord
is the death of his faithful.

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make:
I will call on the Lord's name.

My vows to the Lord I will fulfill
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.

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.

All say:

Lord, we venerate your cross as we recall your blessed passion.
You suffered for our sake, have mercy on us.

Rev 4:11;5:9,10,12

The reader says:

We worship you, Christ, and we bless you.
By your cross, you have redeemed the world.

All say:

Worthy are you, our Lord and God,
to receive glory and honour and power,
for you created all things,
and by your will they existed and were created.

Worthy are you, O Lord,
to take the scroll and to open its seals,
for you were slain,
and by your blood you ransomed men for God
from every tribe and tongue and people and nation.
You have made us a kingdom and priests to serve our God,
and we shall reign on earth.

Worthy is the Lamb who was slain,
to receive power and wealth,
and wisdom and might,
and honour and glory and blessing.

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.

All say:

We worship you, Christ, and we bless you.

By your cross, you have redeemed the world.

Scripture Reading

I Cor 1:23-24

The reader says:

We proclaim Christ—yes, Christ nailed to the cross; and though it is a stumbling block to Jews and folly to Greeks, yet to those who have heard his call, Jews and Greeks alike, he is the power of God and the wisdom of God.

Hymn ‘Tell out my soul (The Magnificat)’

Unison A D G D A D

1 Tell out, my soul, the great-ness of the Lord!
2 Tell out, my soul, the great-ness of his name!
3 Tell out, my soul, the great-ness of his might!
4 Tell out, my soul, the glo-ries of his Word!

A Bm⁷ G D Em F#

Un - num - bered bless - ings give my spir - it voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.

B⁷ Em A⁷

ten - der to me the prom - ise of his Word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great-ness of the Lord

D G D G⁶ A D

in God my Sav - ior shall my heart re - joice.
his ho - ly name, the Lord, the Might - y One.
the hun - gry fed, the hum - ble lift - ed high.
to chil - dren's chil - dren and for - ev - er - more!

Intercessions

The Priest says:

Let us pray to our Redeemer, who went to the cross for our sakes.

℟. Lead us into your kingdom through the cross.

The reader says:

Lord Jesus, you took the form of a slave and became like us: — grant us a share in your humility.

℟. Lead us into your kingdom through the cross.

The reader says:

Lord Jesus, you humbled yourself becoming obedient even unto the death of the cross: — let us share your obedient suffering.

℟. Lead us into your kingdom through the cross.

The reader says:

Lord Jesus, you were raised on high by God, and given a name above every other name: — grant us perseverance, and a share in your glory.

℟. Lead us into your kingdom through the cross.

The reader says:

Let every knee bow at the name of Jesus: — fire the hearts of all with your love.

℟. Lead us into your kingdom through the cross.

The reader says:

Son of God, grant salvation to those who have called you their Lord: — take our deceased brothers and sisters into your kingdom.

℟. Lead us into your kingdom through the cross.

The Lord's Prayer

The Priest says:

At the Saviour's command and formed by divine teaching,
we dare to say:

All say:

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.

**We pray in silent adoration of the Blessed Sacrament during which time the
Sacrament of Penance is available.**

Benediction

The Priest goes to the altar, genuflects and kneels. Then this hymn is sung during which the Priest incenses the Blessed Sacrament.

All sing:

Down in adoration falling,
this great sacrament we hail.
Ancient types have long departed,
newer rites of grace prevail.
Faith for all defects supplying
Where the feeble senses fail.

Glory let us give and blessing
to the Father and the Son.
Honour, might and praise addressing
while eternal ages run.
Equal praise to him confessing
who proceeds from both as one. Amen.

Concluding Prayer

The Priest says:

God our Father,
in obedience to your will
your Only-begotten Son endured the cross for our salvation.
Grant that as we have come to know the mystery of the cross
here on earth,
we may receive its rewards in heaven.
Through Christ our Lord.

℟. Amen.

The Priest puts on the humeral veil and blesses the congregation with the Blessed Sacrament.

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 Saint Joseph, her most chaste spouse.

Blessed be God in his Angels and in his Saints.

The Priest stands and returns to the altar and reposes the Blessed Sacrament in the tabernacle and genuflects.

Hymn 'Hail, Queen of Heaven'

Hail, Queen of heav'n, the ocean star,
guide of the wanderer here below;
thrown on life's surge, we claim thy care,
save us from peril and from woe.
Mother of Christ, star of the sea,
pray for the wanderer, pray for me.

O gentle, chaste, and spotless Maid,
we sinners make our prayers through thee;
remind thy Son that he has paid
the price of our iniquity.
Virgin most pure, star of the sea,
pray for the sinner, pray for me.

And while to him who reigns above,
in Godhead One, in Persons Three,
the source of life, of grace, of love,
homage we pay on bended knee;
do thou, bright Queen, star of the sea,
pray for thy children, pray for me.

Text Copyrights:

Excerpts from the English translation of The Divine Office © 1974, the hierarchies of Australia, England and Wales, Ireland.

Text reprinted here as The Stations of the Cross: St. Josemarie Escriva, *The Way of the Cross*, Princeton, N.J.: Scepter Publishers, 1976.

Rituale Romanum, www.sanctamissa.org

Music Copyrights:

One Licence number A-642489.

‘Tell out my soul’: *Lift Up Your Hearts* 364. Words: Timothy Dudley-Smith (b. 1926), 1961; based on the *Song of Mary*, Luke 1:46-55, © 1962, ren. 1990, Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

Music WOODLANDS (10.10.10.10): Walter Greatorex, 1916, alt. P.D.



GRANVILLE ✚ CATHOLIC

COMMUNITY

