

## ¶ The Gathering

*The ministers enter in silence.*

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

All **Amen.**

All The Lord be with you  
**and also with you**

Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.'

*Matthew 16.24,25*

Let us pray.

Almighty and everlasting God,  
who in your tender love towards the human race sent  
your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and  
humility, and also be made partakers of his resurrection;  
through Jesus Christ our Lord and saviour.

All **Amen.**

All **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

## ¶ The First Station: Jesus is condemned to death

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

Now the chief priests and the elders persuaded the crowds to ask for Barabbas and to have Jesus killed. The governor again said to them, 'which of the two do you want me to release for you?' And they said, 'Barabbas!' Pilate said to them, 'Then what should I do with Jesus Who is called the Messiah?' All of them said, 'Let Him be crucified!'

*Silence is kept.*

O Saviour of the world, who by thy cross  
and precious blood has redeemed us;  
*All* **Save us and help us,  
We humbly beseech thee, O Lord.**

Lord Jesus, you were the victim of religious bigotry: be with those who are persecuted by small-minded authority. You faced the condemnation of fearful hearts: deepen the understanding of those who shut themselves off from the experience and wisdom of others. Help us when our own hearts are fearful.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say the verses of the Stabat Mater*  
At the cross her station keeping,  
Stood the mournful mother weeping,  
Close to Jesus at the last.

## ¶ The Second Station: Jesus takes up his cross

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

They cried out, “Away with him! Away with him! Crucify him!” Pilate asked them, “Shall I crucify your King?” The chief priests answered, “We have no king but the emperor.” Then he handed him over to them to be crucified. So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha.

*John 19.15-17*

*Silence is kept.*

Keep me as the apple of your eye  
*All* **Hide me under the shadow of your wings**

Lord, you took on our troubles, our sins and carried them to Calvary. Your sacrifice was not in vain. Each time we participate in the Eucharist may we become more resolved to help others carry their crosses in life. May we do our best to ensure that our thoughtlessness and extravagance does not add a further burden to the already troubled lives of our brothers and sisters.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

Through her soul, of joy bereaved,  
Bowed with anguish, deeply grieved,  
Felt the sharp and piercing sword

## ¶ The Third Station: Jesus falls for the first time

All We adore thee O Christ, and we bless thee  
**Because by thy holy cross thou hast  
redeemed the world**

He was despised and rejected by others;  
a man of suffering and acquainted with infirmity;  
and as one from whom others hide their faces  
he was despised, and we held him of no account.

*Isaiah 53.3*

*Silence is kept.*

All Though he fall he shall not be cast away  
**For the Lord upholds him with his hand**  
A second Adam to the fight  
All **And to the rescue came.**

Lord, sometimes life just gets on top of us, too much stress, too many demands on our time, too many catastrophes which are not of our making and which touch us only indirectly, but which impinge on our consciousness all the same. Help us to be still and to know that you are God, and that if we can trust all things to you, you will not fail us, and all will be well in ways which are beyond our understanding.

All **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

O that blessed one, grief-laden,  
Blessed Mother, blessed Maiden,  
Mother of the all-holy one.

## ¶ The Fourth Station: Jesus meets his Mother

All We adore thee O Christ, and we bless thee  
**Because by thy holy cross thou hast redeemed the world**

Simeon blessed the Holy Family and said to Mary, “This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed — and a sword will pierce your own soul too.” *Luke 2.35-36*

*Silence is kept.*

All Pray for us, O Holy Mother of God  
**That we may be made worthy of the promises of Christ**

All **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.**

Lord, we pray for families, for those divided by war, hunger, religious division, or the breakdown of the love that once held them together. We ask you to bless our own families, and all whom we love; help us to support and care for one another as you do for us.

All **Holy God, holy and strong, holy and immortal, have mercy upon us.**

*We sing or say*

○ that silent, ceaseless mourning,  
○ those dim eyes, never turning  
From that wondrous suffering Son.

¶ The Fifth Station: Simon of Cyrene helps Jesus to carry his cross

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast redeemed the world**

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus.  
*Luke 23.26*

Whoever does not carry the cross and follow me cannot be my disciple. *Luke 14.27*

*Silence is kept.*

God forbid that we should glory  
*All* **Save in the cross of our Lord Jesus Christ**

Lord Jesus, you were worn down by fatigue:  
be with those from whom life drains all energy.  
You needed the help of a passing stranger:  
give us the humility to receive aid from others.  
And when we see the plight or pleas of others, may we become like Simeon for them in their hour of need.  
May we take on the role of servant in imitation of Jesus who came 'to serve and not to be served'.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*  
Who on Christ's dear Mother gazing,  
In her trouble so amazing,  
Born of woman, would not weep?

## ¶ The Sixth Station: Veronica wipes the face of Jesus

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

Blessed are those who mourn,  
for they will be comforted.  
Blessed are the merciful,  
for they will be shown mercy.  
Blessed are the pure in heart,  
for they will see God. *Matthew 5. 4,7-8*

*Silence is kept.*

The Lord is our light and my salvation  
*All* **Whom then shall we fear?**

Lord, give us the gift of compassion.  
We are so often bound up with our own needs,  
our own concerns.  
Help us to remember that when we feed the hungry,  
welcome the stranger, visit the sick and those who are in  
prison, we will find you in them.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

Who on Christ's dear Mother thinking,  
Such a cup of sorrow drinking,  
Would not share her sorrow deep?

## ¶ The Seventh Station: Jesus falls for the second time

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

You know the insults I receive,  
and my shame and dishonour;  
my foes are all known to you.  
Insults have broken my heart,  
so that I am in despair.  
I looked for pity, but there was none;  
and for comforters, but I found none.

*Psalm 69. 19-20*

*Silence is kept.*

Out of the deep have we called unto thee, O Lord.  
*All* **Lord, hear our voice**

Lord, there are times in our lives when we feel  
overwhelmed by pain and distress, when we cry with the  
psalmist that we would fly away and be at rest. Forgive us  
for the weakness of our faith; we forget that you have  
been in this place before us and that your pain was borne  
for our sake. Help us to trust in your love and your  
strength to uphold us.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

For his people's sins, in anguish,  
There she saw the victim languish  
Bleed in torments, bleed and die.

## ¶ The Eighth Station: Jesus meets the Jerusalem women

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed." Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." For if they do this when the wood is green, what will happen when it is dry?'  
*Luke 23.27-31*

*Silence is kept.*

As for us, we will be talking of your worship;  
*All* **Of your glory, your praise and your wondrous  
works**

Lord Jesus, the women of Jerusalem wept for you: move us to tears at the plight of the broken in our world and embrace us when we weep at your feet. You embraced the pain of Jerusalem, the 'city of peace': bless Jerusalem this day and lead it to the path of profound peace.  
*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*  
Saw the Lord's anointed taken;  
Saw her child in death forsaken;  
Heard his last expiring cry.

## ¶ The Ninth Station: Jesus falls for the third time

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast redeemed the world**

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted.

But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

*Isaiah 53.4,5*

*Silence is kept.*

I will magnify thee, O God, for thou hast set me up  
*All* **And not make my foes to triumph over me.**  
O Lord my God, I cried unto thee.  
**And thou hast healed me.**

Lord, there are times when faith is hard, when you seem very far away from us. Forgive us when the burden of our life drags us down, when we can hardly bring ourselves to look up and see your merciful eyes looking down at us and Your hands reaching out to lift us towards you. Help us to remember that you, the one who was without sin, suffered for us, loving us to the end.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

In the passion of my Maker,  
Be my sinful soul partaker,  
May I bear with her my part.

## ¶ The Tenth Station: Jesus is stripped of his clothing

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him. *Matthew 27.28-31*

This is the Lamb of God  
*All* **who takes away the sin of the world**  
Lord, I am not worthy  
**only say the word and I shall be healed**

Lord, you knew humiliation and embarrassment when you were robbed of your very dignity. You were always the champion of the poor. Now we are called to cover the shame of the world's greed with the garments of generosity and positive action. May we be instrumental in restoring the dignity of those who are made poor by our selfishness.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*  
Of his passion bear the token,  
In a spirit bowed and broken,  
Bear his death within my heart.

## ¶ The Eleventh Station: Jesus is crucified

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

And they crucified him, and divided his clothes among  
them, casting lots to decide what each should take.

*Mark 15.24*

*Silence is kept.*

Christ for us became obedient unto death  
*All* **Even the death of the Cross**

Lord Jesus, you bled in pain as the nails were driven into  
your flesh: You were treated in the same way that many  
people in the world are made to suffer the pain of  
malnutrition and the ravages of illness by the nails of our  
indifference. Lord, lead us to transform, through the  
mystery of your love, the pain of those who suffer.

*All* **Holy God, holy and strong, holy and immortal,  
have mercy upon us.**

*We sing or say*

May his wounds both wound and heal me,  
He enkindle, cleanse, anneal me  
Be his Cross my hope and stay.

## ¶ The Twelfth Station: Jesus dies upon the Cross

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

At three o'clock Jesus cried out with a loud voice,  
'Eloi, Eloi, lema sabachthani?' which means,  
'My God, my God, why have you forsaken me?'

When some of the bystanders heard it, they said, 'Listen,  
he is calling for Elijah.' And someone ran, filled a sponge  
with sour wine, put it on a stick, and gave it to him to  
drink, saying, 'Wait, let us see whether Elijah will come to  
take him down.' Then Jesus gave a loud cry and breathed  
his last.

*Mark 15.34-37*

*Silence is kept.*

In the hour of my death call me  
*All* **And bid me come to thee**  
That with thy saints I may praise you  
**Forever and ever. Amen**

Lord Jesus, you died on the cross  
and entered the bleakest of all circumstances:  
give courage to those who die at the hands of others.  
In death you entered into the darkest place of all:  
illumine our darkness with your glorious presence.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

May he, when the mountains quiver,  
From that flame which burns forever,  
Shield me on the judgement day.

## ¶ The Thirteenth Station: Jesus is taken down from the Cross

We adore thee O Christ, and we bless thee

*All* **Because by thy holy cross thou hast redeemed the world**

Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of Jesus. When Pilate learned from the centurion that Jesus was dead, he granted the body to Joseph. Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth. *Mark 15. 43,45,46*

*Silence is kept.*

O Come to my heart, Lord Jesus

*All* **There is room in my heart for thee**

Lord, you descended into the darkness of death. But your body is placed in good hands and wrapped in a white shroud. Faith has not completely died; the sun has not completely set. In our hours of darkness, when we are tempted to lose heart, help us to know that you are still there. Help us not to leave you alone. Give us a love ready to embrace you in your utter helplessness, like your Mother, who once more holds you to her breast.

*All* **Holy God, holy and strong,  
holy and immortal, have mercy upon us.**

*We sing or say*

Jesu, may thy Cross defend me,  
And thy saving death befriend me,  
Cherished by thy deathless grace:

## ¶ The Fourteenth Station: Jesus is laid in the tomb

We adore thee O Christ, and we bless thee  
*All* **Because by thy holy cross thou hast  
redeemed the world**

So Joseph took the body wrapped in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb.

*Matthew 27.59-61*

*Silence is kept*

O Come to my heart, Lord Jesus  
*All* **There is room in my heart for thee**

Lord Jesus, Lord of life, you became as nothing for us: be with those who feel worthless and as nothing in the world's eyes. You were laid in a cold, dark tomb and hidden from sight: be with all who suffer and die in secret, hidden from the eyes of the world.

*All* **Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

*We sing or say*

When to dust my dust returneth  
Grant a soul that to thee yearneth  
In thy Paradise a place.

## ¶ The Conclusion

Let us pray for the coming of God's kingdom  
in the words our Saviour taught us

*The Lord's Prayer is said*

Most merciful God,  
who by the death and resurrection of your Son Jesus  
Christ delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you, in the unity of the Holy  
Spirit, one God, now and for ever.  
All **Amen.**

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

Christ was manifested in the body, vindicated in the spirit,  
seen by angels, proclaimed among the nations, believed in  
throughout the world, glorified in high heaven.

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

*All* The Lord be with you  
**and also with you.**

May God bless us, that in us may be found  
love and humility, obedience and thanksgiving, discipline,  
gentleness and peace.

*All* **Amen.**

*Silence is kept as we depart or remain seated if Mass follows.*