



# STATIONS OF THE CROSS

HOLY TRINITY CATHOLIC CHURCH

GAINESVILLE, VA

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# STATIONS OF THE CROSS

COMPOSED BY  
SAINT ALPHONSUS LIGUORI

THIS BOOKLET IS DEDICATED  
to the parishioners of  
Holy Trinity Catholic Church

## THE STATIONS OF THE CROSS

The devotion arose first in Jerusalem among the Christians who dwelt there out of veneration for those sacred spots which were sanctified by the suffering of our Divine Redeemer.

From the Holy City this devout exercise was introduced into Europe.

When, in 1342, the Franciscan Fathers established their house in Jerusalem, and undertook the custody of the sacred places of the Holy Land, they began to spread, throughout the Catholic world, the devotion of the Way of the Cross.

This excellent devotion has been repeatedly approved by the Holy See, and is enriched with many Indulgences. To gain them, it is necessary to meditate, according to one's ability, on the Passion and Death of our Lord Jesus Christ, and to go from one Station to another, as the space and number of persons will admit.



## PREPARATION

COMPOSED BY ST. ALPHONSUS LIGUORI

Let each one, kneeling before the High Altar,  
make an Act of Contrition  
and form the intention of gaining the Indulgences  
whether for themselves or for the souls in Purgatory.  
Then say:

My Lord Jesus Christ, You have made this  
journey to die for me with love unutterable,  
and I have so many times unworthily abandoned You,  
but now I love You with my whole heart, and  
because I love You, I repent sincerely 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 wish also, my  
beloved Redeemer, to die for love of You.  
My Jesus, I will live and die always united to You.

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



Pilate said to them, "Then what am I to do with Jesus, the so-called Messiah?" "Crucify him", they all cried.

He said, "Why, what has He committed?"

But they only shouted the louder, "Crucify Him!"

At that, he released Barabbas to them.

Jesus, however, he first had scourged; then he handed Him over to be crucified.

**Mt 27:22-23, 26**



## THE FIRST STATION

### JESUS IS CONDEMNED TO DEATH

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how Jesus, after having been scourged and crowned with thorns, was unjustly condemned by Pilate to die on the Cross.

**PEOPLE** 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 in its journey towards eternity. I love You, my beloved Jesus; I repent with my whole heart for having offended You. Never permit me to separate myself from You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



Afterward they took hold of the reed  
and kept striking Him on the head.  
Finally, when they had finished  
making a fool of Him, they stripped Him  
of the cloak, dressed Him in His own clothes,  
and led Him off to crucifixion.

**Mt 27:30-31**



## THE SECOND STATION

### JESUS CARRIES HIS CROSS

V: We adore You, O Christ, and we bless You.

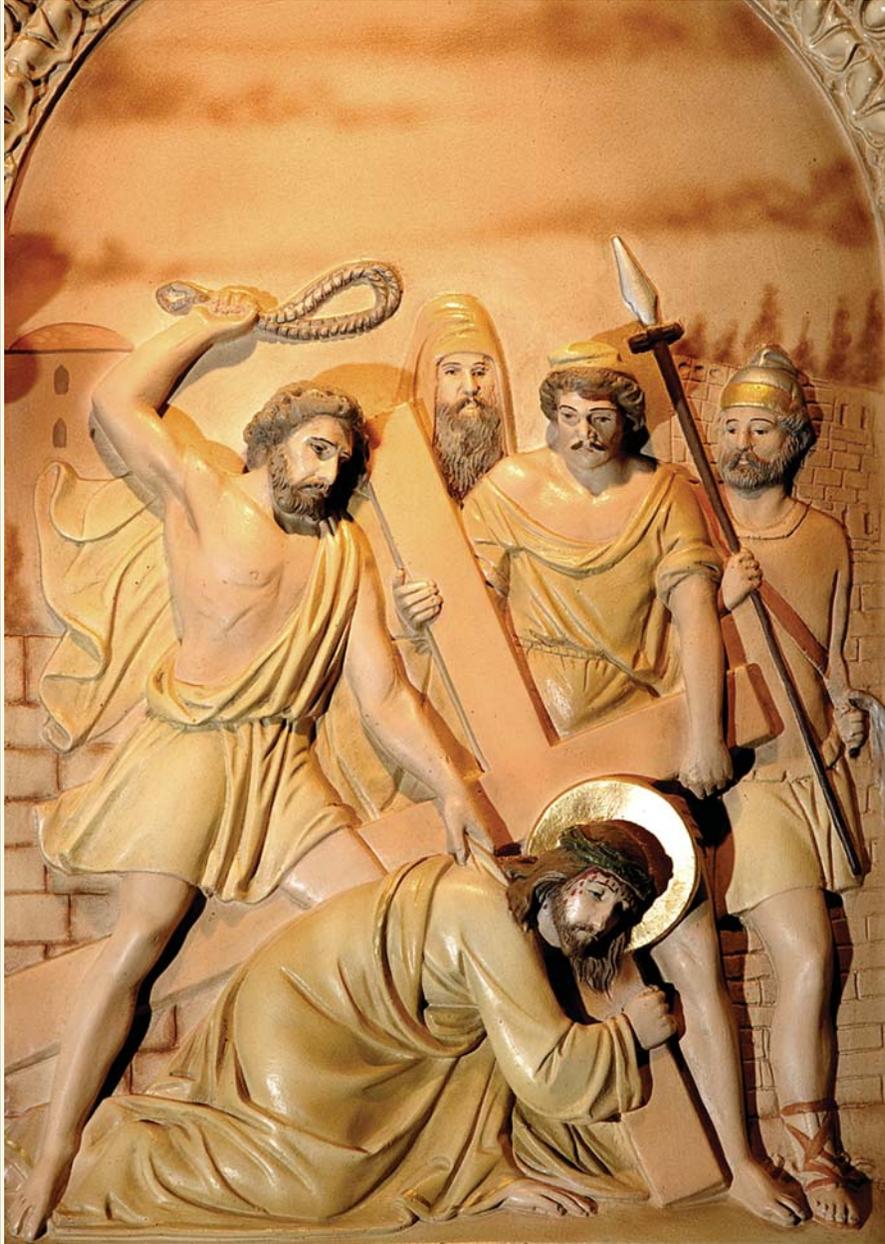
R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how Jesus, in making this journey with the cross on His shoulders thought of us, and for us offered to His Father the death He was about to undergo.

**PEOPLE** My most beloved Jesus, I embrace all the tribulations You have destined for me until death. I beseech You, by the merits of the pain You did suffer in carrying Your Cross, to give me the necessary help to carry mine with perfect patience and resignation. I love You, Jesus my love; I repent for having offended You. Never permit me to separate myself from You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



Yet it was our infirmities that He bore, our sufferings that He endured, while we thought of Him as stricken, as one smitten by God and afflicted. But He was pierced for our offenses, crushed for our sins; upon Him was the chastisement that makes us whole, by His stripes we here healed. We had all gone astray like sheep, each following his own way; But the Lord laid upon Him the guilt of us all.

**Is 53:4-6**



## THE THIRD STATION

### JESUS FALLS THE FIRST TIME

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider this first fall of Jesus under His Cross. His flesh was torn by the scourges; His head crowned with thorns, and He had lost a great quantity of blood. He was so weakened that He could scarcely walk, and yet He had to carry this great load upon His shoulders. The soldiers struck Him rudely, and thus He fell several times in His journey.

**PEOPLE** My most beloved Jesus, it is not the weight of the Cross, but my sins, which have made You suffer so much pain. Ah, by the merits of this first fall, deliver me from the misfortune of falling into mortal sin. I love You, O my Jesus, with my whole heart; I repent for having offended You. Never permit me to separate myself from You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



Simeon blessed them and said to Mary His mother:  
“This child is destined to be the downfall and the rise  
of many in Israel, a sign that will be opposed,  
and you yourself shall be pierced with a sword,  
so that the thoughts of many hearts may be laid bare”...

His mother meanwhile pondered all  
these things in her heart.

**Lk 2:34-35, 51**



## THE FOURTH STATION

### JESUS MEETS HIS SORROWFUL MOTHER

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider the meeting of the Son and the Mother, which took place on the journey. Jesus and Mary looked at each other, and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

**PEOPLE** My most loving Jesus, by the sorrow You experienced in this meeting, grant me the grace of a truly devoted love for Your Most Holy Mother. And you, my Queen, who was overwhelmed with sorrow, obtain for me by your intercession a continual and tender remembrance of the Passion of your Son. I love You, Jesus my love; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



As they led Him away, they laid hold of one Simon the Cyrenian who was coming in from the fields. They put a crossbeam on Simon's shoulder for him to carry along behind Jesus. A great crowd of people followed Him, including women who beat their breasts and lamented over Him.

**Lk 23:26-27**



## THE FIFTH STATION

### SIMON HELPS JESUS TO CARRY THE CROSS

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how the Jews, seeing that each step Jesus took was weakening Him to the point of expiring, and fearing that He would die on the way, when they wished Him to die the ignominious death of the Cross, constrained Simon the Cyrenian to carry the Cross behind our Lord.

**PEOPLE** My most sweet Jesus, I will not refuse the Cross, as the Cyrenian did; I accept it; I embrace it. I accept in particular the death You have destined for me; with all the pains that may accompany it; I unite it to Your death, 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 for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

#### OUR FATHER, HAIL MARY, GLORY BE

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



There was in Him no stately bearing  
to make us look at Him, nor appearance that  
would attract us to Him.  
He was spurned and avoided by men,  
a man of suffering, accustomed to infirmity,  
One of those from whom men hide their faces.  
**Is 53:2-3**



## THE SIXTH STATION

### VERONICA WIPES THE FACE OF JESUS

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how the holy woman named Veronica, seeing Jesus so afflicted, and His face bathed in sweat and blood, presented Him with a towel, with which He wiped His adorable face, leaving on it the impression of His holy countenance.

**PEOPLE** My most beloved Jesus, Your face was beautiful before, but in this journey it has lost all its beauty, and wounds and blood have disfigured it. Alas, my soul also was once beautiful, when it received Your grace in Baptism, but I have disfigured it since by my sins. You alone, my Redeemer, can restore it to its former beauty. Do this by Your Passion, O Jesus. I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

#### OUR FATHER, HAIL MARY, GLORY BE

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



I am a man who knows affliction from the rod of his  
anger, one whom he has led and forced to walk  
in darkness, not in the light... He has blocked My ways  
with fitted stones, and turned My paths aside...  
He has broken My teeth with gravel,  
pressed My face in the dust.

**Lam 3:1-2, 9, 16**



## THE SEVENTH STATION

### JESUS FALLS THE SECOND TIME

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider the second fall of Jesus under the Cross, a fall which renews the pain of all the wounds of the head and members of our afflicted Lord.

**PEOPLE** My most gentle Jesus, how many times You have pardoned me, and how many times have I fallen again, and begun again to offend You. Oh, by the merits of this new fall, give me the necessary help to persevere in Your grace until death. Grant that in all temptations which assail me I may always commend myself to You. I love You, Jesus my love; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



Jesus turned to them and said: Daughters of Jerusalem, do not weep for Me. Weep for yourselves and for your children. The days are coming when they will say, 'Happy are the sterile, the wombs that never bore, and the breasts that never nursed'. Then they will begin saying to the mountains, 'Fall on us', and to the hills, 'Cover us'. If they do these things in the green wood, what will happen in the dry?

**Lk 23:28-31**



## THE EIGHTH STATION

### THE WOMEN OF JERUSALEM WEEP OVER JESUS

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how those women wept with compassion at seeing Jesus in such a pitiable state, streaming with blood, as He walked along. But Jesus said to them: “Weep not for Me, but for your children”.

**PEOPLE** My Jesus, laden with sorrows, I weep for the offenses I have committed against You, because of the pains they have deserved, and still more because of the displeasure they have caused You, who have loved me so much. It is Your love, more than the fear of hell, which causes me to weep for my sins. My Jesus, I love You more than myself; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

O thou Mother! Font of love,  
Touch my spirit from above,  
Make my heart with yours accord.



It is for a man to bear the yoke from his youth,  
Let him sit alone and in silence when it is laid upon him.  
Let him put his mouth to the dust; there may yet be hope.  
Let him offer his cheek to be struck, let him be filled with  
disgrace. For the Lord's rejection does not last  
forever; Though He punishes, He takes pity,  
in the abundance of His mercies.

**Lam 3:27-32**



## THE NINTH STATION

### JESUS FALLS THE THIRD TIME

V: We adore You, O Christ, and we bless You.

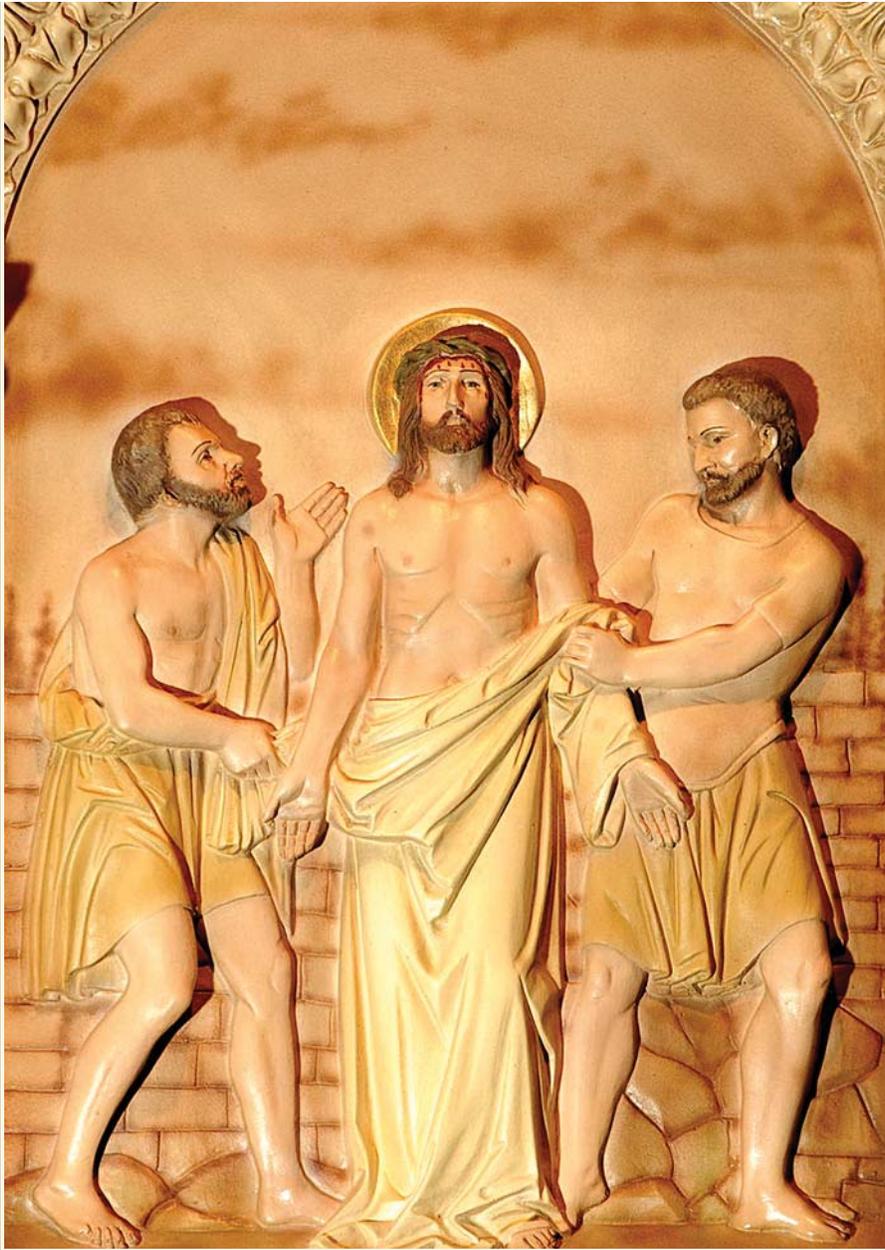
R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider the third fall of Jesus Christ. His weakness was extreme, and the cruelty of His executioners was excessive, who tried to hasten His steps when He had scarcely strength to move.

**PEOPLE** Ah, my outraged Jesus, by the merits of the weakness You did suffer in going to Calvary, give me strength sufficient to conquer all human respect, and all my wicked passions, which have led me to despise Your friendship. I love You, Jesus my love, with my whole heart; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

Make me feel as You have felt;  
Make my soul to glow and melt  
With the love of Christ my Lord.



Upon arriving at a site called Golgotha, a name which means Skull Place, they gave Him a drink of wine flavored with gall, which He tasted but refused to drink. When they had crucified Him, they divided His clothes among them by casting lots; then they sat down there and kept watch over Him.

**Mt 27:33-36**



## THE TENTH STATION

### JESUS IS STRIPPED OF HIS GARMENTS

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider the violence with which the executioners stripped Jesus. His inner garments adhered to His torn flesh, and they dragged them off so roughly that the skin came with them. Comfort your Savior that was cruelly treated, and say to Him:

**PEOPLE** My innocent Jesus, by the merits of the torment You felt, help me to strip myself of all affection to things of earth, in order that I may place all my love in You, who are so worthy of my love. I love You, O Jesus, with my whole heart; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



It was about nine in the morning when they crucified Him. The inscription proclaiming His offenses read:  
“The King of the Jews.”

With Him they crucified two insurgents,  
one at His right and one at His left.

**Mk 15:25-27**



## THE ELEVENTH STATION

### JESUS IS NAILED TO THE CROSS

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how Jesus, after being thrown on the Cross, extended His hands and offered to His Eternal Father the sacrifice of His death for our salvation. These barbarians fastened Him with nails, and then, raising the Cross, allowed Him to die with anguish on this infamous gibbet.

**PEOPLE** My Jesus! Loaded with contempt, nail my heart to Your feet, that it may ever remain there, to love You, and never quit You again. I love You more than myself; I repent for having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



From noon onward, there was darkness over the whole land until midafternoon. Then toward midafternoon Jesus cried out in a loud tone, “Eli, Eli, lema sabachthani?” That is, “My God, My God, why have You forsaken Me?” This made some of the bystanders who heard it remark, “He is invoking Elijah!” Once again Jesus cried out in a loud voice, and then gave up His spirit.

**Mt 27:45-47, 50**



## THE TWELFTH STATION

### JESUS IS RAISED UPON THE CROSS AND DIES

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how Jesus, after three hours of Agony on the Cross, consumed at length with anguish, abandons Himself to the weight of His body, bows His head, and dies.

**PEOPLE** O my dying Jesus, I kiss devoutly the Cross on which You died for love of me. I have merited by my sins to die a miserable death; but Your death is my hope. Ah, by the merits of Your death, give me grace to die, embracing Your feet, and burning with love for You. I yield my soul into Your hands. I love You with my whole heart; I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



The centurion and his men who were keeping watch over Jesus were terror-stricken at seeing the earthquake and all that was happening, and said;  
“Clearly this was the Son of God!”

Many women were present looking on from a distance. They had followed Jesus from Galilee to attend to His needs.

**Mt 27:54-55**



## THE THIRTEENTH STATION

### JESUS IS TAKEN DOWN FROM THE CROSS

V: We adore You, O Christ, and we bless You.

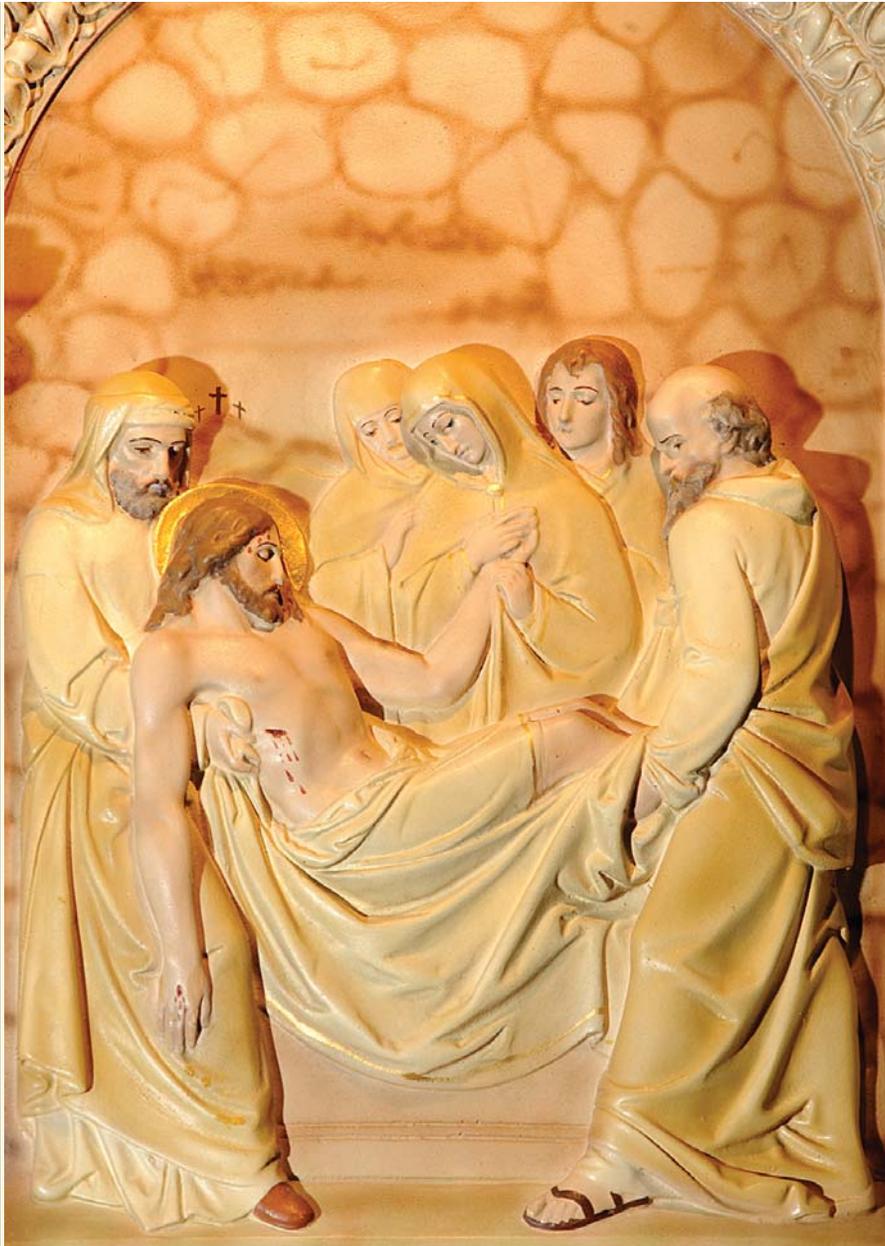
R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how, after the death of our Lord, two of His disciples, Joseph and Nicodemus, took Him down from the cross, and placed Him in the arms of His afflicted Mother, who received Him with unutterable tenderness, and pressed Him to her bosom.

**PEOPLE** O Mother of sorrow, 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, permit me to love You; for I wish for You, and nothing more. I love You, my Jesus, and I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

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



When evening fell, a wealthy man from Arimathea arrived, Joseph by name. He was another of Jesus' disciples, and had gone to request the body of Jesus. There upon Pilate issued an order for its release. Taking the body, Joseph wrapped it in fresh linen and laid it in his own new tomb which had been hewn from a formation of rock. Then he rolled a huge stone across the entrance of the tomb and went away.

**Mt 27:57-60**



## THE FOURTEENTH STATION

### JESUS IS LAID IN THE SEPULCHRE

V: We adore You, O Christ, and we bless You.

R: Because by Your Holy Cross, You have redeemed the world.

**PRIEST** Consider how the disciples carried the body of Jesus to bury it, accompanied by His holy Mother, who arranged it in the sepulchre with her own hands. They then closed the tomb, and all withdrew.

**PEOPLE** Oh, my buried Jesus, I kiss the stone that enclosed You. But You rose again on the third day. I beseech You, by Your resurrection, make me rise gloriously with You on the last day, to be always united with You in heaven, to praise You and love You forever. I love You, and I repent for ever having offended You. Never permit me to offend You again. Grant that I may love You always; and then do with me what You will.

### OUR FATHER, HAIL MARY, GLORY BE

Virgin of all Virgins best!  
Listen to my fond request;  
Let me share your grief divine.



## PRAYER TO JESUS CRUCIFIED

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul, I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope and Charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five wounds, having before my eyes the words which David the prophet put on Your lips concerning You: “They have pierced My hands and My feet, they have numbered all My bones.”

At the end, one Our Father and Hail Mary, at least, should be said for the intention of the Holy Father; this will fulfill the requirements for a plenary indulgence connected to this devotion - so long as a person also fulfills the other requirements.



## HOW TO GAIN A PARTIAL OR PLENARY INDULGENCE

To gain a partial indulgence, a Catholic in good standing must simply perform the prescribed work - in this case make the Way of the Cross - in the state of grace (that is, free of having committed a mortal sin that remains unforgiven in Confession) and have at least a general intention of gaining indulgences. A partial indulgence can be acquired more than once a day, unless otherwise expressly indicated.

To gain a plenary indulgence, however, several additional factors must also be present. All together, they are the following:

1. The person must be a Catholic, not excommunicated, and in the state of grace, that is, free from mortal sin that has not been confessed and forgiven in the Sacrament of Penance.
2. The recipient must go to Confession, receive Holy Communion, and say at least one Our Father and one Hail Mary for the intentions of the Holy Father. These can all be done several days before or after the prescribed “work,” in this case, making the Way of the Cross. But it is more fitting that the Communion and the prayers for the Pope’s intentions be on the same day that the “work” is performed. A single Confession suffices for gaining several plenary indulgences, but sacramental Communion must be received and prayer for the intention of the Holy Father must be recited for the gaining of each plenary indulgence.

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3. The recipient must be free from all attachment to sin, even venial sin. (Although a person might still sin, as we all do, or even be inclined to a habitual sin, such as using God's name in vain, yet so long as the attachment to the sin or the desire to commit it is absent from the person's soul, he or she would be considered "free from attachment to sin.") If this disposition is in any way less than perfect or if any of the prescribed three conditions are not fulfilled, the indulgence will be only partial.
  4. Only one plenary indulgence may be gained per day. But one can obtain the plenary indulgence "for the moment of death," even if another plenary indulgence has been acquired on the same day.
  5. The person must perform the prescribed work, in this case, make the **Stations of the Cross** - with at least the general intention of gaining indulgences. In making the **Stations of the Cross**, the following norms apply:
    - a. The pious exercise must be made in front of each **Station of the Cross**, legitimately erected.
    - b. For the erection of the **Stations of the Cross**, fourteen crosses are erected, to which it is customary to add fourteen picture or images, which represent the stations of Jerusalem.





- c. Although according to the more common practice the pious exercise consists of fourteen pious readings to which some vocal prayers are added, yet nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.
- d. A movement from one station to the next is required, but if the pious exercise is made publicly and if it is not possible for all taking part to go in an orderly way from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their places.
- e. Those who are “impeded” can gain the same indulgence if they spend at least a half hour in pious reading and meditation on the Passion and Death of Our Lord Jesus Christ.

“IF ANY MAN WOULD COME AFTER ME,  
LET HIM DENY HIMSELF AND TAKE UP HIS CROSS  
AND FOLLOW ME”  
MT 16:24



The mission of the Church of the Holy Trinity is  
to lead all parishioners to Heaven and to the  
Beatific Vision of the Blessed Trinity.

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