



## STATIONS OF THE CROSS IN A TIME OF PANDEMIC

[Written by Fr. John J. Ouper]

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## THE FIRST STATION: “CONDEMNED”

Jesus is Condemned to Death

Begin with song:

WHERE YOU THERE?

**W**e pause to reflect on all those  
who have been falsely condemned  
and for those times we may feel that others  
have been unjust towards us.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on all those  
who have done the condemning,  
those who have at times abused power  
or allowed prejudice to lead their actions.

IN ALL OF THIS MAY WE COME TO THE LORD FOR HEALING

In the words of Pope Francis:

“By His cross we are saved,  
By His cross we are redeemed,  
By His cross we are healed and embraced.”

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## THE SECOND STATION: "THE CROSS" Jesus Takes Up His Cross

**W**e pause to reflect on  
the weight of the crosses we and others  
are now carrying in this time of pandemic.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
the burdens we place on others,  
weighing them down,  
making it harder for them.

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## THE THIRD STATION "THE FALL"

Jesus Falls the First Time

**W**e pause to remind ourselves  
of the times we have fallen,  
of the sins that are ever before us  
and the ones we feel can never be forgiven.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to remind ourselves  
of those times when we have looked down upon others,  
because they have fallen and they have sinned.

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## THE FOURTH STATION “MEETINGS”

Jesus Meets His Mother

We pause to call to mind  
the encounters with our parents,  
words spoken, experiences shared,  
and the love that was communicated.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to call to mind  
the things that keep families apart  
in this time of social distancing,  
the tensions that can arise and estrange us from one another.

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## THE FIFTH STATION “HELP”

Jesus is Helped  
by Simon of Cyrene

We pause to call to mind  
the many outreaches of others  
that help ease the burden of those who are  
on the frontlines of fighting the COVID-19 virus  
in this time of crisis.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to call to mind  
those who are now relying on others for help,  
those who have lost their jobs,  
their sources of revenue and their businesses that have closed.

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## THE SIXTH STATION "IMAGES"

Veronica Wipes  
the Face of Jesus

**W**e pause to reflect on  
the many images of the face of Jesus  
that inspire, comfort and bring peace  
to so many in every part of the world.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
those moments when we have been invited to see  
the face of Jesus in the poor, the hungry and the homeless.

IN ALL OF THIS MAY WE COME TO THE LORD FOR HEALING

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End with song: JESUS REMEMBER ME

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THE SEVENTH STATION:  
“BALANCE”  
Jesus Falls the Second Time

We pause to remember  
the agony of losing our balance and stumbling,  
the feeling of helplessness as we see the tragedies around us.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to remember  
the times we have tried to get back up on our own,  
instead of seeking God's help.

IN ALL OF THIS MAY WE COME TO THE LORD FOR HEALING

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THE EIGHTH STATION:  
“INSPIRATION”  
Jesus Meets the Women  
of Jerusalem

We pause to reflect on  
the power of Jesus to gather together groups,  
to calm storms, to hold fears, to bring forgiveness and peace.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
the pain of not being able to gather at this time in usual ways,  
as well as the gatherings that are filled with bitterness and hate,  
where words are used to cause division.

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## THE NINTH STATION: "REOCCURENCE"

Jesus Falls the Third Time

**W**e pause to reflect on  
the deepening sense of despair we feel  
when we commit the same sin, the same action or inaction  
over and over again.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
those times we lose patience with the reoccurrence  
of the brokenness and sinfulness of others  
when unforgiveness traps us.

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THE TENTH STATION:  
“STRIPPED”  
Jesus is Stripped  
of His Garments

We pause to reflect on  
the humiliation of the action when all is taken away,  
our security, our hope, our livelihood.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
those things that we find the hardest to let go of,  
the things that would leave us too vulnerable  
and too exposed.

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THE ELEVENTH STATION:  
“PAIN”  
Jesus is Nailed to the Cross

We pause to remember  
His pain of no longer being able to move freely,  
His hands that blessed and broke bread,  
His feet that walked on water no longer being able to move.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to remember  
our own difficulties to embrace the lack of movement,  
and the pain of limiting connections in these moments  
of the virus outbreak.

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THE TWELFTH STATION:

“DEATH”

Jesus Dies on the Cross

We pause to reflect on  
the magnitude of this saving act  
that changed the world.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
the pain of those dying alone at this time,  
and those who are surrounded and engulfed  
by death every day.

IN ALL OF THIS MAY WE COME TO THE LORD FOR HEALING

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THE THIRTEENTH STATION:

“LOVE”

Jesus is Taken Down  
from the Cross

We pause to reflect on  
the acceptance of a new reality.

The One who was alive is now dead and lifeless.

He is placed into the arms of our Blessed Mother;  
her love for Him did not end in this death.

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
the new ways we are to seek strength  
when surrounded by so much death globally  
and how we are called to trust that  
love still has power in this time of crisis.

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THE FOURTEENTH STATION:  
“PLACEMENT”  
Jesus is Laid in the Tomb

We pause to reflect on  
the places where death is entombed.

Jesus was placed in a new tomb never used before.

Where do we place the death of the way things used to be?

IN ALL OF THIS MAY WE ENCOUNTER THE LORD JESUS WHO REDEEMS

We also pause to reflect on  
the times we have failed to die or surrender to  
the places where new life can never enter.

IN ALL OF THIS MAY WE COME TO THE LORD FOR HEALING

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End with song: WHERE YOU THERE?

COVER ART:  
Stations of the Cross XII. Jesus Dies. Eric Gill woodcut.