

Hello to all students, staff and families of CPC.

There is a lot of information coming your way at the moment and after two weeks we are beginning to settle into a new "every day".

As we settle into our new routines perhaps we might make space, just 15 minutes a day to set aside some time for prayer and reflection. In these anxious and uncertain times just 15 minutes could bring us such calm and a more productive day.

If you decide to pray as a family it can bring unity and healing.

It's a good idea to set out a little prayer/sacred space (light a candle, display a statue or image of a favourite saint or the Divine Mercy etc.) to help focus your mind but you don't need to do that.

Below are prayers that can be said over the next two weeks at home if you would like some structured prayer.

At the very end is a guide on how to pray the rosary. Maybe you might prefer to pray and meditate on the mysteries of the Holy Rosary as a family instead of following these prayers.

#### A Coronavirus Prayer

Loving and healing God, we, turn to you in prayer, confident that you are with us and with all people at every moment.

We stand before you as people of hope, trusting in your care and protection.

May your faithful love support us and soothe the anxiety of our hearts.

Generous God, fill us with compassion and concern for others, young and old, that we may look after one another in these challenging days.

Bring healing to those who are sick with the virus and be with their families.

May those who have died rest in your eternal embrace.

Comfort their family and friends.

Strengthen and protect all medical professionals caring for the sick and all who work in our medical facilities.

Give wisdom to leaders in healthcare and governance that they may make the right decisions for the well-being of people.

We pray in gratitude for all those in our country who will continue to work in the days ahead in so many fields of life for the sake of us all. Bless them and keep them safe.

O God of creation and life, we place ourselves in your protection. May the mantle of your peace enfold us this day and tomorrow.

St Brigid, pray for us. St Conleth, pray for us. St Lazerian, pray for us. May all the saints of God, pray for us. Amen.

Day One: Monday 30th March

Theme: We are thankful

**Opening Prayer:**

Dear Lord,

Today we are mindful of your presence in our lives. In this time of social isolation we remember that we are not, nor ever, alone. We give you thanks for your presence and ask you to listen to the prayers in our hearts today.

**Scripture:**

Take a few moments to read over this piece of scripture. Re-read it and let the words sink into your heart and mind...

Colossians 3:17 – “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

**Consider:**

...In this difficult time what small thing can you say or do to make things easier in your surroundings? Could you offer some words of support, encouragement and love to a family member or friend.

...Could you do something at home/offer to help out?

**Prayers of Petition:**

The response is **Lord, graciously hear us.**

For all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery.

Lord, hear us.

**All: Lord, graciously hear us.**

For those who are guiding our country at this time and shaping national policies, that they may make wise decisions.

Lord, hear us.

**All: Lord, graciously hear us.**

For doctors, nurses and medical researchers, that through their skill and insights many will be restored to health.

Lord, hear us.

**All: Lord, graciously hear us.**

For the vulnerable and the fearful, for the gravely ill and those who have lost loved ones, that they may know your comfort and peace.

Lord, hear us.

**All: Lord, graciously hear us.**

For all school children and staff around the country as they commit themselves to a new style of learning, that they know your peace and goodness.

Lord, hear us.

**All: Lord, graciously hear us.**

For us all in this time of uncertainty, that our neighbourhoods may be places of trust and friendship, where all are known and cared for.

Lord, hear us.

**All: Lord, graciously hear us.**

**Reflection:**

God of my life, I welcome this new day.

It is your gift to me, a new creation,

A promise of resurrection.

I thank you for the gift of being alive this morning

I thank you for the sleep that has refreshed me.

I thank you for the chance to make a new beginning.

This day, Lord,  
Is full of promise and opportunity:  
Let me waste none of it.  
This day is full of mystery and the unknown:  
Help me to face it without fear or anxiety.  
This day is blessed with beauty and adventure:  
Make me fully alive to it all.

During this day  
Keep me thoughtful, prayerful and kind.  
May I be courteous and helpful to others,  
And not turned in on myself.  
Keep me from any word or deed  
That would hurt, or belittle or destroy:  
And may the thoughts of my mind  
Be pleasing in your sight.

When night comes again,  
May I look back on this day  
With no grievance or bitterness in my heart:  
And may nobody be unhappy  
Because of anything I have failed to do.  
Lord, bless this day for me and for everyone.  
Make it a day in which we grow  
To have the mind of Christ your Son.

Lord Jesus Christ, friend and brother,  
May we know you more clearly,  
Love you more dearly,  
And follow you more nearly,  
Day by day.  
Amen.

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

Day 2: Tuesday 31st March

Theme: Praying for those who are suffering at this time

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

### **Opening Prayer**

Dear Lord, these are trying and anxious times when we find ourselves confronted with the reality that sickness will affect us all at some point during our lives. Jesus took on our human flesh and our frailty. He knows what it is to suffer and is with us in our suffering. He is compassionate. That's why they brought those who were sick to him as we hear in the Gospel of Mark:

### **Scripture**

*That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. (Mark 1: 32-33)*

Take a moment now to sit with our compassionate Jesus: the Jesus who is with you. As St Augustine said, he is closer to us than we are even to ourselves. For a moment thank him for being present .... Now in a moment of silence, ask Him to be with those who are sick .... their loved ones .... and all those who are caring for them ....

### **Prayers of Petition:**

Do you know someone or have you heard of someone who is seriously ill at this time? Hold them in your thoughts now... pray for healing for them, in body and soul, and for strength and courage.

Remember all those members of our global family who are unwell. We have a God who knows each and every one of them and we entrust them to his care ....

Let's spend a moment praying for those who have died ... We pray as well for their family and friends during this painful time .... May they rest in peace. Amen.

### **Reflection:**

Here are some words about our God of compassion from Psalm 144:

*The Lord is kind and full of compassion,*

*slow to anger, abounding in love.*

*How good is the Lord to all,*

*compassionate to all his creatures.*

*The Lord is faithful in all his words*

*and loving in all his deeds.*

*The Lord supports all who fall*

*and raises all who are bowed down.*

*The Lord is just in all his ways*

*and loving in all his deeds.*

*He is close to all who call him,*

*who call on him from their hearts*

Let us conclude by saying together .... 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

Day 3: Wednesday 1st April

Theme: Prudence: a quiet, gentle way of loving

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

**Opening Prayer:**

Dear Lord,

One of the ways in which the peace of Jesus Christ can be with us in times like this, times of anxiety, is by calling to mind favourite passages from the Bible which have inspired and consoled us in past years. Help us to hear your quiet, gentle voice in this passage, in which Jesus is asked a question, and create a more loving, open heart within us.

**Scripture:**

*When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself.' On these two commandments hang all the law and the prophets." (Matthew 22:34-40)*

Love of God and love of neighbour, wouldn't you agree?, is what following Jesus, being his disciple, is all about. But what kind of love is being asked of us in the situation in which we now find ourselves? Some of us, it is true, are being asked to be heroic. Just think of all those brave men and women in the health services on whom we all depend. Most of us, however, are asked to be prudent. By being prudent we will be loving our neighbors as ourselves and we'll be loving God as well.

Prudence may not be the most glamorous of virtues - if we try to imagine what it looks like, it doesn't conjure up heroic visions, as the virtue of fortitude might, nor the romanticism that

we might associate with courage or hope. But prudence *is* a virtue: it's a quiet, gentle way of loving, with a big impact.

Right now we are all being asked to be prudent by taking good care of ourselves, by washing hands often and thoroughly, by self-distancing and self-isolating. By doing all this we certainly help ourselves but we also prevent the spread of the illness to others. Yes, this is how right now we can love our neighbours as ourselves and how we love God too.

### **Take some quiet time:**

For a moment, you might remember the presence of the Lord Jesus who loves you very much ... thank him for his love, thank him being here ... a quiet, gentle but sustaining presence ... talk to him about how you feel ... ask yourself for a few moments whether you are doing all you can to take good care of yourself at this time ...

Some of us may be in a position to help those who are more vulnerable, without putting ourselves or anyone else at risk, you might like to ask God now for the generosity to do this... ask God to show you who and how you might be able to help...

Finally, we can say a prayer of thanks for those who are generously caring for those who are sick and suffering at this time ... doctors, nurses, care workers and family members .... And let's ask for peace, for them and ourselves, as we listen to these familiar words of St Paul, all about a quiet, gentle way of loving, with a big impact:

### **Reflection:**

*Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7)*

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever will be, world without end. Amen.



Day Four: Thursday 3rd April

Theme: Confidence

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

**Opening Prayer:**

Dear Lord,

During this time of difficulty and uncertainty for any community, whether on a local, national or global scale, each person is affected in a different way. The spectrum of reactions can range from feelings of fear or extreme anxiety, to bewilderment and anger. Help us to understand our feelings and comfort us in this time of uncertainty.

**Consider:**

You might like to pause for a moment..... Are you able to feel the feelings you have? ..... How do YOU feel about the situation developing around you? ....Try to recognise the dominant feeling that might be rising to the surface...

**Scripture:**

When Jesus was at the Last Supper with his disciples, incredible as it may seem, he wanted to give them a gift and that gift was peace! Just listen to these words from St John's Gospel as Jesus says to his disciples:

*Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. (John 14:27)*

What is so amazing about this is the fact that Jesus was about to be arrested, condemned to death and to die, and yet he gives the gift of peace! How can the disciples not be troubled, not be afraid when facing up to the death of their friend and master? Jesus had a steady confidence. His confidence was in the Father who was in charge and just as once the Father had delivered his chosen people from slavery in Egypt and given them new life in the promised land, so too he would deliver Jesus from death and bring him to new life. Jesus invites his disciples to share in his steady confidence and there to find peace. The Father was in charge and they need not be troubled or afraid.

After the resurrection, the disciples became men and women of steady confidence. Just as God had delivered Jesus from death and given him new life, so God would deliver them too. The disciples invite us to share in their confidence and there to find peace. In the prophet Isaiah we find these words:

**Reflection:**

*Those of steadfast mind you keep in peace—*

*in peace because they trust in you.*

*Trust in the Lord forever,*

*for in the Lord God*

*you have an everlasting rock. (Isaiah 26:3-4)*

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever will be, world without end. Amen.

Day 5: Friday 4th April

Theme: Time and Encouragement

### **Opening Thoughts:**

"All we have to decide is what to do with the time that is given us" – these words from a much-loved fantasy novel are quoted often, in various circumstances. You might find them helpful now, if you find that your lifestyle or regular habits have been restricted. Try, if you can, to think of this time, perhaps normally allocated to doing something else, as a gift: a gift for yourself, yes, but also a gift you can give to others

What might you do with this time? Have you perhaps got a project that you've been meaning to tackle for a while, that you are suddenly able to begin now? Can you see any opportunities for personal growth at this time? There is an opportunity to do something which could make all the difference in the world to our brothers and sisters who like us are going through this difficult time. We can offer them the gift of encouragement.

### **Scripture:**

St Paul thought the world of encouragement, as these words from the opening chapter of his second letter to the Corinthians in the New American translation make clear:

*Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God. For as Christ's sufferings overflow to us, so through Christ does our encouragement also overflow. If we are afflicted, it is for your encouragement and salvation; if we are encouraged, it is for your encouragement, which enables you to endure the same sufferings that we suffer. Our hope for you is firm, for we know that as you share in the sufferings, you also share in the encouragement. (2 Corinthians 1:3-7)*

Even when we are socially distancing ourselves, or in social isolation, we can encourage. The mobile phone is a great tool for encouragement. We can send an email, or a text and maybe attach a photo...Better still, we can phone a relative, a friend, someone we've been meaning to speak to for ages. If there's someone in the same apartment block whom you

know to be lonely and possibly afraid, somehow or other, let them know you care about them. Giving someone your time and your ear, just listening: that's the best encouragement of all. Why, if we all came together that much more, and supported each other as we go through this difficult time, some good will come out of it.

For a moment, let's be still in the presence of the Lord who loves us very much .... and pray for those who are suffering ... and those who are looking after them ... is there someone I can encourage today?

**Reflection:**

And finally let's listen to some of those words of St Paul once again:

*Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God.*

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.

Day 6: Saturday 5th April

Theme: Taking Care of Ourselves

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

**Opening thoughts:**

Anyone who has been trained to deliver first aid medical assistance will recall that one of the very first messages that is conveyed is this: the most important person in any emergency that you are called to, is you. You cannot help anyone by putting yourself at risk. It's important to look after yourself, not least at times like these times which we are all walking through together.

**Scripture:**

St Paul wanted his followers in Colossae to take good care of themselves:

*As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. (Colossians 3:12-15)*

**Consider:**

Words like these remind us that this time, tough though it is, does nonetheless have some opportunities we can all make the most of. We will grow in compassion, as we feel for those who suffer; we will grow in kindness if we take the opportunity to do small things for our neighbours which can make a big difference; our humility will deepen as well as we are made away, too often aware, of our common fragility and vulnerability and of our dependence on each other and on God; and our patience can grow as we stay in, albeit forced to stay in.

**Reflection:**

St Paul also says, "Be thankful!". Can we really be thankful at this time? Dietrich Bonhoeffer was a Lutheran pastor in Germany, one of those brave people who dared to stand up and

oppose the Nazis. Just before the Second World War began in 1939, he published a book called "Life Together", all about life in the Church community. He wrote these words about being grateful: "We pray for the big things and forget to give thanks for the ordinary, small (and yet really not small) gifts." Maybe this is a time for being grateful for the small (and not so small) gifts – for the love of family, for the care of the carers, for all those who are recovering from the virus, for food on the table, for light in the sky, for that piece of music on the radio. Thank him as well for the wonder of yourself, as the Psalmist says,

*For it was you who created my being, knit me together in my mother's womb. I thank you for the wonder of my being, for the wonders of all your creation. (Psalm 139:13-14)*

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.

Day 7: Sunday 6th March

Theme: The Importance of Places

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

### **Opening Thoughts:**

Where are you now, as you read this? Are you in a place that you're extremely familiar with? Is it where you would choose to be? For a few moments, be aware of the space that you are in and how comfortable you are ...

Is there anything about your surroundings that you have never noticed before that has particularly come to your attention or surprised you? Perhaps you have found comfort in a sound that you normally wouldn't have noticed... a new view from a window you don't usually focus on... a fond memory jolted by the smell of a plant or something cooking. Pay attention to that now.

Places are important: they have meaning and they hold memories. Places are also important because they are meeting points with God.

### **Scripture:**

*Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I[a] will make three dwellings[b] here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone. (Matthew 17:1-8)*

It's unusual to spend long periods of time in one place. But this place where you are, perhaps for a longer period than you would want, is your meeting place with our good and loving and gracious God.

In a few moments of silence, remember that this God is with you in this place .... He says to you, "This is my son, my daughter, the Beloved; with him I am well pleased" ... Give thanks to this good and gracious God who is with you in this place.

**Reflection:**

Here are some words from Psalm 121:

*I rejoiced when I heard them say: 'Let us go to God's house.' And now our feet are standing within your gates, at 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.



Day 8: Monday 7th April (Holy Week)

The Stations of the Cross:

1st Station: Jesus is Condemned to death

**Reflection:**

Jesus is condemned unfairly by those who did not understand him and by those who were frightened of what he did and said. We continue to condemn people unjustly today. People are condemned because of the colour of their skin, their gender, their beliefs, because they are born with a disability, because they don't conform to our way of thinking, the list is endless. Does our society really forgive; really believe that people can change or do we continue to condemn them over and over again?

**Prayer:**

**Leader:** We adore Thee, O Christ, and bless Thee.

**All: Because by Thy holy cross Thou hast redeemed the world.**

Jesus, you stand all alone before Pilate. Nobody speaks up for you. Nobody helps defend you. You devoted your entire life to helping others, listening to the smallest ones, caring for those who were ignored by others. They don't seem to remember that as they prepare to put you to death.

As a child, sometimes I feel alone. Sometimes I feel that others don't stand up for me and defend me when I am afraid. Sometimes I don't feel like I am treated fairly, especially if I am scolded or corrected.

As an adult, sometimes I feel abandoned and afraid as well. Sometimes I too, feel like I am treated unfairly or blamed for things unfairly. I have a hard time when people criticize me at home or at work.

**Personal Intention/Silent Reflection...**

Help me be grateful for what you did for me. Help me to accept criticism and unfairness as you did, and not complain. Help me pray for those who have hurt me.

My Jesus, often have I signed the death warrant by my sins; save me by Thy death from that eternal death which I have so often deserved.

Our Father.... Hail Mary.... Glory Be to the Father...

2nd Station: Jesus takes up his cross

**Refelction:**

Jesus was led away carrying the cross by himself. A cross is not just a piece of wood; it represents everything that makes life difficult. There are burdens that we all carry, some are very obvious and others we take great care to hide. There are the burdens of illness, pain and disability, of constant fear, of loneliness and of isolation. The invitation of Jesus on the cross is to hand over these burdens to him.

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, as you accepted your cross, you knew you would carry it to your death on Calvary. You knew it wouldn't be easy, but you accepted it and carried it just the same.

As a child, sometimes I don't like the problems that come my way. Sometimes I try to get others to take care of them or solve them for me. Sometimes I become upset and crabby when I'm asked to do even the smallest thing to help others.

As an adult I sometimes feel like I'm not appreciated. Sometimes I feel as if I accept more responsibility that I need to. I can feel sorry for myself, even though the crosses others carry are much larger than my own. In my self-pity, I don't reach out to help.

**Personal Intention/Silent Reflection...**

My Jesus, Who by Thine own will didst take on Thee the most heavy cross I made for Thee by my sins, oh, make me feel their heavy weight, and weep for them ever while I live.

Our Father.... Hail Mary.... Glory Be to the Father...

Day 9: Tuesday 8th April (Holy Week)

The Stations of the Cross contd.

3rd Station: Jesus Falls for the first time

**Reflection:**

Jesus falls. Here Jesus shows us that being heroic does not mean staying on one's feet at all costs. Being heroic means getting up again after falling and starting off on the road chosen. Like the crowd, we often judge others without knowing about their trials, scourging and crowning with thorns. Do we even suspect the part we might have played in knocking them down? What do we do to help them?

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, the cross you have been carrying is very heavy. You are becoming weak and almost ready to faint, and you fall down. Nobody seems to want to help you. The soldiers are interested in getting home, so they yell at you and try to get you up and moving again.

As a child, sometimes I start to do something, but then get tired of it. I hurry to get finished and sometimes don't do my work well. Sometimes I don't pay attention to what I should be doing. When things get hard for me, sometimes I give up.

As an adult, I sometimes put things off. I give up too easily, and sometimes don't do my work as well as I know I can.

### **Personal Intention/Silent Reflection...**

My Jesus, the heavy burden of my sins is on Thee, and bears Thee down beneath the cross. I loathe them, I detest them; I call on Thee to pardon them; may Thy grace aid me never more to commit them.

Our Father.... Hail Mary.... Glory Be to the Father....

4th Station: Jesus meets Mary

### **Reflection:**

When Jesus and his mother meet they just look at each other – words cannot express how they feel. What he saw in his mother's eyes must have hurt him more than the raw pain of his wounds. Jesus carries the heaviest burden of the loss of his family; the wrenching of the earthly, loving relationship between mother and child. We see Mary's pain in the mothers and fathers who watch their children giving up their life to drugs, addictions and suicide, in the child coping with the breakdown of a parent's marriage. Are we sensitive to the sadness of others?

### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, you feel so alone with all those people yelling and screaming at you. You don't like the words they are saying about you, and you look for a friendly face in the crowd. You see your mother. She can't make the hurting stop, but it helps to see that she is on your side, that she is suffering with you. She does understand and care.

As a child, sometimes I feel like too many things are going on. Sometimes other kids pick on me and call me names. I need to look around me for a friendly face, and for the help I need. I need to share my troubles with those who truly care about me.

As an adult I sometimes feel overwhelmed by many things. Life is so competitive, and I worry so much about my future and those who have some control over it. I need to remember that being an adult does not mean having to solve every problem all by myself. I need to look around me for a friendly face, for the help I need.

### **Personal Intention/Silent Reflection...**

Jesus most suffering, Mary Mother most sorrowful, if, by my sins, I caused you pain and anguish in the past, by God's assisting grace it shall be so no more; rather be you my love henceforth till death.

Our Father.... Hail Mary.... Glory be to the Father..

Day 10: Wednesday 9th April (Holy Week)

The Stations of the Cross Contd...

5th Station: Jesus is helped by Simon of Cyrene

#### **Reflection:**

Simon the Cyrene, a stranger in Cross of Jesus: the city, did not know Jesus. But that did not matter. What matters here is that in this moment of need Simon was capable of offering his strength to one who had nothing left, of taking on himself the cross, which Jesus could no longer carry. Look at Jesus who lies hidden and unknown beneath every person in need. Across our world we see human suffering in the faces of strangers; those we know of, but do not know. How can we be like Simon of Cyrene to them?

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, the soldiers are becoming impatient. This is taking longer than they wanted it to. They are afraid you won't make it to the hill where you will be crucified. As you grow weaker, they grab a man out of the crowd and make him help carry your cross. He was just watching what was happening, but all of a sudden he is helping you carry your cross.

As a child, sometimes I see people who need my help. Sometimes I pretend not to hear when my parents call me. I disappear when I know others could use my help.

As an adult, sometimes I try to do as little as I can and still get by. Others might need my help, but I ignore their needs. Even when I'm asked to help, I sometimes claim to be too busy.

**Personal Intention/Silent Reflection...**

My Jesus, blest, thrice blest was he who aided Thee to bear the cross. Blest too shall I be if I aid Thee to bear the cross, by patiently bowing my neck to the crosses Thou shalt send me during life. My Jesus, give me grace to do so.

Our Father.... Hail Mary.... Glory be to the Father....

6th Station: Veronica Wipes the Face of Jesus

**Reflection:**

Veronica was so moved by the sight of Jesus suffering that she courageously moved out from the crowd to wipe the blood and sweat from his face with a towel. Today the visible face of Christ, the Church, stands before us still wounded and disfigured; disfigured by its own sins of

abuse and power, and creased with the wounds of hurt and betrayal. Do we always have the courage that Veronica showed to wipe actively change this situation?

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, suddenly a woman comes out of the crowd. Her name is Veronica. You can see how she cares for you as she takes a cloth and begins to wipe the blood and sweat from your face. She can't do much, but she offers what little help she can.

As a child, sometimes I know someone could use a little help and understanding. They may be picked on or teased by others, or just sad or lonely. Sometimes I feel bad that others don't step in to help, but I don't help either.

As an adult, I notice the needs around me. Sometimes my own family members crave my attention, and I don't even seem to notice. Sometimes a co-worker, friend, or family member could use help or understanding, but I don't reach out to help lest I be criticized, or that they demand more of me than I'd like to give.

### **Personal Intention/Silent Reflection...**

My tender Jesus, Who didst deign to print Thy sacred face upon the cloth with which Veronica wiped the sweat from off Thy brow, print in my soul deep, I pray Thee, the lasting memory of Thy bitter pains.

Our Father.... Hail Mary.... Glory be to the Father....

Day 11: Holy Thursday 10th April

The Stations of the Cross Contd...

### **7th Station: Jesus Falls for a Second Time**

#### **Reflection:**

Stretched to breaking point by his awful scourging, bowed under the weight of the cross, worn out by the abandonment of all his friends, Jesus stumbles again. All around us people are overburdened by the crosses they carry; they struggle and sometimes fall. There are

those who struggle with the burden of ill health, lack of shelter and basic needs. Jesus is with each one of us however we fall and he chooses to love and save us.

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

This is the second time you have fallen on the road. As the cross grows heavier and heavier it becomes more difficult to get up. But you continue to struggle and try until you're up and walking again. You don't give up.

As a child, sometimes things get me down. Others seem to find things easier to do or to learn. Each time I fail, I find it harder to keep trying.

As an adult, sometimes I think I should know more than I do. I become impatient with myself and find it hard to believe in myself when I fail. It is easy to despair over small things, and sometimes I do.

**Personal Intention/Silent Reflection...**

Help me when things seem difficult for me. Even when it's hard, help me get up and keep trying as you did. Help me do my best without comparing myself with others.

My Jesus, often have I sinned and often, by sin, beaten Thee to the ground beneath the cross. Help me to use the efficacious means of grace that I may never fall again.

Our Father.... Hail Mary.... Glory be to the Father....

**8th Station: Jesus Speaks to the Women of Jerusalem**

**Reflection:**

The women of Jerusalem wept when they saw how Jesus suffered. Jesus recognised their distress, he broke his silence for the first time, spoke to them and said, 'Daughters of Jerusalem do not weep for me. Weep for yourselves and for your children'. Look at Jesus and listen to his message for us today. Who should we be weeping for in our society? Who needs our sympathy?

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**



Jesus, as you carry your cross you see a group of women along the road. As you pass by you see they are sad. You stop to spend a moment with them, to offer them some encouragement. Although you have been abandoned by your friends and are in pain, you stop and try to help them.

As a child, sometimes I think a lot about myself. I think about what I want and would like people to spend their lives pleasing me.

As an adult, sometimes I act like a child. I become so absorbed in myself and what I'd like that I forget about the needs of others. I take them for granted, and often ignore their needs. Help me think more about others.

**Personal Intention/Silent Reflection...**

Help me remember that others have problems, too. Help me respond to them even when I'm busy or preoccupied with my own problems.

My Jesus, Who didst comfort the pious women of Jerusalem who wept to see Thee bruised and torn, comfort my soul with Thy tender pity, for in Thy pity lies my trust. May my heart ever answer Thine.

Our Father.... Hail Mary.... Glory be to the Father....

The Stations of the Cross Contd...

### **The 9th Station: Jesus Falls for the Third Time**

#### **Reflection:**

Jesus falls for a third time, broken and exhausted physically and emotionally. Lying on the ground, Jesus must decide – does he get up once more or does he just stop and give up? We see him rise again, and with all his power he continues on his journey. Jesus shows us that we can go on, even if nobody else thinks that it is possible. In Jesus we find our hope and our encouragement.

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, your journey has been long. You fall again, beneath your cross. You know your journey is coming to an end. You struggle and struggle. You get up and keep going.

As a child, sometimes I fail time and time again. I find it hard to get along with my sisters and brothers, sometimes I'm not honest, sometimes I'm lazy. I'm tempted to stop trying. It's just too hard sometimes.

As an adult, I often feel I should have conquered my weaknesses by now. I become discouraged when I'm confronted by the same problems over and over again. Sometimes I get weary. When I have health problems, I can become discouraged and depressed.

#### **Personal Intention/Silent Reflection...**

Help me think of the cross you carried. Help me continue to hope that I can make the changes in my life I need to. You didn't give up. I can have the strength to get up again as well.

My Jesus, by all the bitter woes Thou didst endure when for the third time the heavy cross bowed Thee to the earth, never, I beseech Thee, let me fall again into sin. Ah, my Jesus, rather let me die than ever offend Thee again.

Our Father.... Hail Mary.... Glory be to the Father....

### **The 10th Station: Jesus is Stripped of his Clothes**

**Reflection:**

As the clothes were ripped from Jesus, he was stripped of his dignity in front of an irreverent mob. Jesus sacrifices everything. He holds nothing of himself back. Jesus continues to be stripped of his dignity in those who have their good name taken from them today and the personal details of their lives exposed through the media. How should we respond to this?

**Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

The soldiers notice you have something of value. They remove your cloak and throw dice for it. Your wounds are torn open once again. Some of the people in the crowd make fun of you. They tease you and challenge you to perform a miracle for them to see. They're not aware that you'll perform the greatest miracle of all!

As a child, sometimes I'm tempted to repeat stories I know are unclean and disrespectful. I sometimes try to act grown up by using crude and bad words.

As an adult, sometimes I repeat stories that are disrespectful of others. I can entertain thoughts that are not clean. Sometimes I give the young people around me a bad example to follow.

**Personal Intention/Silent Reflection...**

Help me say things that build up the people around me. Help me overcome worldly desires that I may become more like Jesus. Help me set a good example for others to follow.

My Jesus, stripped of Thy garments and drenched with gall, strip me of love for things of earth, and make me loathe all that savors of the world and sin.

Our Father.... Hail Mary.... Glory be to the Father....

Day 13: Holy Saturday 12th April

The Stations of the Cross Contd...

### **The 11th Station: Jesus is Nailed to the Cross**

#### **Reflection:**

Huge iron nails are hammered through his wrists and ankles. Jesus, nailed to the cross, cannot move. Jesus continues to be crucified in the ten children who die every minute of hunger in our world. He is crucified in all who are maimed, damaged and displaced because of war. How can we give a voice to the voiceless?

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

#### **All: Because by your holy cross You have redeemed the world.**

You are stretched out on the cross you have carried so far. The soldiers take big nails and drive them into your hands and feet. You feel abandoned by the people you loved so much. People seem to have gone mad. You have done nothing but good, yet they drive nails through your hands and feet.

As a child, sometimes I hurt others. Sometimes I join with friends and decide not to like another. We gang up against another and cause them hurt and pain. Sometimes I say or do hurtful things to my brothers and sisters. I can wonder what they'd think about themselves if they believed everything I told them about themselves.

As an adult, sometimes I discriminate against others. Even without thinking, I judge others because of their colour, intelligence, income level or name. I forget that I am to live as a brother or sister to all people. Sometimes I use harsh words when I speak to my children and family members. I can find it easy to look for something that isn't very important and make it very important.

### **Personal Intention/Silent Reflection...**

Help me look again at the people around me. Help me see the hurt and pain I have caused in others. Be with me to help me make amends for the harm I have done.

My Jesus, by Thine agony when the cruel nails pierced Thy tender hands and feet and fixed them to the cross, make me crucify my flesh by Christian penance.

Our Father.... Hail Mary.... Glory be to the Father....

### **The 12th Station: Jesus Dies on the Cross**

#### **Reflection:**

As the life of Jesus ebbs away his words are not of condemnation or of pity for himself, but of forgiveness; 'Father forgive them, for they know not what they do'. In the midst of his anguish and suffering Jesus calls upon his Father to forgive those who are putting him to death. This is the real challenge of the cross, forgiveness even of those who hurt us most. What can we learn from Jesus' example?

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

As Jesus hung on the cross, he forgave the soldiers who had crucified him, and prayed for his mother and friends. Jesus wanted all of us to be able to live forever with God, so he gave all he had for us.

Jesus, let me take a few moments now to consider your love for me. Help me thank you for your willingness to go to your death for me. Help me express my love for you!

### **Personal Intention/Silent Reflection...**

My Jesus, three hours didst Thou hang in agony, and then die for me; let me die before I sin, and if I live, live for Thy love and faithful service.

Our Father.... Hail Mary.... Glory be to the Father....

Day 14: Easter Sunday 13th April

The Stations of the Cross Contd...

### **13th Station: Jesus is Taken Down From the Cross**

#### **Reflection:**

Now Mary takes the broken body of her Son in her arms. In her grief, she remembers the words of her son at the Last Supper, 'this is my body, broken, for you,' and over the wine, 'this is my blood poured out for you.' Mary's grief is our grief; she stands by us when we are struggling with sadness. What comfort can we take from this?

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, how brutally you were put to death. How gently you are taken from the cross. Your suffering and pain are ended, and you are put in the lap of your mother. The dirt and blood are wiped away. You are treated with love.

As a child, sometimes I treat others better when they're sad or in pain. When somebody dies, I become very gentle and kind. I notice the good and kind things people say about those who have died.

As an adult, I seem to be kinder when someone dies. If only I could learn to see the good things about them while they were alive. If only I would tell those around me how much I love them, while I still have the opportunity to do so.

#### **Personal Intention/Silent Reflection...**

Help me look for the good in those around me, especially those I love the most. Help me live this day as if it were the last. Help me become a more gentle and loving person through my greater appreciation for those around me.

O Mary, Mother most sorrowful, the sword of grief pierced thy soul when thou didst see Jesus lying lifeless on thy bosom; obtain for me hatred of sin because sin slew thy Son and wounded thine own heart, and grace to live a Christian life and save my soul.

Our Father.... Hail Mary.... Glory be to the Father....

### **14th Station: Jesus is Buried in the Tomb**

#### **Reflection:**

That night his body lay in the dark earth of the world. All those who had loved him felt emptied and exhausted. There seemed no longer any sense or purpose in anything. But at least no more harm could come to him. They closed the tomb and left. There are times when we are overcome by the darkness of the tomb, by the negative news we experience each day, and the struggles we face. What does this station teach us?

#### **Prayer:**

Leader: We adore you, O Christ, and we praise you.

**All: Because by your holy cross You have redeemed the world.**

Jesus, your body is prepared for burial. Joseph gave you his own tomb. He laid your body there and rolled a large stone in front of it, then went home. What a sad day it has been for so many people.

As a child, sometimes I try to keep everything for myself. I find it hard to share my things with my brothers or sisters and with my friends.

As an adult, I can be selfish too. I can accumulate things and keep them for myself. I try to make sure I have what I want before I share what I have with anybody else.

#### **Personal Intention/Silent Reflection...**

Help me think of Joseph of Arimathea, who risked his own life as he accepted Jesus' body for burial. Help me think of how Joseph loved Jesus so much that he gave him his own tomb.

My Jesus, beside Thy body in the tomb I, too, would lie dead; but if I live, let it be for Thee, so as one day to enjoy with Thee in heaven the fruits of Thy passion and Thy bitter death.

Our Father.... Hail Mary.... Glory be to the Father....

## **The Rosary**

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (traditionally offered for the Pope's intentions and an increase in faith, hope and charity for those praying the Rosary) and a Glory Be.

Next come five mysterie, each consisting of one Our Father, ten Hail Marys, a Glory Be, and, if desired, the Fatima Prayer.

The Rosary concludes with the Hail Holy Queen, and the prayer: O God whose only begotten Son...

### **The Joyful Mysteries (Mon & Sat)**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation of the Child Jesus in the Temple
5. The Finding in the Temple

### **The Sorrowful Mysteries (Tues & Fri)**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

### **The Mysteries of Light (Thurs)**

1. The Baptism in the Jordan
2. The Wedding Feast of Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

### **The Glorious Mysteries (Weds & Sun)**

1. The Resurrection
2. The Ascension



3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of the Blessed Virgin Mary

### **Hail Holy Queen**

Hail, holy Queen, Mother of Mercy, hail our life, our sweetness, and our hope! To Thee do we cry, poor banished children of Eve. To Thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet, Virgin Mary!

### **V. Pray for us, O holy Mother of God.**

R. That we may be made worthy of the promises of Christ

### **Let us pray:**

O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may both imitate what they contain and obtain what they promise, through Christ our Lord. Amen.