

St. Erconwald's, Wembley, Preston Road
GOOD FRIDAY STATIONS OF THE CROSS

2nd April, 2021 - 10.30am / 6.30pm



If you are following on-line. Please set up a table with a cross and a candle. Before the Veneration of the Cross I will be lighting a candle, at that moment you are invited to light [safely] your own candle. At the end of the "Veneration" you can kiss the Cross.

All pray in silence for a while.

Opening Prayer

O God, who by the Passion of Christ your Son, our Lord, abolished the death inherited from ancient sin by every succeeding generation, grant that just as, being conformed to him, we have borne by the law of nature the image of the man of earth, so by the sanctification of grace, we may bear the image of the Man of heaven. Through Christ our Lord. **Amen.**

The Passion of Our Lord Jesus Christ according to John [John 18.1-19.42]

STATIONS OF THE CROSS

Prayer

Lord Jesus, you invite us to take up our cross each day in our following of you. But today, it is your Cross and your Way that we follow.

Give us courage and perseverance in this journey of love that we make it with you. In our weakness, you give us strength, in that strength, help us always to be faithful to you, our Lord and Master.
Amen.

Before each Station:

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

Because by your Holy Cross, you have redeemed the world.

At the end of each Station:

I love you, Jesus, my love above all things. 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, as you will.

1st STATION: Jesus is condemned to death



Pilate then gave his verdict: their demand was to be granted. He released the man they asked for, who had been imprisoned for rioting and murder, and handed Jesus over to them to deal with as they pleased. [Luke 23. 24-25]

Lord, help us always to be guided by the Truth and not to settle for half measures. Help us not to wash our hands of our duties towards others. Lord, be with those who are condemned unjustly.

I love you, Jesus

2nd STATION: Jesus accepts his cross

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. [John 3. 16-17]



Lord, help us to accept the discomforts that come our way, and to carry them gladly on our journey through life. Forgive us when we complain.

I love you, Jesus

3rd STATION: *Jesus falls the first time*

Here is my servant whom I uphold, my chosen one in whom my soul delights. I have endowed him with my spirit that he may bring true justice to the nations. He does not cry out or shout aloud, or make his voice heard in the streets. He does not break the crushed reed, nor quench the wavering flame. Faithfully he brings true justice; he will neither waver, nor be crushed Until true justice is established on earth, for the islands are awaiting his law. [Isaiah 42. 1-4]



Lord, how many times have we faltered and fallen? Help us Lord, to accept our weakness, to learn from our mistakes, and to get up again, and move forward.

I love you, Jesus

4th STATION: *Jesus meets his Mother*



“Mary do not be afraid; you have won God’s favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.”

“I am the handmaid of the Lord,” said Mary “Let what you have said be done to me.” [Luke 1. 30-33,38]

Walk with us, Mary. Help us not to be indifferent to the suffering of our loved ones though it may be difficult to understand. Comfort and strengthen us with your mother’s love.

I love you, Jesus



5th STATION: Simon helps Jesus to carry his cross

On the way they enlisted a passer-by, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross. [Mark 15. 21-22]



Lord, help us to extend help willingly to our brothers and sisters and to be strong enough to perform acts of mercy to all those with whom we meet. Help us to be instruments of peace and reconciliation.

I love you, Jesus

6th STATION: Veronica wipes the face of Jesus

‘Why are you upsetting the woman?’ Jesus said to them. ‘What she has done for me is one of the good works indeed! You have the poor with you always, but you will not always have me. When she poured this ointment on my body, she did it to prepare me for burial. I tell you solemnly, wherever in all the world this Good News is proclaimed, what she has done will be told also, in remembrance of her.’ [Matthew 26. 10-13]



Lord, help us always to come to the aid of the marginalised, and to see you in their suffering. Help us to open our hearts to others with generosity and without counting the cost.

I love you, Jesus

7th STATION: Jesus falls the second time

And going on a little further he threw himself on the ground and prayed that, if it were possible, this hour might pass him by. ‘Abba [Father]!’ he said ‘Everything is possible for you. Take this cup away from me. But let it be as you, not I, would have it. [Mark 14.35-36]



Lord, help us to understand that to fall is not the end of the road. Help us to be strong, and to comfort others, in turn, by what we say and do.

I love you, Jesus



8th STATION: *Jesus speaks to the women of Jerusalem*



†† ‘Jerusalem, Jerusalem, you that kill the prophets and stone those who are sent to you! How often have I longed to gather your children, as a hen gathers her chicks under her wings, and you refused! So be it! Your house will be left to you desolate, for, I promise, you shall not see me any more until you say: *Blessings on him who comes in the name of the Lord!*’ [Matthew 23. 37-39]

Lord, you made time to listen, even on your way to die. Help us to open our hearts to hear and understand those who cry out and are ignored. Help us to comfort those who mourn and weep in our society.

I love you, Jesus

9th STATION: *Jesus falls the third time*

His state was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. [Philippians 2. 6-11]



Lord, help us realise that no sin of ours is greater than your love. Do not let us give up when we fall time and time again.

I love you, Jesus

10th STATION: *Jesus is stripped of his garments*

They took his cloths and divided them into four parts, one part for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another, ‘Instead of tearing it, let’s throw dice to decide who is to have it.’ In this way the words of scripture were fulfilled: ‘*They shared my clothing among them. They cast lots for my clothes.*’ [John 19. 23-24]



Lord, let us not be proud. Help us to be detached from prestige, position and wealth. Free us from jealousy and greed. Strip us of everything that keeps us from being close to you and your love.

I love you, Jesus



11th STATION: Jesus is nailed to the cross

When they reached the place called The Skull, they crucified him there and the two criminals also, one on the right, the other on the left. Jesus said, 'Father, forgive them; they do not know what they are doing.' [Luke 23. 33-34]



Lord, help us to accept your will, and to free ourselves from all attachment to sin. Forgive us when we wound and hurt you by turning away from your outstretched arms.

I love you, Jesus

12th STATION: Jesus dies on the cross



I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest." Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life. [John 12. 24-25]

Lord, help us to accept the time and kind of death you have in store for us. We offer you our loved ones who have passed to Eternal Life. Help us always to choose and affirm life.

I love you, Jesus

13th STATION: Jesus is taken down from the cross

The Centurion, who was standing in front of him, had seen how he had died, and he said, 'In truth this man was a son of God'. [Mark 15. 39]



Lord, like Mary your mother may we welcome you into our lives with open arms. Help us to imitate her by trying to live always in your presence free from sin and the fear of death.

I love you, Jesus



14th STATION: *Jesus is laid in the tomb*

At the place where he had been crucified there was a garden, and in this garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there. [*John 19. 38-42*]



Lord, let your tomb be a symbol of hope and joy in moments of sadness and sorrow. Help us to accept that there are always new beginnings, that you are never far from us.

I love you, Jesus

For the intentions of the Holy Father:

Our Father, Hail Mary, Glory be



Prayer for the afflicted in time of pandemic

Let us pray also for all those who suffer the consequences of the current pandemic, that God the Father may grant health to the sick, strength to those who care for them, comfort to families and salvation to all the victims who have died.

Prayer in silence.

Then the Priest says:

Almighty ever-living God, only support of our human weakness, look with compassion upon the sorrowful condition of your children who suffer because of this pandemic; relieve the pain of the sick, give strength to those who care for them, welcome into your peace those who have died and, throughout this time of tribulation, grant that we may all find comfort in your merciful love. Through Christ our Lord. R/. Amen.

Veneration of the Cross

[If following on-line, please light [safely] your own candle]

Behold the wood of the cross, on
which hung the salvation of the world.

Come, let us adore



Holy Communion

Communion is given silently in the hand only, with the communicant standing, and avoiding any physical contact. When the priest approaches, they should do so with arms at “full stretch” so that there is a good distance between the priest and the communicant. Their hands, palms upwards, one of top of the other, should be extended as flatly as possible.

Spiritual Communion

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

[based on a prayer of St Alphonsus Liguori]

Prayer after Communion

Almighty ever-living God, who have restored us to life by the blessed Death and Resurrection of your Christ, preserve in us the work of your mercy, that, by partaking of this mystery, we may have a life unceasingly devoted to you. Through Christ our Lord. **Amen.**

Prayer over the People

May abundant blessing, O Lord, we pray, descend upon your people, who have honoured the Death of your Son in the hope of their resurrection: May pardon come, comfort given, holy faith increase, and everlasting redemption be made secure. Through Christ our Lord. **Amen**

All leave in silence.

[There will be a collection for the Holy Places as you leave the Church]