Suggested celebrations

All the celebrations must be in harmony with the liturgical spirit of Lent. Hence, every liturgical celebration and pious practice should emphasize the aspect of conversion, in order to benefit from the salvific work of Christ in his death and glorious resurrection.

Special importance should be given by the whole community to the eucharistic celebration on Ash Wednesday, combining it with the rite of the blessing and imposition of ashes, as prescribed in the Roman Missal. Other celebrations which will help to intensify the Lenten journey to Easter are:

- prayer services after the first Vespers of every Sunday in Lent, or the common recitation of the Office of Readings (see the Liturgy of the Hours);
- community-examination of conscience within a celebration of the word of God;
- joining the local Church in its initiatives of penance, prayer, and fast to help the needy;
- common penitential services, during the monthly recollection, for the celebration of the sacrament of reconciliation;
- the 'way of the cross';
- practice of reading and of silence during meals.

3.2. WAY OF THE CROSS

Here we present a plan for the "way of the cross" which can be used in various ways. The letters 'A', 'B', 'C' show one possibility, but even that can be modified. Plan 'A' is a free translation from the work of Frossard, offering us the possibility of a way of the cross with long texts for meditation; each station could be concluded with an 'Our Father', rather than with a prayer by the president. Plan 'B' includes a short meditation on the events narrated. Plan 'C' makes of the meditation a choral prayer. Between one station and another, one stanza of a hymn could be sung. If there is enough place and convenience, the assembly could accompany the cross.

INTRODUCTORY HYMN

GREETING BY THE CELEBRANT

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

A Amen.

C Brethren, together let us go to the mountain of the Lord. Let us recognize, in Jesus' suffering, the fulfilment of the promise of God who came to save us. The suffering Servant took upon himself our iniquities and he died for us. We are consecrated to be the presence of Christ in the world. Let us accept our cross and meditate on the drama of the passion as our own history.

A Because by your holy cross you have redeemed the world.

C Let us pray: Great and faithful God, look mercifully on us, who, together with Jesus our Redeemer, want to follow, step by step, the sorrowful way of the cross. Through Christ Our Lord.

A Amen.

OR

C In the name of the Father...
Chrlst, who offered himself during his passion, as the expiation of our sins, be with you all.
A And also with you.
G Let us prepare our minds to meditate on the passion and death of our Saviour. His death reveals the greatness of God's love for us and the gravity of our sin. Let our feelings of sorrow be coupled with gratitude and the resolution to lead a life of love.
C We adore you, O Christ, and we bless you.
A Because, by your holy cross, you have redeemed the world.
G Let us pray: O God, grant that we, who meditate on the passion of Christ your Son, may imitate in our life his love and self-donation to you and to his brothers and sisters. Through Christ Our Lord.
C We adore you, O Christ, and we bless you.
A Because, by your holy cross, you have redeemed the world.
C Let us begin this meditation on the passion, with a sincere act of contrition (silent reflection).

The First Station: JESUS IS CONDEMNED TO DEATH
G O Christ, you were without sin, among men who were sinners. It was necessary that you should die and they condemned you. And we were present in that hour of outrage. O Christ, Son of man, condemned by man, we are taking back the body which we gave you: your body is lacerated and torn by the scourging and crowning with thorns.
C O Christ, in this journey of your agony, it is we who need your mercy. Who will be able to wipe out our shame in front of your suffering? We beg you to forgive our offence!
With our compromises we have allied ourselves with those who were shouting most; with our spiritual indolence we have joined hands with those who have abandoned Jesus to derision and to death.

Have mercy on us, Lord!

O Father, we have not been able to understand the crowning act of your love, which offered your Son in sacrifice.

We have unjustly judged our brothers without any sympathy.

We have 'washed our hands' off the difficulties of our brothers.

Christ has given his life for us.

Let us also give our life for our brothers.

Father, look with favour on this your people, for whom Jesus Christ did not hesitate to offer himself to his executioners and to suffer the torment of the cross. Through Christ Our Lord.

Amen.

The Second Station: JESUS IS LOADED WITH THE CROSS

We adore you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the world.

O Jesus, you came to dwell among us.

You have taught us that love implies pardon and it is ready to bear all things; that love is the core of your revelation.

You have questioned our heart and here is the answer: outrageous and condemnation, with a heavy cross placed on your shoulders, like a part of the scaffolding of the universe which has collapsed because of our betrayal.

O Christ, we beg you, forgive us.

Father, you loved the world so much that you gave your only Son for us. Grant that we may understand the gravity of sin and the demands of your love.

Through Christ Our Lord.

Amen.
us sons of God and proclamers of justice, but we are afraid of the weight of the cross.

Lord, save us because of your mercy.

— O Christ, you suffer the passion of the cross for the sake of mankind.

— O Christ, you reveal to us in your cross divine justice which is born of love and fulfilled in love.

— O Christ, on Calvary you invite man to offer himself up, so that he might share in your divine life.

Christ has given his life for us.

Let us also give our life for our brothers.

All-powerful God, through the merits of the passion and death of your Son, grant us the strength to take up our cross daily and to follow our Saviour, who lives and reigns for ever.

Amen.
Pardon us, O Lord.

- For our falls into sin.
- For our lack of charity.
- For our weakness and impurity.
- For the neglect of our duties.
- For the betrayal of your holy love.

Christ has given his life for us.

Let us also give our life for our brothers.

Pardon, O Lord, your people who deserve punishment on account of their sins, and grant them salvation through your infinite mercy. Through Christ Our Lord.

Amen.

Christ has given his life for us.

Because, by your holy cross, you have redeemed the world.

Every circumstance of the revelation of the mystery of the son was in the heart of the mother. The promised sword of pain was becoming a tormenting reality. Mary serenely, yet with profound sorrow, shares in the lot of her son. Her gaze is on him and her soul entrusts itself to the mystery of the Eternal.

We adore you, O Christ, and we bless you.

Pray for us, O Mary.
Pray for us, O Mary.

— So that we may be faithful to your Jesus.
— So that we may share in the sufferings of our brothers.
— So that the trials of life may make us grow in love.

Christ has given his life for us.

Let us also give our life for our brothers.

Lord Jesus Christ, may the sacrifice in which we have participated, celebrating devoutly the sorrows which pierced your Virgin Mother, obtain for us from your mercy all the graces we need for our salvation. You are Christ and Our Saviour.

Amen.

OR

Father, you desired to associate the Virgin Mary with the passion of your only Son. Grant that we, who recall her sorrow, may participate together with her in the joy of the resurrection. Through Christ Our Lord.

Amen.

The Fifth Station: SIMON OF CYRENE CARRIES THE CROSS OF JESUS

We adore you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the world.

O Christ, betrayal, ignorance, sectarian hatred, injustice and oppression, all these were present on that day to condemn you. But, in your goodness, you desired to associate us with the mysterious work of our salvation, through Simon of Cyrene, called to your aid by your torturers.

You have never kept us away from your passion. The Cyrenian followed you by force: for a moment, under the weight of the cross, besides the Saviour, there is also the redeemed. Lord, help us to bear the weight of our sufferings.

A stranger from Cyrene carries the cross of Jesus. Perhaps he was forced by the soldiers. However, he has a role in the plan of God, who wants to associate all of us in the events of salvation and, through our crosses, in the salvific cross of the Son.

We pray to you, O Lord.
We pray to you, O Lord.

— For all those who meet with the cross and are forced to carry it.
— For those who do not understand that, through the cross of Christ, every cross on man’s shoulder becomes the sign of salvation.
For those who make of their suffering an offering to God, for the good of the Church.

- For all the times we have been indifferent before injustice.
- For all the times our pride prevented us from reflecting your presence.
- O suffering woman, you had the courage to recognize and approach Truth, ill-treated, misunderstood and outlawed by men. In the midst of that insolent and hostile crowd, you proved the invincible courage of your love. Veronica, you who held the face of the Saviour in your hands in a gesture of compassion, the beauty of which tradition has never forgotten, pray for us that we may boldly express our faith and love.

O Christ, teach us to listen to the cries of those weighed down by the forces of condemnation and death!

The Sixth Station: VERONICA WIPES THE FACE OF JESUS

We adore you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the world.
Christ has given his life for us.
Let us also give our life for our brothers.

Father, you created us according to your image. Grant that we may reflect the image of your Son in our life. Through Christ Our Lord.

Amen.

Pardon, O Lord, our acts of fear and condemnation!

Christ has given his life for us.
Let us also give our life for our brothers.

O God, you turn everything to good for those who love you. Grant us your invincible love. May no temptation ever lead us away from our desire to serve you alone. You who live and reign for ever and ever.

Amen.

Occasional acts of compassion are not enough. The journey to Calvary is painful and every suffering must be promptly accepted and soothed. Christ falls again and we make his journey more difficult by making a habit out of sin.

The Seventh Station: JESUS FALLS
THE SECOND TIME

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

O Christ, you did not come to conquer kingdoms, because your history is not written with the blood of others, but with your own. You did not come to judge and punish, but to give your life for those who would, without your help, die and disappear. You came to gather to the last speck this dust, of which we are made, so that nothing that you

created may be lost; that what is corrupted and destroyed by sin may revive through your love; that there may be nothing on earth so low, so hopeless, and so miserable, which is beyond your uplifting love.

O God, you turn everything to good for those who love you. Grant us your invincible love. May no temptation ever lead us away from our desire to serve you alone. You who live and reign for ever and ever.

Amen.

Occasional acts of compassion are not enough. The journey to Calvary is painful and every suffering must be promptly accepted and soothed. Christ falls again and we make his journey more difficult by making a habit out of sin.

We adore you, O Christ, and we bless you.
Because, by your holy cross, you have redeemed the world.
C O Lord, you have redeemed us, not with gold or silver, but with the precious blood of Christ. Give us the grace to see in every one a brother or sister for whom Christ died. Through Christ Our Lord. Amen.

C O Lord, I have sinned against you alone and committed what is evil in your sight. Your word is just and your judgement is irreproachable. O God, have pity on me because of your mercy and purify me from my sin. Amen.

The Eighth Station: THE WOMEN OF JERUSALEM WEEP FOR JESUS

C We adore you, O Christ, and we bless you. Because, by your holy cross, you have redeemed the world.

C O Christ, your prophecy will soon be fulfilled. Jerusalem will soon be destroyed. There will be left of the Temple only a broken wall, the object of lament, down the centuries, of the sons of Israel, like a dam which gathers their supplications and tears. And, even today, there is no peace in that Holy Land where you spoke to your disciples those words which alone can silence weapons: "Love your enemies"!

You, God of love, give peace to our hearts.

G Along with the spontaneous gesture of Veronica and the forced help of the Cyrenian, the lament of the women of Jerusalem is a new sign of humanity's participation in the drama of Christ's passion. We are part of that event to the extent we receive the word of Jesus and keep it.

G Lord, hear us!

G — Teach us to be aware of the miseries of humanity and help us to fight against them.

G — Teach us not to yield to a sterile sympathy, but to feel co-responsible for the sin in and outside of us, to overcome it with courage and holiness.

G — Teach us not to be discouraged in the face of oppression, but to trust in your justice and mercy.

C Christ has given his life for us.

A Let us also give our life for our brothers.

C O God, you desire to be merciful rather than be angry with those who trust in you. Grant us the grace to weep over the sins we have committed and to merit the grace of your joys. Through Christ Our Lord.
O Lord, you have redeemed us, not with gold or silver,
but with the precious blood of Christ. Give us the
grace to see in every one a brother or sister for whom
we are to die. Through Christ our Lord, we pray.

Amen.

Father, you willed to associate human compassion with
the passion of your only Son. Grant us the grace to
participate in the joy of the resurrection. Through
Christ our Lord.

Amen.

The Ninth Station: JESUS FALLS.
THE THIRD TIME

We adore you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the
world.

Thank you, Lord Jesus.

Because you allowed yourself to be condemned, to free
us from the slavery of death.

—Because you fell under the weight of the cross, to lift
us up from our sins.

—Because you showed your love for mankind, by suffer-
ing intensely in the flesh.

Let us also give our life for our brothers.

Christ has given his life for us.

O God, our protector, turn your eyes of pity on us,
weighed down by our sins, and grant us your pardon,
so that we may serve you with undying fidelity. You
who live and reign for ever and ever.

Amen.

O God, comforter of the afflicted and liberator of the
oppressed, pour out on us the Spirit of your Son, and

J. 53.7-8.
grant that every man may experience the strength and
sweetness of your fatherly hand. Through Christ Our
Lord.
A Amen.

The Tenth Station: JESUS IS STRIPPED
OF HIS CLOTHES

C We adore you, O Christ, and we bless you.
A Because, by your holy cross, you have redeemed the
world.

G They are about to divide your garments. They will cast lot
over your seamless tunic. As the Sacred Scripture that, from
the first day of creation, gradually and incessantly reveals
and hides the presence of God, so your garments, the words
of your message, O Christ, proclaim and hide your per-
son. We should seek you alone, Lord, because we know that
you are the infinite Truth. There is no truth without you
and there is no falsehood with you. Lord, through the
mystery of your incarnation, forgive us such an outrage!

B Christ has given his life for us.
A Let us also give our life for our brothers.
C Father, Christ your Son loved the Church and gave
himself up for her. Grant us the grace to love her and,
overcoming all divisions, to work for the genuine unity
of all Christians. Through Christ Our Lord.
A Amen.

R Mt. 27,33-37.

G The ancient prophecy is fulfilled: Christ assists at the divi-
sion of his own garments. To follow Christ is to renounce
all material security and to bear, with courage, the con-
sequences of a radical testimony.

G Lord, have mercy on us.
A Lord, have mercy on us.
G — When we find that the poverty we have freely chosen
costs us.
— When we long for material security, forgetting your ex-
ample of extreme poverty.
— When our life is not consistent with the spirit of the
gospel and we do not witness against the idolatry of riches
and power.

C O God, through the passion of Christ Our Lord, you
have freed us from death. Grant that, having become
like him, we may strive to carry within ourselves the
image of the new man. Through Christ Our Lord.
A Amen.
The Eleventh Station: JESUS IS NAILED TO THE CROSS

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

Lord, your hands which blessed so many, which cured the sick, which restored sight to the blind, which removed leprosy from faces, which scribbled on the sand while the false accusers of the adulterous woman left one by one, your hands which broke the bread and poured the wine so that the invisible truths of faith might nourish the uncertain realities of this visible world, your generous hands which gave so much and received so little, now violently fixed to the wood of the cross, will remain for ever open. Sharp iron pierces your feet which sanctified the earth. The wicked plan of man has reached its completion and everything is now ready to lift up the crucified Christ.

Christ has given his life for us. Let us also give our life for our brothers.
O Lord, with the sign of the holy cross, protect your people from the snares of the evil one, so that all of us may be the signs of your love and a pleasing oblation to you. In Christ Jesus our Lord.
Amen.

O Father, Christ your Son emptied himself, becoming obedient unto death. Grant us the grace to live in fidelity and obedience to your will. Through Christ our Lord.
Amen.

Christ is bound forever. But the gallows destined for death will become the instrument of salvation for ever. And Christ, raised upon the cross, will be the courage of every missionary, in the proclamation of salvation to the world.
We adore you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the world.

You did not know darkness, and still we hear the forlorn words of the psalm: "My God, my God, why have you forsaken me?" It was necessary that you uttered these words, so that no one would dare to say that you did not experience the supreme agony of human condition. You die on the cross to conquer for ever the loneliness of our death.

Christ has given his life for us. Let us also give our life for our brothers.

O omnipotent and merciful God, you have redeemed us with the blessed passion and death of your Christ. Preserve in us the work of your mercy and, through our sharing in this mystery, give us the grace to live in continuous thanksgiving. Through Christ Our Lord.

Amen.

O Lord, give us your strength.

When obedience runs counter to our desire for independence and egoism.

When we are alone to carry the cross, in the hour of suffering.

When the mystery of death will grip our life.

O God, our Father, in Jesus you have revealed yourself as love that offers itself even to the sacrificing of life. Grant that we may remain in your love, so that you will be in us and we in you. Through Christ Our Lord.

Amen.

O Lord, give us your strength.

That we may learn to embrace the cross with joy.

Grasping it as the means for our inner purification.

We pray to you, O Christ, and we bless you.

Because, by your holy cross, you have redeemed the world.

A cry of pain and then the silence of death. We too have shouted: "Let him be crucified!" Only now, faced with the destruction of the temple, do we understand the horrible effect of our every sin.
The Thirteenth Station: **JESUS IS TAKEN DOWN FROM THE CROSS**

**C** We adore you, O Christ, and we bless you.

**A** Because, by your holy cross, you have redeemed the world.

**G** Everything is accomplished. Your gaze, O Lord, which baptized the earth, your gaze which renders eternal and clothes with a new light all beings and the little things of life, that gaze is no more for us. Everything is accomplished. All those you met in the parable of your life will never go out of human memory, they are fixed for ever: the apostle and the sinner, the rich young man and the woman at the well of Jacob; Pilate who will continue to wash his hands till the end of time; Caiaphas with his finger raised to pronounce the unjust verdict, rising from the avarice of his heart; the blind man who had his vision restored by the waters; Lazarus, alive again, having escaped the claws of death; Martha who did not have even a minute for herself, and Mary, her contemplative sister, who had chosen the better part; Nicodemus who wanted to understand and the Centurion who did not doubt at all! Everything is accomplished. Your lacerated body, taken down from the cross, slips into the hands of your mother, of John whom you had entrusted to her, of Magdalen who is beside herself with sorrow. O Mary, to be blessed among all women meant that you would be asked to suffer all this, to learn to accept all this. Everything is accomplished. There is no one around you, except those few, strong in faith and love, who will shine out till the end of days, but who now bewail your lot.

**B C** Jn. 19,31-34.38.

**R** — Because we had little faith in the power of your death.
— Because we did not have hope and we were pessimistic in our life.
— Because, closed in on ourselves, we were not able to understand and console others in their suffering.

**A B C**

**C** Christ has given his life for others.

**A** Let us also give our life for our brothers.

**C** O God, our Father, Christ your Son has destroyed death and sin by becoming obedient unto death. Grant us the grace to draw continual benefits from the sacraments, the perennial source of life and love.

Through Christ Our Lord.

**A** Amen.
O Lord, in your passion the sword of sorrow pierced the loving heart of the glorious Virgin and Mother Mary. The merits and prayers of the faithful one at the foot of the cross, grant us, who now recall with devotion her sorrows, the saving fruits of your redemption. Through Christ Our Lord

Amen.

The Fourteenth Station: JESUS IS BURIED

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

We are still waiting. Our faith is sure. This temple, that was destroyed by men, will be rebuilt by God. And down the centuries, we will be witnesses of Christ, dead but truly risen. The scandal of the cross is the wisdom of the new victory.

Christ has given his life for us. Let us also give our life for our brothers.

O Lord, in baptism you have united us to Christ your Son. Give us the grace to die to sin always, so as to rise with him in love. You who live and reign for ever and ever.

Amen.

O almighty God, you are our only good and we have
nothing besides you. Preserve in us the work of your mercy and the fruit of our participation in these mysteries. In Christ Jesus Our Lord.

A Amen

CONCLUSION

C We adore your cross, O Lord.
A And we praise and glorify your holy resurrection, because through the cross joy has entered the whole world.

C The Lord be with you.
A And also with you.

C Father, your only Son has destroyed our death through his death, and has renewed our life through his resurrection. Give us the grace to live our life in the expectation of the joy of heaven. Through Christ Our Lord.
A Amen.

OR

C We adore your cross, O Lord.
A And we praise and glorify your holy resurrection.

C We bless you, O Christ.
A With your Cross, you have redeemed mankind from sin.

C The Lord be with you.
A And also with you.

C Father, your only Son has vanquished our death through his death, he has renewed our life through his resurrection. Teach us to live as children, obedient to your will, awaiting the marriage of the Lamb. Through Christ Our Lord.
A Amen.

OR

R The passion of Jesus is not over. He continues to suffer in the people who suffer because of sin, because of injustice, because of their striving for true freedom. Today, it is up to us, his Church, the members of his mystical body, to "complete in us his passion" for the redemption of the world, carrying in our heart and in our flesh, the sufferings of all men. The death of Christ is not the end; it opens itself to the resurrection. Our life is illumined by the hope that we, and with us the whole world, will be transformed to share in the glorious life of the risen Lord.

C Christ has given his life for us.
A Let us also give our life for our brothers.

C Let us pray: Lord Jesus, teach us to carry our cross daily and to follow you with generous will, to make reparation for our sins and those of the world. You who saved us, make us saviours of our brothers. As you gave your life for us, so may we give ours for others. Make us joyful witnesses of your resurrection and preserve alive in us the hope of the joy which you have promised to your faithful people. You who live glorious through all ages.
A Amen.

At the end of the service, the celebrant can give the last blessing in the usual way or with the cross in silence and then dismiss the people.

C In the name of Christ, who died and rose from the dead for our salvation, go in peace!
A Thanks be to God.

FINAL HYMN