



# *The Way of the Cross with Cardinal Newman*

## *Introduction*

(STAND)

*Leader* Today we pray the Stations of the Cross  
with Blessed John Henry Newman,  
the great English Cardinal and convert to Catholicism.  
In these meditations,  
Cardinal Newman invites us to put ourselves  
in the presence of our crucified Lord,  
to recognize our own sinfulness,  
and to resolve to make the changes necessary  
to live our faith with greater integrity.

*Leader* + In the name of the Father, and of the Son,  
and of the Holy Spirit.

*All* Amen.

(PROCESSION TO THE FIRST STATION)

*All SING* At the cross her station keeping,  
Stood the mournful mother weeping,  
Close to Jesus to the last.  
  
Through her heart, his sorrow sharing,  
All his bitter anguish bearing,  
Now at length the sword has passed.

## *First Station*

### *Jesus is condemned to death*

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

(GENUFLECT)

*ALL* **Because by your holy Cross you have redeemed  
the world.**

*Reader* Jesus is condemned to death.  
His death warrant is signed, and who signed it but I,  
when I committed my first mortal sins,  
when I fell away from the state of grace  
into which you placed me by baptism.  
The innocent suffered for the guilty.  
Those sins of mine were the voices which cried out,  
“Let Him be crucified.”

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, open our eyes to recognize our sins,  
and to acknowledge them before you  
with humility and honesty.  
May we take responsibility for ourselves  
and for our actions,  
and, letting go of our need to blame others,  
move towards a new life with you.  
In your name, we pray. Amen.**

(STAND)

*All SING* **O how sad and sore distressed  
Was that Mother highly blessed  
Of the sole-begotten one!**

*Second Station*  
*Jesus receives his cross*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* A strong, and heavy Cross  
is placed upon his torn shoulders.  
He receives it gently and meekly,  
nay, with gladness of heart,  
for it is to be the salvation of mankind.  
I acknowledge, O Jesus, that it was my sins  
that struck you on the face,  
that tore your flesh with iron rods,  
that nailed you to the Cross,  
and let you slowly die upon it.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, in taking up your cross,  
you took upon yourself my sins,  
my selfishness, my indifference.  
Renew my faith in the power of your cross,  
for by it you have taken away the sins of the world.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Christ above in torment hangs;  
She beneath beholds the pangs  
Of her dying glorious Son.**

*Third Station*  
*Jesus falls the first time*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* Yes, it is as I feared.  
Jesus, the strong and mighty Lord, has found,  
for the moment, our sins stronger than himself.  
I repented of the sins of my youth,  
and went on well for a time;  
but at length a new temptation came.  
Then all my good habits seemed to go at once;  
they were like a garment which is stripped off,  
so quickly and utterly did grace depart from me.  
And at that moment I looked at my Lord,  
and lo! He had fallen down,  
and I covered my face with my hands.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, you became like us in all things but sin.  
You know how often we are tempted,  
how easily we fall.  
Give us the will to rise and return to the Father.  
In your name, we pray. Amen.**

(STAND)

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

*Fourth Station*  
*Jesus meets his afflicted mother*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* She had known him beautiful and glorious,  
with the freshness of divine innocence and peace  
upon his countenance;  
now she saw him so changed and deformed  
that she could scarce have recognized him,  
save for the piercing, thrilling, peace-inspiring look  
he gave her....  
Oh, what a meeting of Son and Mother!  
Yet there was a mutual comfort,  
for there was a mutual sympathy.  
Jesus and Mary--do they forget that Passiontide  
through all eternity?

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, give us your Mother's faith.  
May her prayers be our hope  
when all hope seems lost.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Can the human heart refrain  
From partaking in her pain,  
In that mother's pain untold?**

## *Fifth Station*

### *Simon of Cyrene helps Jesus to carry his Cross*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* At length his strength fails utterly,  
and he is unable to proceed.  
The executioners stand perplexed. What are they to do?  
How is he to get to Calvary? Soon they see a stranger  
who seems strong and active--Simon of Cyrene.  
They compel him to carry the Cross with Jesus.  
The sight of the Sufferer pierces the man's heart.  
Oh, what a privilege!  
Simon takes the part assigned to him with joy.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, may we serve you in others.  
May we be Simon for those  
who are carrying heavy crosses  
of suffering, poverty, doubt, or despair.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Bruised, derided, cursed, defiled,  
She beheld her tender Child  
All with bloody scourges rent;  
For the sins of his own nation,  
Saw him hang with desolation,  
Till his spirit forth he sent.**

*Sixth Station*  
*Veronica wipes the face of Jesus*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* As Jesus toils along up the hill,  
covered with the sweat of death,  
a woman makes her way through the crowd,  
and wipes his face with a cloth.  
The devout servant of Jesus did what she could.  
“Ah,” she said, “would I could do more!  
Why have I not the strength of Simon,  
to take part in the burden of the Cross?”  
O Jesus! let us one and all minister to you  
according to our places and powers.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, help us to find our place in the Church.  
Show us the task you have in mind for us.  
May we so live our vocation  
that all whose lives touch ours  
may grow in love of your holy name. Amen.**

(STAND)

*All SING* **O thou mother! fount of love!  
Touch my spirit from above,  
Make my heart with thine accord.**

*Seventh Station*  
*Jesus falls the second time*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* He falls because I have fallen.  
I became lukewarm, tepid.  
I had no lively faith, no sight of spiritual things.  
I ought to be a new creature,  
I ought to live by faith, hope and charity;  
but I thought more of this world  
than the world to come--and at last I forgot  
that I was a servant of God.  
And thus I fell from you.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Keep us watchful, Lord,  
that the distractions and anxieties of our daily lives  
may not prevent us from seeking you in prayer,  
serving others in charity,  
and looking with hope  
to the coming of your kingdom.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Make me feel as thou hast felt;  
Make my soul to glow and melt  
With the love of Christ my Lord.**

*Eighth Station*  
*Jesus meets the women of Jerusalem*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* At the sight of the sufferings of Jesus  
the Holy Women are pierced with grief.  
Jesus, turning to them, said,  
“Daughters of Jerusalem, weep not over me,  
but weep for yourselves and for your children.”  
Is it possible?  
O my Lord, can I grasp the terrible thought  
that you really wept for me--  
wept for me, as you wept over Jerusalem?

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, open my heart to compassion for others.  
May I truly feel with them in their sufferings  
and be an instrument of your mercy  
to those in affliction.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Holy mother! pierce me through;  
In my heart each wound renew  
Of my Savior crucified.**

**Let me share with thee his pain,  
Who for all my sins was slain,  
Who for me in torments died.**

*Ninth Station*  
*Jesus falls a third time*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* Jesus had now reached almost to the top of Calvary;  
but again he fell. This is the worst fall of the three....  
He was thinking of me all the time  
he dragged himself along, up the Hill of Calvary.  
I thought no harm would come on me,  
I thought it was an easy thing to get to heaven,  
and I was not watchful. It was my pride,  
and so I fell a third time.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, do not allow pride to rule in our hearts;  
do not let us take our faith for granted.  
Give us humble hearts,  
and teach us to trust  
not in our own strength,  
but in your never-failing mercy.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Let me mingle tears with thee,  
Mourning him who mourned for me,  
All the days that I may live.**

*Tenth Station*  
*Jesus is stripped of his clothes*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* At length he has arrived at the place of sacrifice,  
and they begin to prepare him for the Cross.  
His garments are torn from His bleeding body,  
and he, the Holy of Holies, stands exposed  
to the gaze of the coarse and scoffing multitude.  
Lord, strip me of myself here and now,  
that in the Last Day I come not to shame.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Take Lord, and receive all my liberty, my memory,  
my understanding, and my entire will,  
all that I have and possess. You have given all to  
me; to you, O Lord, I return it; dispose of it wholly  
according to your will. Give me your love and your  
grace; this is enough for me. Amen.** (St Ignatius  
Loyola)

(STAND)

*All SING* **By the Cross with thee to stay;  
There with thee to weep and pray;  
Is all I ask of thee to give.**

**Virgin of all virgins best!  
Listen to my fond request:  
Let me share thy grief divine.**

## *Eleventh Station*

### *Jesus is nailed to the Cross*

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

(GENUFLECT)

*All* **Because by your holy Cross you have redeemed the world.**

*Reader* Yes, they set up the Cross on high,  
and, having stripped him of his garments,  
made him mount.  
He lovingly placed the backs of his hands  
close against the transverse beam,  
waiting for the executioners to come  
with their sharp nails and heavy hammers  
to dig into the palms of his hands,  
and to fasten them secure to the wood.  
There he hung, a perplexity to the multitude,  
a terror to evil spirits,  
yet the wonder, the awe, the joy, the adoration  
of the holy Angels.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, fill our hearts  
with wonder, awe, joy, and adoration,  
for your cross stands revealed as the tree of life,  
and the hope of eternal life for all humanity.  
In your name, we pray. Amen.**

(STAND)

*All SING* **Let me, to my latest breath,  
In my body bear the death  
Of that dying Son of thine.**

*Twelfth Station*  
*Jesus dies on the Cross*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* The worst is over.  
The Holiest is dead and departed.  
Jesus is dead, and with his death my sins shall die.  
I protest that sin shall no more have dominion over me.  
This Lent I make myself God's own for ever.  
I will try hard to detest sin,  
as much as I have ever loved it.  
Into God's hands I put myself,  
not by halves,  
but unreservedly.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Our Father...**

(STAND)

*All SING* **Wounded with his every wound,  
Steep my soul till it hath swooned  
In his very blood away.**

## *Thirteenth Station*

*The body of Jesus is taken down from the Cross  
and placed in the arms of his Mother*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* O Mary, at last you have possession of your Son.  
Now, when his enemies can do no more,  
they leave him to you. Your heart is pierced  
with the sword of which Simeon spoke.  
He comes to you, but not as he went from you.  
Yet, O Blessed Mary, you are happier  
in this hour of woe  
than on the day of the marriage feast,  
for then he was leaving you,  
but now, as the risen Savior,  
he will be separated from you no more.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Hail, Mary...**

(STAND)

*All SING* **Christ, when thou shalt call me hence,  
Be thy mother my defense,  
Be thy Cross my victory.**

*Fourteenth Station*  
*Jesus is laid in the tomb*

*Leader* We adore you, O Christ, and we praise you.  
(GENUFLECT)

*All* **Because by your holy Cross you have redeemed  
the world.**

*Reader* Lie down and sleep in peace in the calm grave  
for a little while, dear Lord,  
and then wake up for an everlasting reign.  
We, like the faithful women, will watch around you,  
for all our life is lodged with you.  
When our turn comes to die, grant, sweet Lord,  
that we may sleep calmly too.  
Let us sleep peacefully for the brief interval  
between death and the resurrection.  
And when we reach the everlasting gates,  
let them open upon us with the music of Angels.

(KNEEL AND MEDITATE IN SILENCE)

*Leader* Let us pray.

*All* **Lord, support us all the day long,  
till the shades lengthen and the evening comes,  
and the busy world is hushed,  
and the fever of life is over, and our work is done.  
Then in your mercy, give us a safe lodging,  
and a holy rest  
and peace at the last. Amen.** (Cardinal Newman)

(STAND)

*All SING* **While my body here decays,  
May my soul thy goodness praise,  
Safe in Paradise with thee.**

*The meditations at each of the stations are from the Way of the Cross of Blessed John Henry Cardinal Newman (1801-1890), abridged and adapted for St. James Cathedral by Corinna Laughlin, 2013.*