

THE WAY OF THE CROSS

The Way of the Cross published in 1832,
Prayed and handed down by our Elderly Sisters,
Traditionally attributed to Marchioness Giulia di Barolo.

The Way of the Cross is a practice of piety that consists in following our Divine Saviour in spirit, through meditation and prayer, on the painful journey that He made, going to Calvary, carrying the cross. It includes 14 Stations, from His condemnation to His burial. We are invited to reflect and pray at each Station. Since this prayer is a reliving of the true pilgrimage to Calvary, in order to gain the indulgences that are attached to it, after each Station we stand and then kneel in front of the next one.

*In the name of the Father

*Opening hymn

*My God, I offer You this prayer of the Way of the Cross for the intentions of the Holy Father the Pope, in union with the cruel sufferings of Jesus Christ, for the spreading of the Faith, for eradicating the heresies, for the needs of Holy Mother the Church, for Peace among Rulers, for the remission of my sins and my conversion . I ask You also for the grace to receive the Indulgences.

I

At the Cross her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.

First Station
Jesus is condemned to death

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

Because by Your Holy Cross, You have redeemed the world.

Pilate is seated in the court like a judge and the Son of God is at his feet like a criminal.

A mortal, a sinner on the throne! While Innocence itself, the Holy of Holies, God is at his feet.

What a contradiction! O sin, here is your work.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

II

Through her heart, His sorrow sharing,

All His bitter anguish bearing,

Now at length the sword had pass'd.

Second Station
Jesus is made to carry the Cross.

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

Because by Your Holy Cross, You have redeemed the world.

The Cross is heavy with all the iniquities of the world and with all mine. Jesus, torn, worn out, receives it with holy joy for my salvation, and I? If it depended on me, I would not want to suffer at all.

O My Jesus, would you forgive me?
Our Father, Hail Mary, Gloria.
Have mercy on us, O Lord, have mercy.

III

Oh, how sad and sore distress'd
Was that Mother highly blest
Of the sole-begotten One!

Third Station Jesus falls under the weight of the Cross

We adore You, O Christ, and we bless You.
Because by Your Holy Cross, You have redeemed the world.

What a triumph for the enemies of Jesus! What an outrage seeing him fall! And how many times I've dishonoured piety, the wicked rejoice at my falls and my scandals!

Strengthen my steps, O my Jesus, in the way of your commandments.

Our Father, Hail Mary, Gloria.
Have mercy on us, O Lord, have mercy.

IV

Christ above in torment hangs;
She beneath beholds the pangs

Of her dying glorious Son.

Fourth Station
Jesus meets His Most Holy Mother

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

Because by Your Holy Cross, You have redeemed the world.

What martyrdom when their eyes met.

The Son and the Mother have offered such a sacrifice painful for me,
and would I not know how to love the Sacred Hearts of Jesus and
Mary?

O my God, deign to change my heart.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

V

Is there one who would not weep,

Whelm'd in miseries so deep

Christ's dear Mother to behold?

Fifth Station
Simon of Cyrene helps Jesus to carry the Cross

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

Because by Your Holy Cross, You have redeemed the world.

If the Holy Father had to send me a relic of the True Cross, I'd be happy and proud of this gift. When an affliction comes my way, it is Jesus Himself who gives me a small part of His cross, how many times I have refused it or carried it murmuring!

O Lord, let not this evil happen to me again in the future .

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

VI

Can the human heart refrain
From partaking in her pain,
In that Mother's pain untold?

Sixth Station Veronica wipes the most adorable Face of Jesus

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

Because by Your Holy Cross, You have redeemed the world.

What courage on the part of this holy woman! How she tramples human respect!

But what a reward for her faith! The features of our Divine Saviour remain imprinted on her veil with which she wiped it.

Contemplate this image, O my soul, and ask God to imprint it in my heart.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

VII

Bruis'd, derived, curs'd, defil'd,

She beheld her tender child:

All with bloody scourges rent.

Seventh Station Jesus falls for the second time

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

Because by Your Holy Cross, You have redeemed the world.

For this new fall, new outrages, new insults. Ah! I see you, my Jesus, you are insatiable for humiliations and dishonour in trying to heal my pride.

Come to my aid, I implore you, because your example is not enough for me.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

VIII

For the sins of His own nation,
Saw Him hang in desolation,
Till His spirit forth He sent.

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

We adore You, O Christ, and we bless You.
Because by Your Holy Cross, You have redeemed the world.

Do not weep for me, you say, O my Jesus: sin is the worst of all evils!
But I commit it so easily, I confess it so coldly, I fall back so quickly!
O my God, enlighten me and convert me.

Our Father, Hail Mary, Gloria.
Have mercy on us, O Lord, have mercy.

IX

O thou Mother! Fount of Love!
Touch my spirit from above;
Make my heart with thine accord.

Ninth Station **Jesus falls for the third time**

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

Because by Your Holy Cross, You have redeemed the world.

Why so many falls, O my Jesus, since you are the strength of God?

My son, did you not fall three times?

I fall to teach you and to help you get up from your falls with sorrow for your sins,

but without discouragement, and always with trust in the Father.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

X

Make me feel as thou hast felt;

Make my soul to glow and melt

With the love of Christ our Lord.

Tenth Station **Jesus is stripped of His garments**

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

Because by Your Holy Cross, You have redeemed the world.

What were you thinking of, O my Jesus, when they were pulling off your clothes, tearing your flesh?

My son, I offered everything to my Father, for I knew that one day you would have suffered a lot to detach yourself from your project, from that occasion of sin, from that habit which tyrannizes you: your strength lies in my suffering.

It is there, Lord, where I ask you that I know to draw from.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

XI

Holy Mother! Pierce me through;
In my heart each wound renew
Of my Saviour crucified.

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.

Do you hear, my soul, the blows of the hammer?

Put your hand in the place of that of Jesus: this idea makes you tremble with fear, yet the guilty one is you. Unfortunate one, can you still sin so easily?

Keep me from that, my Saviour, I implore you.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

XII

By the cross with thee to stay,
There with thee to weep and pray,
Is all I ask of thee to give.

Twelfth Station Jesus dies on the Cross

We adore You, O Christ, and we bless You.
Because by Your Holy Cross, You have redeemed the world.

He has His feet tied to wait for me, His arms outstretched to welcome me, His head bent down to listen to my prayers. His heart open so that I may hide myself there.

O Jesus, when will I love you as you have loved me?

Our Father, Hail Mary, Gloria.
Have mercy on us, O Lord, have mercy.

XIII

Wounded with His every wound,
Steep my soul till it hath swoon'd

In His very blood away.

Thirteenth Station
Jesus is taken down from the Cross.

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

Because by Your Holy Cross, You have redeemed the world.

O Mary, Mother of Sorrows, can you permit me to draw closer?

Come, my child, contemplate the pale and disfigured face of Jesus, His dull eyes, closed mouth, pierced hands and feet, His open side. Count, if you can, the wounds of His body.

Behold the justice of God! behold the enormity of sin! behold the love of Jesus!

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy

XIV

While my body here decays,

May my soul Thy goodness praise,

Safe in Paradise with Thee. Amen.

Fourteenth Station
Jesus is laid in the tomb

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

Because by Your Holy Cross, You have redeemed the world.

My soul becomes the tomb of Jesus in holy communion. Make it, O my God, a new tomb, cleansing it from its filth, a tomb cut out in the rock of my firm decision to serve You, a glorious tomb, not permitting that I have the misfortune to sin and deserve eternal death.

Our Father, Hail Mary, Gloria.

Have mercy on us, O Lord, have mercy.

Five Our Father, Hail Mary, Glory be in honour of the five wounds of the Saviour. One Our Father, Hail Mary, Glory be for the Holy Father, and a Hail Mary for the person who wrote this prayer.