

Good Friday 14th April 2017

Way of the Cross—Walk across Norwich City

Visiting 14 churches - 12-2.30pm All welcome



Please meet in the Rotunda at 11.45am for a short safety briefing before we begin the walk.
PLEASE NOTE THAT ALL CHILDREN MUST BE ACCOMPANIED BY A PARENT/GUARDIAN

Opening Prayer

O Jesus, my adorable saviour, I seek Your forgiveness and mercy for myself and for my loved ones, for those hardened by sin, and all the faithful departed. Wash away my sins and those of the whole world through the infinite merits of Your Passion. Give me the grace to enter more deeply into the mystery of Your Cross, so that sharing in your suffering and death, I may experience a deep sorrow for my sins and be ready to embrace willingly, even with joy, all the sufferings and humiliations of this life and pilgrimage. Amen.

Walk to the first church....

1st Station: Jesus is Condemned to Die

At each station begin with....

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

All: Because by Your holy Cross and Resurrection, You have redeemed the world.

Meditation:

Recall how Jesus was scourged and crowned with thorns, and how He was then unjustly condemned by Pilate to die on the Cross.

Prayer:

Adorable Jesus, it was not Pilate; it was my own sins that condemned you to death. I pray you, by the merits of your sorrowful journey to Calvary, to assist my soul on its journey to eternity.

End each station with.....

L: You, who suffered wounds for us,

All: Christ Jesus, have mercy on us.

2nd Station: Jesus carries His Cross

L: We adore You, O Christ....

Meditation:

Recall how the heavy Cross was laid upon Jesus' bruised shoulders. He accepts it meekly, even joyously, because by that Cross He wills to redeem the world.

Prayer:

O Jesus, by the merit of Your Cross, grant me the grace to accept meekly and cheerfully the difficulties in my life, that, by so doing, I may always be ready to take up my cross and follow You.

L: You, who suffered....

3rd Station: Jesus falls the first time

L: We adore You, O Christ....

Meditation:

Labouring under the weight of the Cross, Jesus slowly sets forth on the way to Calvary. His agony in the garden has exhausted His Body; He is sore with blows and wounds; His strength fails Him; He falls to the ground under the Cross.

Prayer:

It was for my sins, my Jesus, that You bore the heavy burden of Your Cross and fell under its weight. Let my remembrance of these sufferings make me careful, lest I fall into mortal sin.

L: You, who suffered....

4th Station: Jesus meets his sorrowful mother

L: We adore You, O Christ....

Meditation:

Recall the meeting between Son and Mother on the way to Calvary. How oppressive that experience must have been for both of them! What a sword of anguish must have pierced Mary's maternal heart!

Prayer:

My Jesus, by the compassion which You felt for Your Mother, have compassion on me, and permit me to share in her intercession with You. O Mary, afflicted Mother, intercede for me with your Son, that by His sufferings I may be saved from the wrath which is to come.

L: You, who suffered....

5th Station: Simon helps Jesus carry his Cross

L: We adore You, O Christ....

Meditation:

Recall how, as Jesus' strength continued to fail, He became unable to go on; and how the soldiers then seized Simon of Cyrene and forced him to help Jesus carry His Cross.

Prayer:

O Lord Jesus, let me also bear Your Cross; let me glory in nothing else. Let the temptations of this world be crucified to me, and I to them. Let me not shrink from suffering; let me rather rejoice to be counted worthy of suffering for Your Name's sake.

L: You, who suffered....

6th Station: Veronica wipes the face of Jesus

L: We adore You, O Christ....

Meditation:

Recall how Veronica, seeing Jesus so afflicted, His face soiled with sweat and blood, offered Him her veil. Jesus took the veil, wiped His face, and left imprinted on the cloth the image of His Divine Countenance.

Prayer:

O Jesus, may the remembrance of Your suffering move me to hatred for my sins; may it stir up in me a more fervent love for You. Let the image of Your Countenance be impressed upon my mind, until I am made over in Your likeness.

L: You, who suffered....

7th Station: Jesus falls a second time

L: We adore You, O Christ....

Meditation:

Recall how Jesus' struggle to go on increased His pain and cost Him a constantly greater loss of blood, until His strength failed a second time, and He fell upon the ground again.

Prayer:

O Jesus, lying prostrate again under the burden of my sins, how often have I offended You in the past? Let me for the future rather die than ever offend You again.

L: You, who suffered....

8th Station: Jesus meets the women of Jerusalem

L: We adore You, O Christ....

Meditation:

Recall how some holy women of Jerusalem, upon seeing Jesus stumbling along and bathed in His own blood, wept with compassion. To them Jesus said: "Do not weep for Me; weep for your children."

Prayer:

O Lord Jesus, I grieve for Your sufferings, too, and for my sins which caused You to suffer. Let me mourn that I may be comforted. Let me escape the awful judgment that awaits those who reject or neglect You in this earthly life.

L: You, who suffered....

9th Station: Jesus falls a third time

L: We adore You, O Christ....

Meditation:

Jesus, arriving exhausted at the foot of Calvary, falls for the third time. His weakness was extreme and the cruelty of His executioners was excessive; they tried to hasten His steps when He hardly had strength to move.

Prayer:

O Lord Jesus, I pray You, by the merits of this third painful fall, to forgive my frequent falls into sin and my slowness to rise and return again to You. Let the remembrance of Your sufferings make me hate my sins more and more.

L: You, who suffered....

10th Station: Jesus is stripped of his garments

L: We adore You, O Christ....

Meditation:

Recall now how Jesus arrived at the place of His Crucifixion. The soldiers tore His clothes from His bleeding Body, leaving Him exposed to the cold, rude stare of the scoffing crowd.

Prayer:

Innocent Jesus, by Your torment in being stripped of your clothing, help me to put off every inordinate attachment to the things of earth, so that I may give all my love to You, who are all worthy of my love.

L: You, who suffered....

11th Station: Jesus is nailed to the cross

L: We adore You, O Christ....

Meditation:

Recall how Jesus lies down upon His Cross, and how He extends His arms to offer up the sacrifice of His Life for our salvation. The soldiers nail Him, hands and feet, to His gibbet. And then they raise it, leaving Him to die upon it in terrible anguish.

Prayer:

My crucified Jesus, bind my heart to Your Cross, and let it remain there always, never again to forsake You.

L: You, who suffered....

12th Station: Jesus dies on the cross

L: We adore You, O Christ....

Meditation:

Recall how Jesus agonized for three hours, dying upon the Cross. Then, overcome at last, His Body sagged limply; His head fell forward upon His chest; and He handed over His Spirit.

Prayer:

O Jesus, I devoutly honour that Holy Cross upon which You loved me even unto death. In Your death is all my hope. From this time forward, let me live only for You; when I come to die, let me die loving You alone. .

L: You, who suffered....

13th Station: Jesus is taken down from the cross

L: We adore You, O Christ....

Meditation:

Recall how two of His disciples, Joseph and Nicodemus, took Jesus’ body down from His Cross, and how they laid Him in the arms of His stricken Mother. She received Him with tenderness, pressing Him close to her afflicted heart.

Prayer:

My crucified Jesus, bind my heart to Your Cross, and let it remain there always, never again to forsake You.

L: You, who suffered....

14th Station: Jesus is placed in the tomb

L: We adore You, O Christ....

Meditation:

The Body of her dearly beloved Son is taken from His Mother and laid in the tomb. The tomb is closed, and the lifeless Body remains until the hour of its glorious Resurrection.

Prayer:

O Jesus, lying buried in the tomb, I reverently kiss the stone that encloses You. But on the third day, You rose in glory. By the Resurrection, call me too to rise in glory on the last day, to be forever united with You.

L: You, who suffered....

Finish off in the Blessed Sacrament Chapel

Prayer to Jesus Crucified:

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul, I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope and Charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five wounds, having before my eyes the words which David the prophet put on Your lips concerning You: “They have pierced My hands and My feet, they have numbered all My bones.”

For the intentions of the Holy Father

Our Father....Hail Mary....Glory Be....

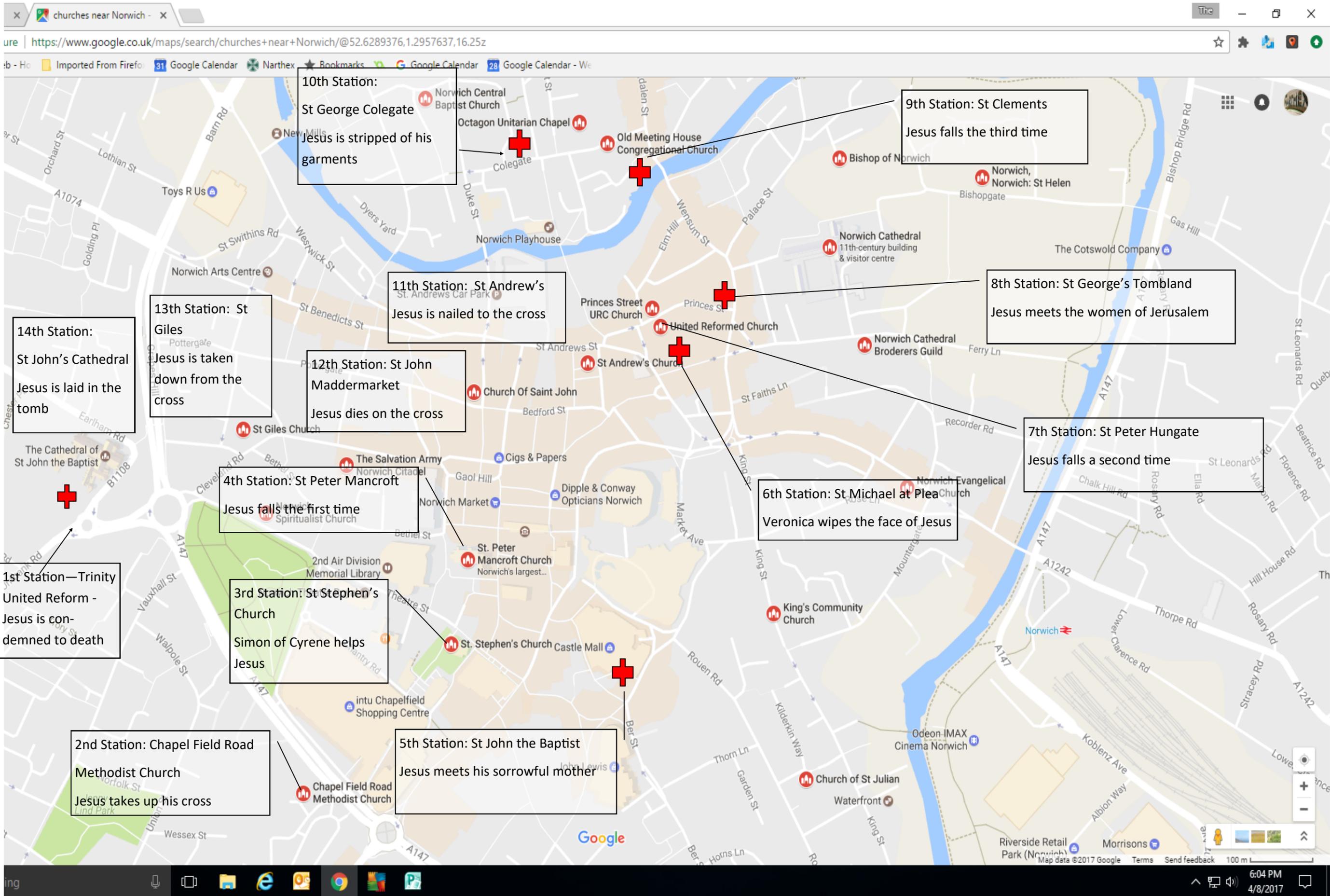
Prayer in Honour of the Holy Cross:

God our Father, in obedience to You Your only Son accepted death on the cross for the salvation of mankind. We acknowledge the mystery of the cross on earth. May we receive the gift of redemption in heaven. We ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit one God, for ever and ever. Amen. ____

The Mystery of _____

Walk the stations to uncover the letters.

1	4	3	10	5	13
	7	11	9		
8	3	12	6		



10th Station:
St George Colegate
Jesus is stripped of his garments

9th Station: St Clements
Jesus falls the third time

11th Station: St Andrew's
Jesus is nailed to the cross

8th Station: St George's Tombland
Jesus meets the women of Jerusalem

14th Station:
St John's Cathedral
Jesus is laid in the tomb

13th Station: St Giles
Jesus is taken down from the cross

12th Station: St John Maddermarket
Jesus dies on the cross

7th Station: St Peter Hungate
Jesus falls a second time

4th Station: St Peter Mancroft
Jesus falls the first time

6th Station: St Michael at Plea
Veronica wipes the face of Jesus

1st Station—Trinity United Reform -
Jesus is condemned to death

3rd Station: St Stephen's Church
Simon of Cyrene helps Jesus

2nd Station: Chapel Field Road Methodist Church
Jesus takes up his cross

5th Station: St John the Baptist
Jesus meets his sorrowful mother