



STATIONS OF THE CROSS

Scriptural

FOR HEALTH CARE WORKERS AND FIRST RESPONDERS

Written by: Most Reverend Marc V. Trudeau, Auxiliary Bishop of the Archdiocese of Los Angeles.

**THIS WAY OF THE CROSS IS WRITTEN ESPECIALLY FOR THE
WOMEN AND MEN WHO WORK FOR THE CARE, ALLEVIATION
AND CURE FOR THOSE INFECTED WITH THE COVID-19
VIRUS.**

WRITTEN BY: MOST REVEREND MARC V. TRUDEAU, AUXILIARY
BISHOP OF THE ARCHDIOCESE OF LOS ANGELES, SAN PEDRO
PASTORAL REGION, MARCH 30, 2020

*"Christ, our Healer, as we reflect on your
Passion, may we become the healing hands
of your compassion and mercy that you
stretch out to us from the Cross."*





I

Jesus in the Garden of Gethsemane (Mt 26:36-39)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

“THEN JESUS CAME WITH THEM TO A PLACE CALLED GETHSEMANE, AND HE SAID TO HIS DISCIPLES, “SIT HERE WHILE I GO OVER THERE AND PRAY.” HE TOOK ALONG PETER AND THE TWO SONS OF ZEBEDEE, AND BEGAN TO FEEL SORROW AND DISTRESS. THEN HE SAID TO THEM, “MY SOUL IS SORROWFUL EVEN TO DEATH. REMAIN HERE AND KEEP WATCH WITH ME.” HE ADVANCED A LITTLE AND FELL PROSTRATE IN PRAYER, SAYING, “MY FATHER, IF IT IS POSSIBLE, LET THIS CUP PASS FROM ME; YET, NOT AS I WILL, BUT AS YOU WILL.”

JESUS CHOSE A GARDEN OF OLIVE TREES IN WHICH TO SPEND HIS LAST NIGHT WITH HIS DISCIPLES. THE NAME “GETHSEMANE” IN HEBREW REFERS TO THE OLIVE PRESS WHICH WOULD HAVE BEEN PRESENT IN THE GARDEN TO RENDER THE OLIVES INTO OIL FOR COOKING, FOR LIGHTING LAMPS AND FOR HEALING OINTMENTS. HOW APPROPRIATE THAT JESUS WHO HEALED THE SICK, GAVE SIGHT TO THE BLIND, CLEANSED LEPERS AND CAUSED THE LAME TO GET UP AND WALK WOULD OFFER HIMSELF AS THE HEALING BALM FOR THE SALVATION OF THE WORLD IN THIS GARDEN OF THE OLIVE PRESS. AS CAREGIVERS, HEALTHCARE PERSONNEL AND FIRST RESPONDERS, WE JOIN IN THE HEALING WORK OF JESUS THROUGH OUR OWN OUTREACH TO THOSE WHO SUFFER.

CHRIST, OUR HEALER, AS WE STRIVE TO BRING YOUR HEALING TOUCH TO THOSE WHO ARE SICK AND FEARFUL, GIVE US STRENGTH, COURAGE AND PROTECTION IN OUR WORK AND HELP US TO SEE THE WILL OF THE FATHER IN ALL THAT WE DO FOR OTHERS. AMEN.





II

Jesus is betrayed by Judas and arrested (Mk 14:43-46)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"THEN, WHILE HE WAS STILL SPEAKING, JUDAS, ONE OF THE TWELVE, ARRIVED ACCOMPANIED BY A CROWD WITH SWORDS AND CLUBS WHO HAD COME FROM THE CHIEF PRIESTS, THE SCRIBES, AND THE ELDERS. HIS BETRAYER HAD ARRANGED A SIGNAL WITH THEM, SAYING, "THE MAN I SHALL KISS IS THE ONE"; ARREST HIM AND LEAD HIM AWAY SECURELY." HE CAME AND IMMEDIATELY WENT OVER TO HIM AND SAID, "RABBI." AND HE KISSED HIM."

JUDAS WAS ONE OF THE "TWELVE"; THOSE MOST TRUSTED OF JESUS' FOLLOWERS, PRESENT THROUGHOUT HIS MINISTRY, ONE WHO HAD HEARD AND SEEN JESUS PREACH AND HEAL. IT IS THIS MEMBER OF THE MOST TRUSTED WHO BECAME THE BETRAYER. BETRAYAL DESTROYS TRUST AND WITH IT, HOPE. IN THIS TIME OF UNCERTAINTY AND UPHEAVAL, IT IS SO EASY TO LOSE TRUST IN THE AUTHORITIES, IN OUR SUPERVISORS, IN OURSELVES AND EVEN IN GOD. WE PRAY FOR THE VIRTUE OF HOPE, THAT WE MIGHT SEE THE GRACE OF GOD IN EVERY PERSON AND EVENT.

CHRIST, OUR HEALER, INCREASE OUR LOVE FOR OUR BROTHERS AND SISTERS, ESPECIALLY THOSE WHO ARE IN NEED OF OUR HELP, INCREASE OUR FAITH IN YOUR CARE AND GUIDANCE FOR US AND, ESPECIALLY, INCREASE OUR HOPE THAT WE MIGHT BE ABLE TO SEE CLEARLY YOUR HAND WORKING THROUGH US IN THIS TIME OF DOUBT AND FEAR. AMEN





III

Jesus is condemned by the Sanhedrin (Lk 22:66-67a)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"WHEN DAY CAME THE COUNCIL OF ELDERS OF THE PEOPLE MET, BOTH CHIEF PRIESTS AND SCRIBES, AND THEY BROUGHT HIM BEFORE THEIR SANHEDRIN. THEY SAID, "IF YOU ARE THE MESSIAH, TELL US."

THE SANHEDRIN ARE AFRAID OF WHAT THEY DO NOT KNOW, WHAT THEY CANNOT CONTROL. THEY CONDEMN JESUS BECAUSE OF THEIR FEAR. THEY ARE PARALYZED BY IT AND TURN TO OTHERS TO ACT. FEAR PREVENTS US FROM DOING WHAT WE NEED TO DO AND FROM SEEING WHAT NEEDS TO BE SEEN. THE CONSTANT CRY OF THE GOSPEL IS, "DO NOT BE AFRAID!" WE LIVE IN FEARSOME TIMES. WE FEAR FOR OUR PATIENTS, FOR OUR LOVED ONES, FOR OURSELVES. PATIENTS, CLIENTS AND LOVED ONES LOOK TO US TO USE OUR EXPERTISE TO ALLEVIATE PAIN AND SUFFERING AND QUALM THE FEARS OF THOSE IN NEED.

CHRIST, OUR HEALER, YOU CALMED THE STORM ON THE SEA OF GALILEE, YOU CAUSE FIVE LOAVES OF BREAD AND TWO FISH TO BECOME A BANQUET FOR 5000, TAKE AWAY OUR FEAR AND INCREASE OUR TRUST SO THAT WE MIGHT CONFRONT ALL CHALLENGES WITH HOPE IN YOUR CARE AND LOVE. AMEN.





IV

Jesus is denied by St. Peter (Mt 26:73-74)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"A LITTLE LATER THE BYSTANDERS CAME OVER AND SAID TO PETER, "SURELY YOU TOO ARE ONE OF THEM; EVEN YOUR SPEECH GIVES YOU AWAY." AT THAT HE BEGAN TO CURSE AND TO SWEAR, "I DO NOT KNOW THE MAN." AND IMMEDIATELY A COCK CROWED."

JUDAS BETRAYS JESUS TO THE AUTHORITIES, PETER DENIES THAT HE KNOWS JESUS. BOTH ARE ACTS OF INFIDELITY, REFUSALS OF THE CALL TO DISCIPLESHIP AND TO BE A WITNESS TO THE TRUTH. THE ROOSTER'S CROW REMINDS PETER OF WHO HE IS AND HIS ACT OF UNFAITHFULNESS BECOMES A TURNING POINT FOR PETER THAT WOULD LEAD TO EXTRAORDINARY ACTS OF FIDELITY.

CHRIST, OUR HEALER, IT IS OFTEN DIFFICULT TO BE FAITHFUL. WE SEEK SECURITY AND FORGET THAT THE GREAT COMMANDMENT IS TO LOVE BOTH GOD AND OUR NEIGHBOR. KEEP US SAFE IN OUR WORK BUT NEVER LET US LOSE SIGHT OF THIS CALL TO LOVE. AMEN.





V

Jesus is judged by Pontius Pilate (Mk 15:14-15)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"PILATE SAID TO THEM, "WHY? WHAT EVIL HAS HE DONE?" THEY ONLY SHOUTED THE LOUDER, "CRUCIFY HIM." SO PILATE, WISHING TO SATISFY THE CROWD, RELEASED BARABBAS TO THEM AND, AFTER HE HAD JESUS SCOURGED, HANDED HIM OVER TO BE CRUCIFIED."

THERE IS A DIFFERENCE BETWEEN POWER AND LEADERSHIP. PILATE HAS POWER BUT WHEN LEADERSHIP IS ASKED OF HIM, HE BOWS TO THE WILL OF OTHERS. EACH OF US HAS INNATE POWER, IN THE PERSON WE ARE AND WHAT WE DO. WHEN THAT POWER IS EXPRESSED IN LEADERSHIP, THE WORLD CHANGES. DURING THIS HEALTH CRISIS, EACH OF US IS CHALLENGED TO EXERCISE PRUDENT LEADERSHIP IN MAINTAINING SAFETY IN THE COMMUNITY AND IN IMPLEMENTING THE POSITIVE WORKS OF MERCY.

CHRIST, OUR HEALER, HELP US TO USE OUR TALENTS AND ABILITIES TO LEAD YOUR PEOPLE TO PEACE AND HEALING. BE WITH US AS GUIDE AND PROTECTOR. AMEN.





VI

Jesus is scourged at the pillar and crowned with thorns (Jn 19:1-3)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"THEN PILATE TOOK JESUS AND HAD HIM SCOURGED. AND THE SOLDIERS WOVE A CROWN OUT OF THORNS AND PLACED IT ON HIS HEAD, AND CLOTHED HIM IN A PURPLE CLOAK, AND THEY CAME TO HIM AND SAID, "HAIL, KING OF THE JEWS!"

THE SOLDIERS BEAT AND MOCKED THE CONDEMNED MAN, JESUS. EMPATHY IS THE CAPACITY TO FEEL WITH THE HEART OF THE OTHER PERSON AND LET OUR HANDS ACT OUT OF LOVE AND COMPASSION. WE ARE MOST HUMAN WHEN WE IMITATE GOD'S MERCY IN HOW WE FEEL WITH HEARTS ATTUNED TO THOSE WHO ARE HURTING.

CHRIST OUR HEALER, MAY WE HAVE HEARTS THAT LOVE, VOICES THAT SOOTHE AND HANDS THAT HEAL THE SICKNESS AND PAIN AROUND US. AMEN.





VII

Jesus Bears the Cross (Jn 19:16-17)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"SO THEY TOOK JESUS, AND CARRYING THE CROSS HIMSELF HE WENT OUT TO WHAT IS CALLED THE PLACE OF THE SKULL, IN HEBREW, GOLGOTHA."

JESUS PHYSICALLY BORE THE CROSS FROM THE PLACE OF HIS TRIAL TO THE HILL OF HIS CRUCIFIXION. THE CRUCIFIXION IS DRAGGED OUT OVER TIME AND SPACE. MOST OFTEN, OUR CRISIS MOMENTS ARE JUST THAT. MOMENTS. AS THIS CRISIS PERSISTS OVER DAYS AND WEEKS, WE ASK FOR PATIENCE SO THAT WE CAN DO THE JOB IMMEDIATELY BEFORE US.

CHRIST, OUR HEALER, GIVE US THE STRENGTH TO ENDURE WITH PATIENCE AND TRUST IN THIS TIME OF FEAR AND DOUBT. HELP US TO BE MINISTERS OF CARE AND BRING HOPE TO THOSE MOST IN NEED. AMEN





VIII

Jesus is helped by Simon the Cyrenian to carry the cross (Mk 15:21)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"THEY PRESSED INTO SERVICE A PASSER-BY, SIMON, A CYRENIAN, WHO WAS COMING IN FROM THE COUNTRY, THE FATHER OF ALEXANDER AND RUFUS, TO CARRY HIS CROSS."

SIMON IS A FOREIGNER, NOT A FOLLOWER OF JESUS. BUT HE CARRIED THE CROSS FOR JESUS, EASING HIS BURDEN ON THE PATH TO CALVARY. IN THE CURRENT CRISIS, IT IS NOT THE FAMILIES BUT CARE-GIVERS, FIRST RESPONDERS, NURSES AND DOCTORS WHO JOURNEY WITH VICTIMS OF COVID-19. YOUR MINISTRY EASES THE PAIN AND SUFFERING OF THE SICK SO THAT THEY MIGHT FIND THE PATHWAY TO HEALTH.

CHRIST, OUR HEALER, MAY WE BE GENTLE MINISTERS OF YOUR HEALING GRACE AS WE JOURNEY WITH THE SICK. MAY WE BE BROTHER AND SISTER TO THEM IN THEIR TIME OF ISOLATION. AMEN.





IX

Jesus meets the women of Jerusalem (Lk 23:27-28)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"A LARGE CROWD OF PEOPLE FOLLOWED JESUS, INCLUDING MANY WOMEN WHO MOURNED AND LAMENTED HIM. JESUS TURNED TO THEM AND SAID, "DAUGHTERS OF JERUSALEM, DO NOT WEEP FOR ME; WEEP INSTEAD FOR YOURSELVES AND FOR YOUR CHILDREN."

JESUS SPEAKS TO WOMEN WHO ARE OVERCOME BY SORROW AND FEAR. AT FIRST GLANCE, THEY ARE NOT WORDS OF SOLACE. THE DEEP TRUTH OF HIS WORDS IS THAT THE CRUCIFIXION IS NOT JUST AN ISOLATED EVENT IN THE HISTORY OF THE WORLD BUT AN EVENT THAT BINDS ALL PEOPLE TOGETHER AS BROTHERS AND SISTERS, PARENTS AND CHILDREN. IN THIS CRISIS, WE SEE THAT WE ARE NOT ALONE. WE JOURNEY TOGETHER, PRAYING AND SUPPORTING EACH OTHER THROUGH OUR DIFFICULT TIMES.

CHRIST, OUR HEALER, MAY WE ALWAYS BE AWARE OF THE PRAYERFUL SUPPORT OF OUR BROTHERS AND SISTERS AND BE MINDFUL OF OUR OWN NEED TO LIFT UP OTHERS FOR GRACE AND HEALING. AMEN.





X

Jesus is crucified (Lk 23:33-34)

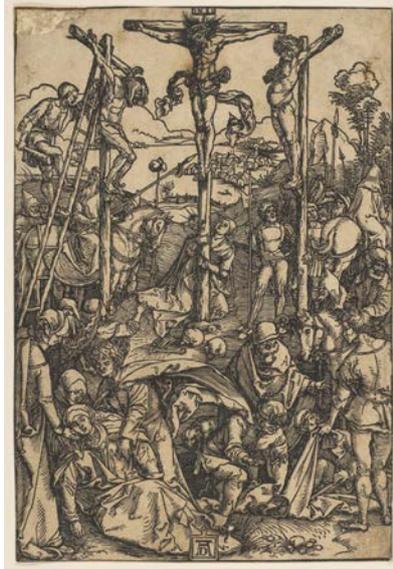
WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"WHEN THEY CAME TO THE PLACE CALLED THE SKULL, THEY CRUCIFIED HIM AND THE CRIMINALS THERE, ONE ON HIS RIGHT, THE OTHER ON HIS LEFT."

JESUS ARRIVES AT THE PLACE OF THE SKULL, A PLACE DEFILED BY PAIN, EXECUTION, DEATH. AND IT IS IN THIS PLACE THAT IS AVOIDED AND REVILED BY THE PEOPLE OF HIS TIME BECAUSE OF ITS ASSOCIATION WITH BLOOD, CRIMINALS AND DEATH THAT THE GREAT DRAMA OF HOPE AND LIFE IS ENACTED, THE SACRIFICE OF THE CROSS. AT THIS TIME, SOME MAY SEE OUR HOSPITALS AND NURSING HOMES AS CENTERS OF DISEASE AND DEATH. BUT THEY ARE ALSO SITES WHERE LIGHT SHINES, LIFE BREAKS THROUGH, AND HOPE SPRINGS FORTH.

CHRIST, OUR HEALER, HELP US TO BE MINISTERS OF LIGHT, SHINING IN THIS TIME OF DARKNESS AND SORROW. MAY WE INSPIRE HOPE AND JOY BY WHAT WE SAY AND DO. AMEN.





XI

Jesus promises his kingdom to the good thief (Lk 23:39-40,43)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"NOW ONE OF THE CRIMINALS HANGING THERE REVILED JESUS, SAYING, "ARE YOU NOT THE MESSIAH? SAVE YOURSELF AND US." THE OTHER, HOWEVER, REBUKING HIM, SAID IN REPLY, "HAVE YOU NO FEAR OF GOD, FOR YOU ARE SUBJECT TO THE SAME CONDEMNATION? THEN HE SAID, "JESUS, REMEMBER ME WHEN YOU COME INTO YOUR KINGDOM." HE REPLIED TO HIM, "AMEN, I SAY TO YOU, TODAY YOU WILL BE WITH ME IN PARADISE."

JESUS IS CRUCIFIED WITH STRANGERS; TWO CRIMINALS JOIN HIM IN HIS SUPREME SACRIFICE. JESUS IS NEVER ALONE AND NEITHER ARE WE. JESUS REMINDS US THAT WHERE TWO OR THREE ARE GATHERED IN HIS NAME, HE IS THERE IN THE MIDST OF THEM. EVEN IN A TIME OF SOCIAL DISTANCING, WE ARE A COMMUNITY, LEADING EACH OTHER INTO THE KINGDOM.

CHRIST, OUR HEALER, WHEN WE FEEL ALONE, FEARFUL AND FULL OF DOUBT, BE OUR STRENGTH SO THAT WE CAN SENSE YOUR PRESENCE IN OUR FAMILIES, OUR COLLEAGUES AND OUR PATIENTS AND CLIENTS. AMEN.





XII

Jesus speaks to his mother and the beloved disciple (Jn 19:25-27)

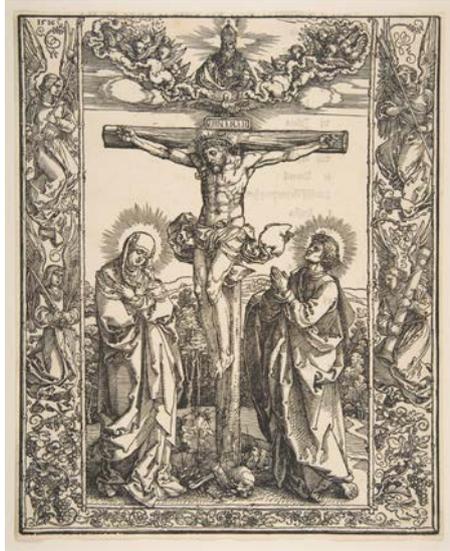
WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"STANDING BY THE CROSS OF JESUS WERE HIS MOTHER AND HIS MOTHER'S SISTER, MARY THE WIFE OF CLOPAS AND MARY OF MAGDALA. WHEN JESUS SAW HIS MOTHER AND THE DISCIPLE THERE WHOM HE LOVED, HE SAID TO HIS MOTHER, "WOMAN, BEHOLD, YOUR SON." THEN HE SAID TO THE DISCIPLE, BEHOLD, YOUR MOTHER." AND FROM THAT HOUR THE DISCIPLE TOOK HER INTO HIS HOME."

FROM THE CROSS, JESUS SPEAKS TO HIS MOTHER, MARY AND TO HIS APOSTLE, JOHN. JOHN TAKES MARY INTO HIS HOUSEHOLD, NO DOUBT LOOKING TO HER FOR GUIDANCE AND WISDOM. THE CHURCH AND EACH OF US CONTINUE TO LOOK TO MARY FOR HER INTERCESSION, ESPECIALLY IN TIMES OF DISTRESS. SHE CONTINUES TO BE OUR MOTHER AND MEMBER OF OUR OWN HOUSEHOLD.

CHRIST, OUR HEALER, THROUGH THE INTERCESSION OF MARY, YOUR MOTHER AND MOTHER OF THE CHURCH, WE PRAY FOR THE GRACE TO SEE OURSELVES THROUGH THIS CRISIS TO NEW HEALING AND LIFE. AMEN.





XIII

Jesus dies on the cross (Lk 23:44-46)

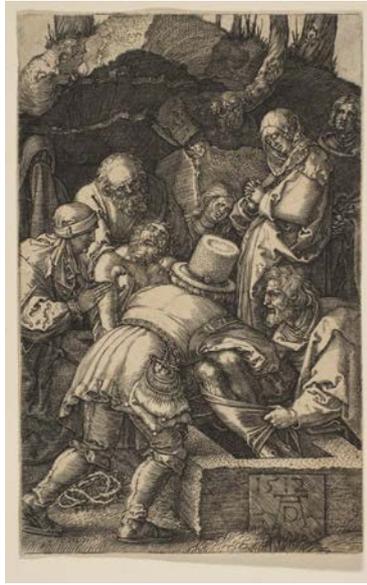
WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"IT WAS NOW ABOUT NOON AND DARKNESS CAME OVER THE WHOLE LAND UNTIL THREE IN THE AFTERNOON BECAUSE OF AN ECLIPSE OF THE SUN. THEN THE VEIL OF THE TEMPLE WAS TORN DOWN THE MIDDLE. JESUS CRIED OUT IN A LOUD VOICE, "FATHER, INTO YOUR HANDS I COMMEND MY SPIRIT"; AND WHEN HE HAD SAID THIS, HE BREATHED HIS LAST."

(PAUSE FOR REFLECTION)

CHRIST, OUR HEALER, YOUR DEATH BOUND YOU TO EACH ONE OF US IN OUR SHARED HUMANITY. MAY IT BE A HEALING REMEDY THAT REMINDS US TODAY AND EVERY DAY OF YOUR LOVE AND CARE FOR US. AMEN.





XIV

Jesus is placed in the tomb (Mt 27:559-61)

WE ADORE YOU O' CHRIST AND WE PRAISE YOU, BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD.

"TAKING THE BODY, JOSEPH WRAPPED IT IN CLEAN LINEN AND LAID IN IN HIS NEW TOMB THAT HE HAD HEWN IN THE ROCK. THEN HE ROLLED A HUGE STONE ACROSS THE ENTRANCE TO THE TOMB AND DEPARTED. BUT MARY MAGDALENE AND THE OTHER MARY REMAINED SITTING THERE FACING THE TOMB."

FOR ALMOST TWO THOUSAND YEARS, THE TOMB OF CHRIST HAS SAT EMPTY, SILENT WITNESS TO THE VICTORY THAT JESUS CHRIST WON FOR US OVER DEATH. WE PROCLAIM THE EMPTY TOMB OF CHRIST WHO SAVES US FROM EVERY DISASTER, CRISIS, PLAGUE, FEAR AND DOUBT. THE VICTORY HAS ALREADY BEEN WON, WE AWAIT ITS GRACE TO FLOW OVER US.

CHRIST, OUR HEALER. ON THIS WAY OF THE CROSS, WE HAVE REFLECTED ON YOUR SUFFERING AND DEATH FOR OUR SAKE. STRENGTHEN US IN THIS TIME OF DISTRESS. REMOVE ALL FEAR SO THAT WE CAN BE COURAGEOUS WITNESSES OF YOUR LOVE. PROTECT US AND OUR LOVED ONES FROM SICKNESS AND HELP THIS TIME OF TRIAL TO COME TO A GRACE FILLED END WHERE ALL OF YOUR CHILDREN STAND TOGETHER IN GRATITUDE FOR YOUR SAVING HELP. BLESS IN A SPECIAL WAY ALL CARE-GIVERS, FIRST RESPONDERS, NURSES, PHYSICIANS, HOSPITAL WORKERS AND MEDICAL RESEARCHERS THAT THEY REFLECT YOUR LOVING KINDNESS IN THEIR MINISTRY. MAY THEIR HANDS AND HEARTS BE YOURS AS THEY CARE FOR YOUR SUFFERING CHILDREN AND MAY A TREATMENT AND CURE BE FOUND QUICKLY FOR THIS DISEASE. WE ASK THIS IN YOUR HOLY NAME. AMEN.



REFERENCES

All scriptural passages taken from The New American Bible, Revised Edition

Images obtained from the Public Domain Collection of the Metropolitan Museum of Art in NYC. All prints are attributed to the Artist Albrecht Dürer (German, Nuremberg 1471–1528 Nuremberg)
Woodcut from the The Elisha Whittelsey Collection, The Elisha Whittelsey Fund, 1951.



