



STATIONS OF THE CROSS

*everyone's way
of the cross*



OVERVIEW

everyone's way of the cross

Pilgrims for centuries have journeyed to Jerusalem to walk in the final footsteps of Jesus along the Via Delorosa, the Way of the Cross. During the Crusades, it was not safe to go to Jerusalem so villages in Europe began to create 14 Stations to tell the story of Jesus' last journey, from his meeting with Pilate to his burial in the tomb. Almost every Catholic Church in the world has the Stations of the Cross displayed. These traditional stations have been adapted for the St. Luke's community and a 15th Station celebrating the Resurrection has been added.

Go through at your own pace. Not everything will hold the same meaning for everyone. Allow God to use these experiences to speak to you uniquely. You do not have to journey through all the stations. Open your spirit to where the Spirit draws you. Linger there.

In this guide, you will find the same rhythm and practices for each station. Begin when you are ready.



- 1. Scripture**
- 2. Reflective practice**
- 3. Breath prayer**

BREATH PRAYERS

Minister Adele Ahlberg Calhoun suggests a form of breath prayer that allows us to bring our heart's deepest longing into our intimate relationship with God.

Breath prayer reminds us that just as we can't live on one breath of air, we can't live on one breath of God. God is the oxygen of our soul, and we need to breathe [God] in all day long. After all, it is in [God] that "we live and move and have our being" (Acts 17:28). Breath prayer reminds us that each breath we are given is God's gift and that God's Spirit is nearer to us than our own breath.

To practice breath prayer, ponder the nearness of God. Settle deeply into the truth that God is in you. Deeply breathe in, repeating any name of God that is dear to you. As you exhale, voice a deep desire of your heart. When you exhale, offer up the desire of your heart. The brevity of the prayer allows it to be repeated over and over throughout the day.



inhale: *Be still*
exhale: *and know that I am God.*

PREPARE

To set your posture and mindset for this experience, we invite you to read these words from Everyone's Way of the Cross, by Clarence Enzler.

These fifteen steps
that you are now about to walk
you do not take alone.

I walk with you.

Though you are you,
and I am I,
yes we are truly one -
one Christ.

And therefore
My way of the cross
two thousand years ago
and your "way" now
are also one.

But note this difference.
My life was incomplete until I crowned it
by my death.
Your fifteen steps
will only be complete when you have crowned them
by your life.

Adapted from Everyone's Way of the Cross

Everyone's Way of the Cross by Clarence Enzler was the inspiration for this year's St. Luke's Stations of the Cross. You can pick up a copy of this booklet at the Welcome Station.

STATION 1: JESUS IS CONDEMNED TO DEATH

SCRIPTURE

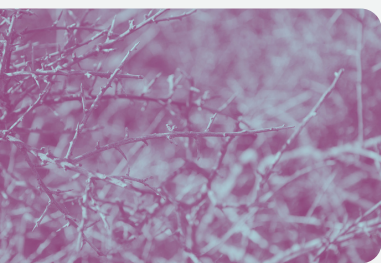
John 19:1-4



Then Pilate took Jesus and had him flogged. 2 And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. 3 They kept coming up to him, saying, "Hail, King of the Jews!" and striking him on the face. 4 Pilate went out again and said to them, "Look, I am bringing him out to you to let you know that I find no case against him."

REFLECTIVE PRACTICE

Spend some time entering a space of contemplation at this station. Breathe in and breathe out, giving yourself permission to pause and notice anything going on around you and within you. Take time to be aware of what you are feeling and allow yourself to pray, reflect, and wonder as you enter into this experience. If you are able, take a posture of kneeling, look at the image, close your eyes, and imagine being in the moment with Jesus, bearing witness to His condemnation.



What sights and sounds catch your attention? Can you imagine what Jesus might have been feeling? Can you empathize, through your own experiences?

BREATH PRAYER

inhale: *Lord, Jesus Christ,*
exhale: *have mercy on me.*

STATION 2: JESUS CARRIES HIS CROSS

SCRIPTURE

John 19:17

Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha).

REFLECTIVE PRACTICE

Jesus begins his journey being unjustly accused and condemned. His path becomes one of great suffering for him, for his family, for his friends, for his beloved community. As we walk with Jesus reflect on those sent on similar paths of suffering. Many who suffer from gun violence were just living their lives in ordinary ways, at a party, walking down the street, lying in bed, playing a game with their siblings. Then in a moment their lives are changed. They receive wounds that will affect them lifelong. Or they do not survive, and they leave gaping wounds in the lives of their family, friends and community.

Consider how the Spirit of God continues to walk in this world. How might we walk with those who suffer unjustly?



BREATH PRAYER

inhale: *I am weary.*

exhale: *Walk with me.*

STATION 3: JESUS FALLS FOR THE FIRST TIME

SCRIPTURE

Isaiah 43:1-3

But now, this is what the Lord says
he who created you, Jacob,
he who formed you, Israel:
“Do not fear, for I have redeemed you;
I have summoned you by name;
you are mine.
When you pass through the
waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.
For I am the Lord your God,
the Holy One of Israel, your Savior;

REFLECTIVE PRACTICE

These words from Isaiah remind us that we are never forgotten by God. There are so many people who feel that God has abandoned them.

*Those without homes.

*Those who struggle with hunger.

*The sick and those who are tired from their struggles.

Hold in your mind and heart the faces of the people on the corners of our streets, the refugees longing for a safe place to live, the lonely who need a listening ear.



Pray this prayer: “Make me an instrument of your love and peace. When I am weary remind me that you know my name and hold me in your gentle embrace.”

BREATH PRAYER

inhale: *I give you my pain,*
exhale: *heal my wounds.*

STATION 4: JESUS MEETS HIS MOTHER

SCRIPTURE

Luke 2:34-35, 51

Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel and to be a sign that will be spoken against so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."



REFLECTIVE PRACTICE

We all love. We all must let go. Mary loved and Mary let go. The people who are given to us are not ours to keep and control. They, like us, are here for a reason that was in the heart of God beyond our knowing. We, like Mary, need to love and let go. Release.

Please take a paper heart and write the name of someone you need to release as you deeply love them. Put it in the box and pray for them as you let go of the paper, trusting. Do this for as many people as you need to let go.



BREATH PRAYER

inhale: *Perfect love.*

exhale: *Teach me how to let go.*

STATION 5: SIMON HELPS JESUS

SCRIPTURE

Mark 15:21

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

REFLECTIVE PRACTICE

Imagine a person not unlike yourself. You see them as they struggle with their burdens. Perhaps they are hungry, scrambling to feed a family, scrape together enough for rent, bills, medicine and food.

What might you be called upon to do to help them in their struggle? How might you be able to be like Simon, a passer-by who is needed by Jesus to help carry the burden, even for a short while?

There are many ways to help through the Crooked Creek Food Pantry. By making monetary or food donations, by helping serve at the pantry, you can help carry the heavy burden.



Write a note of encouragement to given to participants at the Crooked Creek Food Pantry. Place it in the bag.



BREATH PRAYER

inhale: *Caring God*

exhale: *Move through me to others.*

STATION 6: VERONICA COMFORTS JESUS



SCRIPTURE

John 14: 18, 20

Jesus said to them, "I will not leave you orphaned. I am coming to you. On that day you will know that I am in my Father, and you in me, and I in you."

REFLECTIVE PRACTICE

While Veronica, specifically, does not appear in the gospels, we can focus on her gesture instead of her identity. In reaching down to wipe away Jesus' blood and sweat with her veil, she risked her own life in compassion to offer comfort to the suffering Jesus.

When Jesus had passed, and Veronica looked down at her veil, she saw imprinted in her veil with his blood and sweat, the face of Christ. As she gazed at this image of the face of Christ, she saw her own face reflected back at her in his image, and Christ's image reflected in her own face.

Veronica invites us to see the image of Christ mirrored in our own face, and our face mirrored in the face of Christ. As we reflect on this, we also begin to see the face of Christ reflected in each and every person we meet.

Take a few moments to sit in front of the mirror. Let yourself sink into the space. Look at your own face. When you are ready, fold your hands as in prayer, close your eyes and bow to the Christ reflected in you. Open your eyes and see the Christ reflected in you and you in Christ, and Christ in all.

BREATH PRAYER

inhale: *God of Presence.*

exhale: *Give me your compassion.*



STATION 7: JESUS FALLS FOR THE SECOND TIME

SCRIPTURE

Psalms 28:7

The LORD is my strength and my shield; in him my heart trusts; so I am helped, and my heart exults, and with my song I give thanks to the Holy One.



REFLECTIVE PRACTICE

At this station, you will find the labyrinth. A labyrinth is a geometrical path, a tool, and a reflection practice used for many different reasons - to find peace, to pray and reflect, and to let go of worries and walk as a kind of moving meditation.

Enter the labyrinth and follow the single path as it winds its way toward the center. Pause in the center for as long as you need, then turn and exit the labyrinth on the same path you came in. It is fine to walk it alone and fine to walk with others. People walk at different paces. If you encounter someone going in the opposite direction, simply step off the path momentarily to allow the other to pass.

As you walk, use the breath prayer, practice gratitude, and give yourself space to release worries or burdens. Reflect on how you are like Jesus - you fall again & again. You trust in loving arms, you get up and you carry on. You learn to persevere.

Did any words emerge on your journey?

BREATH PRAYER

inhale: *I let go.*
exhale: *I trust You.*

STATION 8: JESUS AND THE WOMEN OF JERUSALEM

SCRIPTURE

Luke 23: 27 - 28

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children.

REFLECTIVE PRACTICE

Women and children are all too often the ones who suffer the most in war and strife. These vulnerable ones quickly become refugees: the people of Syria, the people of Ukraine, the people of Gaza, the people of Afghanistan. Most have lost their homes and means of support. Reflect especially on the women and children. Can you hear their weeping?

In February of 2022, St. Luke's adopted an Afghani family with six children. We still sponsor this family and several of our members continue to help them with the long list of needs when refugees struggle to settle in a new country: getting to doctors, learning about American finances, schools for the children, forms and more forms to be filled out. The list goes on and the ways to help is long.

Write a prayer for the "others" who are grieving, striving and struggling. Tuck it into the prayer wall.



BREATH PRAYER

inhale: *God of Peace*

exhale: *Hear your children cry.*

STATION 9: JESUS FALLS FOR THE THIRD TIME

SCRIPTURE

Matthew 23:11-12

The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

REFLECTIVE PRACTICE

Welcome to the human condition.

Check in with your body.

Where is there pain, tightness?

What is the feeling? Fear, anger, tiredness, sadness

Look at it and welcome it.

Welcome____(name the feeling).

Now, let that feeling go. Stretch and move your body as you can. Relax and breathe.

Love moved Jesus forward, step after step.

Loved pulled Jesus upward, fall after fall.

His love would not be stopped, not even by death. And so it cannot be stopped now.

Your sin, your failures, your humanity:

They will not hold Love back.



BREATH PRAYER

step 1: *I let go of my need to
hoard what I have.*

step 2: *I let go of my need to
always be right.*

step 3: *I let go of my need for
control.*

STATION 10: JESUS IS STRIPPED OF HIS GARMENTS

SCRIPTURE

John 19: 23 - 24

When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, "Let us not tear it but cast lots for it to see who will get it." This was to fulfill what the scripture says,

"They divided my clothes among themselves,
and for my clothing they cast lots."



REFLECTIVE PRACTICE

Jesus was stripped of everything, and yet, possessing nothing, he was filled with the Father's love.

As you reflect on this moment of Jesus' journey, offer God this prayer:

Holy God, I offer you my all—whatever I possess, and more, myself.

Detach me from the craving for prestige, position, wealth.

Root out of me all trace of envy of my neighbor who has more than I have.

Release me from the vice of pride, my longing to be honored and lead me to the lowest place.



BREATH PRAYER

inhale: *May pride in self disappear.*

exhale: *So that I may be filled with You.*

STATION 11: JESUS IS NAILED TO THE CROSS

SCRIPTURE

Luke 23:33

When they came to the place called The Skull, they crucified him there, along with the criminals—one on his right, the other on his left.

REFLECTIVE PRACTICE

There were others crucified alongside Jesus. One on either side of Him. They are described as criminals. In some way they did not fit in, were rejected, challenged the status quo, and they were paying the price. Jesus has compassion for them. He invites them to share with him in the redemptive suffering of love that gives life to the world. One of them is open to the invitation.



Can you see yourself next to Jesus, receiving His invitation to participate with him in God's loving, compassionate healing of the world? Write on a sticky note one way you can answer the invitation to ease the pain of your brothers and sisters.

BREATH PRAYER

inhale: *Here I am, Lord.*
exhale: *send me.*

STATION 12: JESUS DIED ON THE CROSS



SCRIPTURE

John 13: 33 - 35

After this, when Jesus knew that all was now finished and so that scripture would be fulfilled, he said, "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

REFLECTIVE PRACTICE

Submission. Christ, as fully human, submitted to thirst. Christ, as fully divine, submitted to his purpose. In being thirsty and in announcing it to be finished, he submitted to and expressed the fullness of his purpose and existence on earth.

Take several deep cleansing breaths. Where do you need to admit to being human? Take several deep cleansing breaths. Where do you need to submit to your purpose and God's call, as you understand it? Both will ultimately bring Authentic Provision and deep soul rest.



BREATH PRAYER

inhale: *God of all wisdom and provision*

exhale: *Infuse me with the mind and heart of Christ*

STATION 13: JESUS IS TAKEN DOWN FROM THE CROSS

SCRIPTURE

John 19:31-34

Since it was the day of Preparation, the Jewish authorities did not want the bodies left on the cross during the Sabbath, especially because that Sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out.

REFLECTIVE PRACTICE

Jesus was already dead, so instead of breaking His legs, the soldiers thrust a spear into His side. In some way, this seemed more respectful to those who loved Jesus and were there with Him as he died. Sometimes in the midst of suffering, tragedy, heartbreak, disappointment, loss, death, the best we have to offer is care and respect. We want to show honor. It is the beginning of healing.

Pick up a stone. Hold it in your hand. Think about a loss you have experienced. Prayerfully honor that loss and carry the stone to the next station.

BREATH PRAYER

inhale: Be still my soul
exhale: The Lord is with me



STATION 14: JESUS IS BURIED

SCRIPTURE

John 19:38-42

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission, so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation and the tomb was nearby, they laid Jesus there.

REFLECTIVE PRACTICE

In Jewish tradition people place stones on the graves of their loved ones in remembrance and respect. It is customary to place the stone with the left hand, the hand and arm that leads closest to the heart.

Prayerfully place your stone with the others. Remember that when the stone was rolled across the entrance to Jesus' tomb, it appeared that all was lost. The hope of the world was gone. But the tomb was not the end of the story. Jesus' time in the tomb is a time of silence, where we await his resurrection with hopefulness.



BREATH PRAYER

inhale: *I wait*

exhale: *for the risen Christ.*

STATION 15: JESUS HAS RISEN

SCRIPTURE

Matthew 28: 5-7

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."



REFLECTIVE PRACTICE

Take a moment to absorb the presence of God in your life and in this moment.

Read the passage on the wall slowly, paying attention to words or phrases that stand out to you.

Meditate on that word or phrase. Let it interact with all you bring to this moment: your life, worries, joys, etc. What do you want to say to God in response to these words? What do you sense God may be telling you? How might God be inviting you to be transformed through this passage and the journey with Jesus?

BREATH PRAYER

inhale: *I breathe in the Divine.*

exhale: *So that I can be rich in You.*

Go now into the world to serve, living and sharing the truth that Love is the greatest gift of all.

ADDITIONAL RESOURCES: REFERENCED OUTREACH MINISTRIES

CROOKED CREEK FOOD PANTRY

Crooked Creek Food Pantry (CCFP) seeks to serve and invest in the Crooked Creek community service area by operating a client choice food pantry, providing nutritional education, and building relationships to support family needs. CCFP serves over 4000 families per month, is one of the largest food pantries in Central Indiana, and utilizes over 140 volunteers per week.

Sign up to volunteer at ccfpindy.org/get-involved

AFGHAN RESETTLEMENT PROJECT

St. Luke's has been matched by Exodus Immigration with an Afghan family of eight people. We have teams in place to surround the family for at least 90 days. We are helping them get settled, explore job possibilities, provide transportation, take them shopping, secure furnishings for their home, learn English and have fun. There are opportunities to be part of a team. Join us!

Contact Bob Dillingham at robertdillingham@yahoo.com

PREVENTING GUN VIOLENCE

"No More Violence, End Gun Violence "

Stop by the Justice Table in the West Passage to send a message to your Senators, or other public officials. Mail the cards yourself or leave them in the container & we will mail them for you.

You can also find Family Gun Safety Cards & a list of local & national organizations working to end gun violence.

Contact Theresa Berghoff at tres257@yahoo.com

