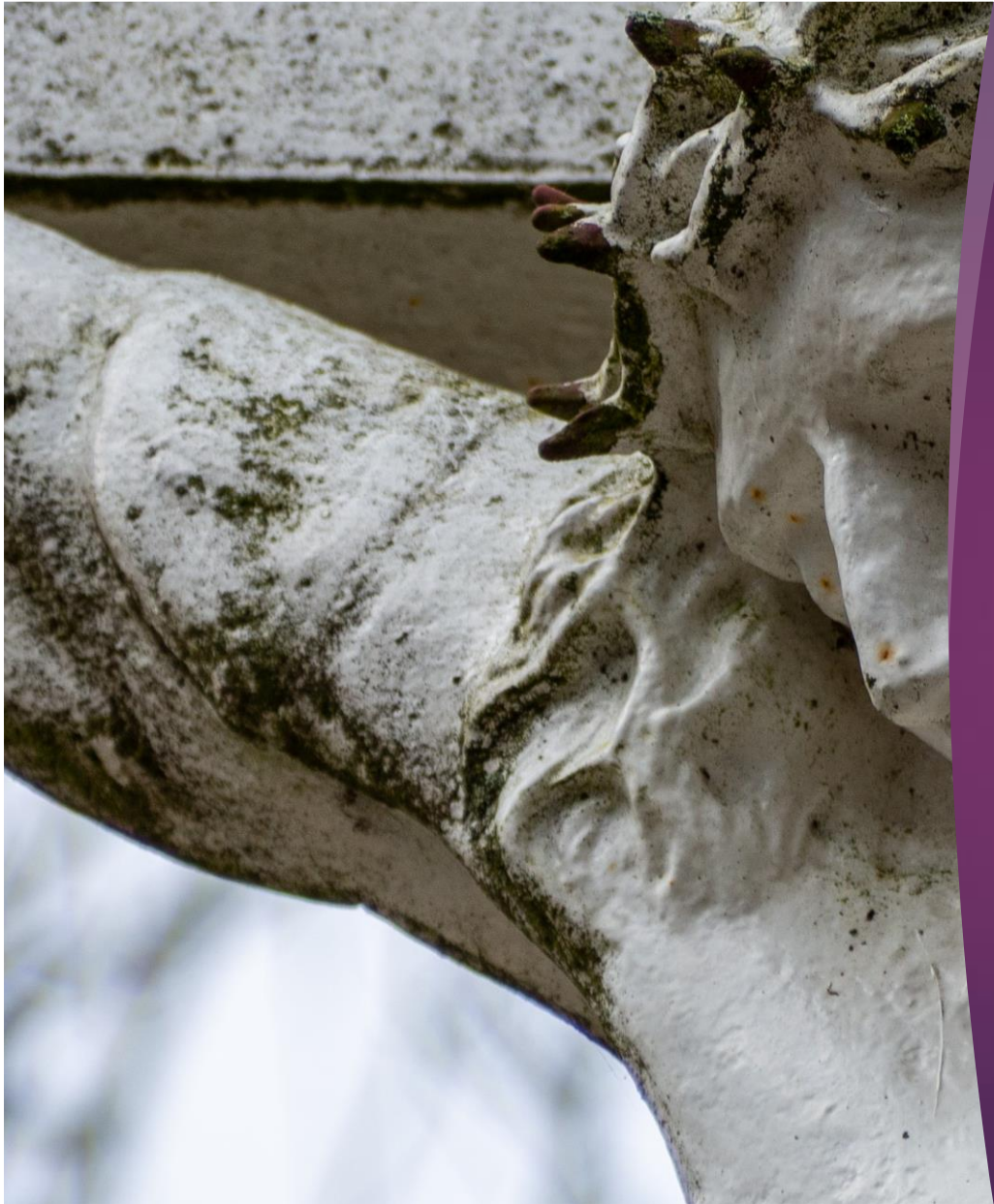


PRAYER AND
REFLECTION IN A
TIME OF PANDEMIC



The Stations of the Cross Around the Diocese of Rochester



The following stations were provided by parishes across our 12-county diocese. These parishes provided an image of their assigned station and wrote both the reflection and prayer. In this time of separation, this collaborative prayer is a sign that we are one church, gathered in unity and prayer. May God deliver us from the coronavirus pandemic.

We begin,
In the name of
the Father, and
the Son, and the
Holy Spirit,
Amen.

LORD JESUS, YOU TOOK ON
HUMAN FLESH AND SHARED IN
THE WEAKNESSES OF OUR
MORTALITY EVEN TO THE POINT
OF DEATH ON THE CROSS.
LOOK UPON THE WORLD YOU
CAME TO SAVE, CAUGHT IN THE
GRIP OF THIS DEADLY
PANDEMIC. MAY THIS
MEDITATION ON THE WAY OF
THE CROSS, HELP US TO
REMEMBER THAT IN YOU WE
CAN FIND MEANING IN
DIFFICULT TIMES AND IN THIS
DYING, WE WILL RISE AGAIN
AND FIND NEW LIFE.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The First Station: Jesus is Condemned to Death

The Pastoral Center, Gates



REFLECTION



It has been hard not to feel condemned in this past year. The pandemic has caused us to pause and reflect on our own vulnerability as well as the fragility of our world. Some days, we feel bitter, and victimized by having to live with restrictions and fear. Though Jesus prayed that the "bitter cup would pass from him," he placed his trust in the Father in his darkest moment. We, too, place our trust in God, that these dark days will end.

WE PRAY:

Dear Jesus,

You taught us to face life's suffering; as you, yourself, suffered on our behalf. Guide us through this difficult time for our world; heal us and help us to grow closer to you.

Be with us Lord.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Second Station: Jesus Takes Up His Cross

St. Mary Church, Rexville; Our Lady of the Valley Parish



REFLECTION



The virus scourged our way of life. Each of us had to face the possibility of death and the reality of loss. Jesus, scourged and bloodied, bared the weight of his cross himself as he continued toward Golgotha. Despite all the struggles, he knew he would die, rise and return to the Father. We too continue, and in spite of our struggles know that God loves us and is helping us on our journey.

WE PRAY:

Dear Jesus,

Be with all our essential workers who continue to provide critical services, helping us stay safe, fed, and protected. Lord, give us all the strength to endure these troubling times. Help us persevere.

Be with us Lord.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Third Station: Jesus Falls for the First Time

St. Theodore's, Gates



REFLECTION



We have all been hurt from a fall or setback at one time or another. But nothing prepared us for the pain and devastation we experienced at the start of the pandemic and the first lock down. Our lives changed forever; churches and schools closed, families and friends could not gather, jobs were lost, several people became ill and many died. It would be easy to give up, but we are called to imitate the strength and courage of Jesus and pick ourselves back up and continue on our journey.

WE PRAY:

Dear Jesus,

When we are feeling scared, anxious and discouraged about the pandemic, grant us the spirit of hope and peace that inspired and encouraged you to lift yourself back up and walk forward in faith.

Be with us Lord



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Fourth Station: Jesus Meets His Mother

St. Mark's, Greece



REFLECTION

Jesus saw Mary and felt her strength. Just as Jesus received strength from his mother, let us turn to our Blessed Mother in prayer, and ask for comfort and strength as the pandemic continues.

Mary was there for her son on the hardest day of His life. God's love is just that..God will never leave us

WE PRAY:


Dear Jesus,

We have lived the days of this past year with tired bodies, worried minds and an uncertainty about the future.


We place our trust in you and ask for guidance to serve one another in kindness, that we may create a peaceful world.

May our Blessed Mother pray for us and may we all find a way to share, together, this beautiful world you have created for us.

Be with us Lord.



We adore you,
O Christ, and we
bless You;



BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Fifth Station: Simon of Cyrene Helps Jesus Carry His Cross

Blessed Sacrament Church Rochester



REFLECTION



Simon provided much needed help to the suffering Jesus on the road to Calvary. His action made a difference. During this time of pandemic, the hungry on our city streets need help--nourishing food and kind words of comfort. The Blessed Sacrament Supper Program, through the generosity of modern day "Simons", provides a nourishing meal "to go", loving kindness and help each evening as the guests pass through the doors of our church. May we strive each day to remember the words of Jesus: "Whatever you do to the least one, you do to me."

WE PRAY:

Dear Jesus

Thank you for the blessings you have showered upon me. So many are hurting. So many are hungry. May I, like Simon of Cyrene, respond generously to the needs of others. During these days of pandemic, help me to not be blind to the needs of people right on the streets that I walk.

Be with us Lord.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Sixth Station: Veronica Wipes the Face of Jesus

St. Marianne Cope, Henrietta



REFLECTION

It may seem like a small gesture, but Veronica showed great love, compassion and courage wiping the blood and sweat from Christ's face in the presence of the very people who tortured him and were taking him to his death.



Today, we too, face suffering and injustice. We at times bear the suffering and other times are the bearers of compassion. Like Veronica, can we look into the face of the suffering and see the face of Christ? Small gestures ease great suffering. Especially during these times of pandemic it is the small gestures, done by many, that have made and will continue to make the greatest difference.

WE PRAY:

Dear Jesus,

Help us always to have eyes that are open to see your face in those before us. During this time of pandemic, help us to stay vigilant to those most in need and respond like Veronica with love and compassion, even when it might take great courage to do so.

Be with us Lord



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Seventh Station: Jesus falls for the second time

St. Kateri Tekakwitha Parish, St. Margaret Mary site – Irondequoit



REFLECTION


This past year has left many feeling isolated, anxious and afraid. Some mornings it is hard to get up and start the day. This all feels like we are falling, weighed down by the realities of the pandemic and all it's consequences. Jesus fell too, probably many times, and yet he held on to the hope and understanding that only come with faith.

WE PRAY:


Dear Jesus,

We come before you aware of the many times we have fallen in this past year. We know too that you fell many times under the weight of the cross. Help us to fall into your arms when the weight of the world seems too great. Remind us that with God's help and the help of others, we can get up and continue on the journey.

Be with us Lord



We adore you,
O Christ, and we
bless You;



BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Eighth Station: Jesus Speaks to the Women of Jerusalem

Sts. Mary and Matthew/Honeoye and Livonia



REFLECTION

How brave, how steadfast are these women, following Jesus in his time of need. Jesus looks upon them with sympathy and compassion. He must rely on their strength now.



Their love carries Jesus forward to his destiny and even in their sorrow, they hold him up, though his body is too weak to go on, he does this for them- for all of us.

WE PRAY:

Dear Jesus,

Be with those who have bravely cared for the sick during the pandemic: the nurses, doctors, and first responders. We pray in gratitude, for their devotion and courage, often when they were too weak to go on. They, too, did it for us. Lord, we place our trust in you.

Be with us Lord.

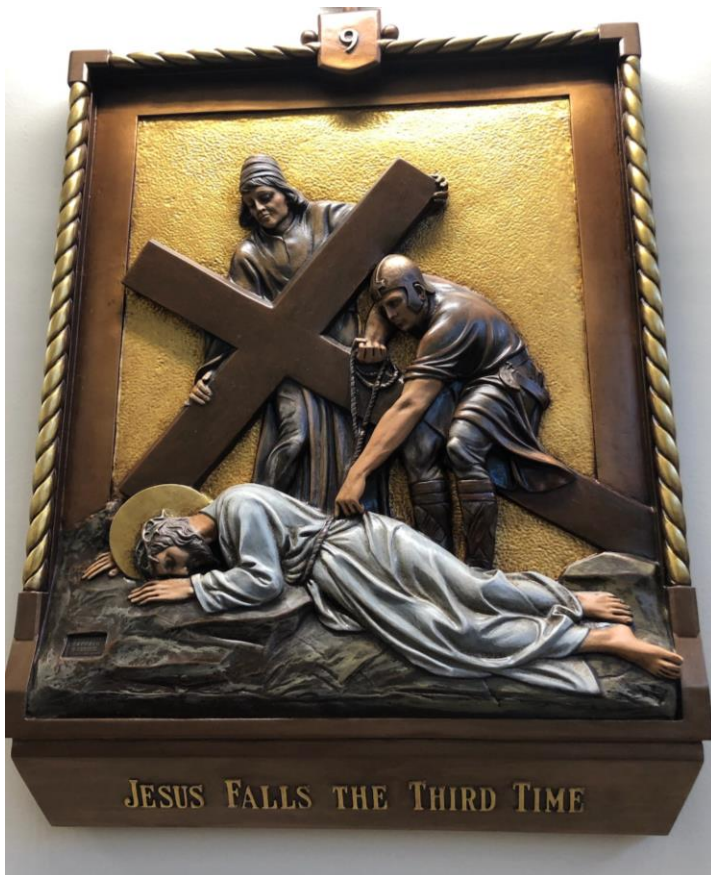


We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Ninth Station: Jesus Falls the Third Time

St. Pius X, Chili



REFLECTION



Throughout the pandemic we have had to “stay the course” for so much longer than anyone would have predicted. We have tried to understand and interpret ever changing guidelines that have left us confused and frustrated. In His walk to Calvary Jesus had to summon all his strength and determination to get up after that third fall. May we, too be resolute in staying safe through to the clear end of this challenging time.

WE PRAY:

Dear Jesus,

Be with all those who are discouraged in life. We pray for those who feel like giving up. We ask you, Lord to unite our sacrifice with yours and give us your sanctifying grace.

Be with us Lord.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Tenth Station: Jesus is Stripped of His Garments

St. Francis & St. Clare Parish at St. Patrick's Church, Seneca Falls



REFLECTION

The soldiers who accompanied Jesus stripped Him of the last possession he had: the garment which protected him and his dignity.

The Coronavirus swept into our world and stripped us of our protection. For many, it stole our work, our freedom and our physical, mental and emotional health. For still more, it robbed us of beloved family and friends, leaving us vulnerable and alone like Jesus was in this moment.



And yet, Jesus, like us, was not alone because our heavenly Father remains at our side. Jesus knows, firsthand, our pain, fear, and loneliness.

WE PRAY:

Dear Jesus,

For our sake, you experienced pain and suffering greater than we could ever imagine. Help us to unite ourselves to you; help us to know that our Father never abandons us, and that your love will heal our wounds. Please bring an end to this pandemic.

Be with us Lord.



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Eleventh Station: Jesus is Nailed to the Cross

St. Lawrence, Greece



REFLECTION



Jesus' body, beaten and racked with pain is now placed onto the wooden beams of the cross that lay upon the ground. Our loving Savior seems to look beyond the cruelty of these soldiers and receives his crucifixion willingly as he submits his body in complete surrender, knowing that by his sacrifice, all sin is being crucified and redemption is won for humankind

WE PRAY:

Dear Jesus, Loving Savior,

You taught us that real love always requires sacrifice. You sacrificed all,, for love of all. May your obedient surrender set us firm on the path of loving sacrifice. During these challenging times, may we not become disheartened by the broken pieces of our world brought forth by the pandemic, but focus on the joy, peace and harmony that our own sacrifice can bring to our brothers and sisters in need.

Be with us Lord



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Twelfth Station: Jesus Dies on the Cross

Our Lady of the Lakes Catholic Community at St. Michael's,
Penn Yan



REFLECTION

You utter the words "it is finished: " your last breath leaves you, the sky darkens, the earth trembles, and the veil in the temple tears in half. All of nature responds to the death of the Son of God. Even the bystanders and the Roman guard respond: "Surely, this was the Son of God." One innocent man, human and divine, put to death for each of us, that we may have life and the Gates of Heaven may be open to us.


WE KNEEL IN SILENCE

WE PRAY:


Dear Jesus,

Surely only God could have endured the torture and humiliation that led to this moment. Help us to look upon your crucified body and recognize the love you showed us in giving up your human life for our sake. Help us to love enough to die to our own selfishness. Give us hope in the Resurrection. May we find new life in you, with you, and through you.

Be with us Lord.



We adore you,
O Christ, and we
bless You;



BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Thirteenth Station: Jesus is Taken Down from the Cross

St. John Vianney Parish, Bath & Hammondsport





REFLECTION

As the pandemic enters a second year, we look ahead in uncertainty, but with faith and hope. This time over the past year has allowed us to slow down to listen to God and to thank him for his gifts and sacrifices. It has reminded us to see the dignity of everyone and seek out those who need assistance. May the many we have lost be embraced by you, as your mother lovingly embraced you at your death. We have questions and concerns about what it will be like post-pandemic, yet we know that we are safe in your love.

WE PRAY:

Dear Jesus,
As we continue to face the long road ahead of us, we walk by faith knowing that all roads lead to you, and the future is safe in your hands. Help us to always find you in any suffering we endure. In our worry and loss, we place our trust in you. Console those, who, like Mary, have been filled with grief this past year. Strengthen and guide us in this battle and in the search for a cure. Fill us with your peace, love and protection.

Be with us Lord



We adore you,
O Christ, and we
bless You;

BECAUSE BY
YOUR HOLY
CROSS YOU
HAVE REDEEMED
THE WORLD.

The Fourteenth Station: Jesus is laid in the tomb

Holy Apostles, Rochester



REFLECTION

Were you there? We all were. Our world was shut down by the pandemic. Little by little just like those involved in taking down the body of the crucified Christ, carrying him to his tomb, our brothers and sisters started to bury themselves in the protection of whatever they called home. The world came to realize that the only way to avoid a permanent tomb was to be away from our loved ones, our jobs and anything that defined us as social beings. Jesus is laid in the tomb, paying the price of redemption for us. Were you there? Yes, many were, and many, unfortunately experienced a permanent tomb.

WE PRAY:

Lord Jesus, our redeemer, our savior, our God.

Eternal rest, grant to all who have died during this pandemic.

Let perpetual light shine upon them.

'May their souls and the souls of all the faithful departed, through your mercy, rest in peace.

Be with us Lord

Amen.