



# *St Mary's Catholic Parish*

The  
Church  
at  
Home

**LENT**

St Mary's  
Dartmouth, MA

## *Welcome*

In this booklet you will find a number of resources meant to help you continue the practice of the faith. Even though separated, we are still united by our love and faith in Jesus Christ and as members of the Body of Christ.

If you have questions or requests, please do not hesitate to contact the Parish Office. Our offices are located in the Parish Center (789 Dartmouth Street) and our phone number is 508-992-7505. Our website is [stmarysdartmouth.org](http://stmarysdartmouth.org).



St Mary's Parish Dartmouth  
789 Dartmouth Street  
South Dartmouth, MA 02748  
508-992-7505

[www.stmarysdartmouth.org](http://www.stmarysdartmouth.org)

## Current Schedules

### **Livestream**

Our livestream is running 24/7! If you have access to the internet, go to [stmarysdartmouth.org](http://stmarysdartmouth.org) and click on "Watch" at the top of the page to find the link to the Stream. The current schedule is:

### **Mass**

Monday-Thursday - 8AM  
Saturday - 4PM  
Sunday - 8AM, 10AM, 12N, 5PM

### **Eucharistic Adoration**

Tuesday 6PM to 7PM

## Making a Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace You as if you were already there,  
and I unite myself wholly to You.  
Never permit me to be separated from You.

*(Saint Alphonsus Liguori)*

## Unable to Go to Confession

1. In Prayer, express to the Lord your sorrow for your sins and what they are. Let Him know of your love and desire for Him.
2. Pledge that you will go to the Sacrament of Reconciliation as soon as you are able and it is safe to do so.
3. Make an Act of Contrition:

*My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You Whom I should love above all things, I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.*

# LENT MORNING PRAYER

+God, come to my assistance; Lord, make haste to help me.

Glory to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

## **Psalm 42**

Like the deer that yearns for running streams, so my soul is yearning for you, my God.

My soul is thirsting for God, the God of my life; when can I enter and see the face of God?

My tears have become my bread, by night, by day, as I hear it said all day long: 'Where is your God?'

These things will I remember as I pour out my soul; how I would lead the rejoicing crowd into the house of God, amid cries of gladness and thanksgiving, the throng wild with joy.

Why are you cast down, my soul, why groan within me? Hope in God; I will praise him still, my savior and my God.

My soul is cast down within me as I think of you, from the country of Jordan and Mount Hermon, from the Hill of Mizar.

Deep is calling on deep, in the roar of waters: your torrents and all your waves swept over me.

By day the Lord will send his loving kindness; by night I will sing to him, praise the God of my life.

I will say to God, my rock: 'Why have you forgotten me?' Why do I go mourning,

oppressed by the foe?

With cries that pierce me to the heart, my enemies revile me, saying to me all the day long: 'where is your God?'

Why are you cast down, my soul, why groan within me? Hope in God; I will praise him still, my savior and my God.

Glory to the Father, and to the Son and to the Holy Spirit; as it was in the beginning, is now and will be for ever. Amen.

## **Jeremiah 15:16**

When I found your words, I devoured them; they became my joy and the happiness of my heart, because I bore your name, O Lord, God of hosts.

## **Responsory:**

Sing for joy, God's chosen ones, give him the praise that is due.

Sing a new song to the Lord; give him the praise that is due

Glory to the Father, and to the Son and to the Holy Spirit,  
Sing for joy God's chosen ones, give him the praise that is due.

## **Canticle of Zechariah:**

Blessed be the Lord, the God of Israel; he has come to his people and set them free.

He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from the hands of all who hate us.

He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

## Reading

"You have seen for yourselves how I bore you up on eagle wings and brought you here to myself. Therefore, if you hearken to my voice and keep my covenant, you shall be my special possession, dearer to me than all other people, through all the earth is mine. You shall be to me a kingdom of priests, a holy nation. (Exodus 19:4-6a)

*In a moment of quiet, offer to the Lord your prayers and intentions. Please pray for our Church, diocese and parish as well. Also, for those struggling physically, emotionally, spiritually and financially due to the pandemic.*

## Our Father.....

### Prayer

God our savior, bring us back to you and fill our minds with your wisdom. May we be enriched by our observance of Lent. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

## LENT EVENING PRAYER

+God, come to my assistance; Lord, make haste to help me.

Glory to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

The Lord is my light and my help; \*  
whom shall I fear?  
The Lord is the stronghold of my life; \*  
before whom shall I shrink?

When evil-doers draw near \*  
to devour my flesh,  
it is they, my enemies and foes, \*  
who stumble and fall.

Though an army encamp against me \*  
my heart would not fear.

Though war break out against me \*  
even then would I trust.

There is one thing I ask of the Lord, \*  
for this I long,  
to live in the house of the Lord, \*  
all the days of my life,  
to savor the sweetness of the Lord, \*  
to behold his temple.

For there he keeps me safe in his tent \*  
in the day of evil.  
He hides me in the shelter of his tent, \*  
on a rock he sets me safe.

And now my head shall be raised \*  
above my foes who surround me,  
and I shall offer within his tent \*  
a sacrifice of joy.

I will sing and make music for the Lord.

Glory to the Father, and to the Son \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

## **Romans 12:1-2**

Brothers, I beg you through the mercy of God to offer your bodies as a living sacrifice holy and acceptable to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, so that you may judge what is God's will, what is good, pleasing and perfect.

## **Responsory**

Claim me once more as your own, Lord,  
and have mercy on me.

Do not abandon me with the wicked;  
have mercy on me.

Glory to the Father, and to the Son, and  
to the Holy Spirit.

Claim me once more as your own,  
Lord, and have mercy on me.

## **Gospel Canticle**

My + soul proclaims the greatness of the Lord, †  
my spirit rejoices in God my Savior \*  
for he has looked with favor on his lowly servant.

From this day all generations will call me  
blessed: †  
the Almighty has done great things for  
me, \*  
and holy is his Name.

He has mercy on those who fear him \*  
in every generation.

He has shown the strength of his arm, \*  
he has scattered the proud in their conceit.

He has cast down the mighty from their  
thrones, \*  
and has lifted up the lowly.

He has filled the hungry with good things, \*  
and the rich he has sent away empty.

He has come to the help of his servant Israel \*  
for he has remembered his promise of mercy,  
the promise he made to our fathers, \*  
to Abraham and his children for ever.

Glory to the Father, and to the Son, \*  
and to the Holy Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*In a moment of quiet, offer to the Lord your  
prayers and intentions. Please pray for our  
Church, diocese and parish as well. Also, for  
those struggling physically, emotionally,  
spiritually and financially due to the pandemic.*

## **Our Father.....**

### **Prayer**

Father, look on us, your children. Through the discipline of Lent help us to grow in our desire for you. 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.

# LENT NIGHT PRAYER

God, come to my assistance; Lord, make haste to help me.

Glory to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and will be forever. Amen.

Take a moment for an examination of conscience.

Lord, have mercy. Christ, have mercy. Lord, have mercy.

He who dwells in the shelter of the Most High  
And abides in the shade of the Almighty  
Says to the Lord: 'My refuge,  
My stronghold, my God in whom I trust!'

It is he who will free you from the snare of the fowler who seeks to destroy you; he will conceal you with his pinions and under his wings you will find refuge.

You will not fear the terror of the night  
Nor the arrow that flies by day,  
Nor the plague that prowls in the darkness  
Nor the scourge that lays waste at noon.

A thousand may fall at your side,  
Ten thousand fall at your right,  
You, it will never approach;  
His faithfulness is buckler and shield.

Your eyes have only to look  
To see how the wicked are repaid,  
You who have said: 'Lord, my refuge!'  
And have made the Most High your dwelling.

Upon you no evil shall fall,  
No plague approach where you dwell.  
For you has he commanded his angels,  
To keep you in all your ways.

They shall bear you upon their hands  
Lest you strike your foot against a stone.  
On the lion and the viper you will tread  
And trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
Protect him for he knows my name.  
When he calls I shall answer: 'I am with you,'  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

Glory to the Father and to the Son  
and to the Holy Spirit.  
As it was in the beginning, is now  
and will be for ever. Amen.

## Revelation 22:4-5

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

Into your hands, Lord, I commend my spirit.  
You have redeemed us, Lord God of truth.  
- Into your hands, Lord, I commend my spirit.  
Glory be to the Father and to the Son and to the Holy Spirit.  
- Into your hands, Lord, I commend my spirit.

## **Canticle of Simeon**

Lord, now you let your servant go in peace;  
Your word has been fulfilled:

My own eyes have seen the salvation  
Which you have prepared in the sight of  
every people;

A light to reveal you to the nations  
And the glory of your people Israel.

Glory to the Father, and to the Son,  
And to the Holy Spirit:  
As it was in the beginning, is now and will  
be forever. Amen.

Lord, We have celebrated today the  
mystery of the rising of Christ to new life.  
May we now rest in  
Your peace, safe from all that can harm us,  
And rise refreshed and joyful,  
To praise you throughout another day.

We ask this through Christ our Lord. Amen.

May the all-powerful Lord grant us a restful  
night and a peaceful death. Amen.

Hail, holy Queen, mother of mercy, Our  
life, our sweetness and our hope.  
To you do we cry,  
Poor banished children of Eve.  
To you do we send up our sighs  
Mourning and weeping in this vale of tears.  
Turn then, most gracious advocate,  
Your eyes of mercy toward us,  
And after this exile  
Show us the blessed fruit of your womb,  
Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

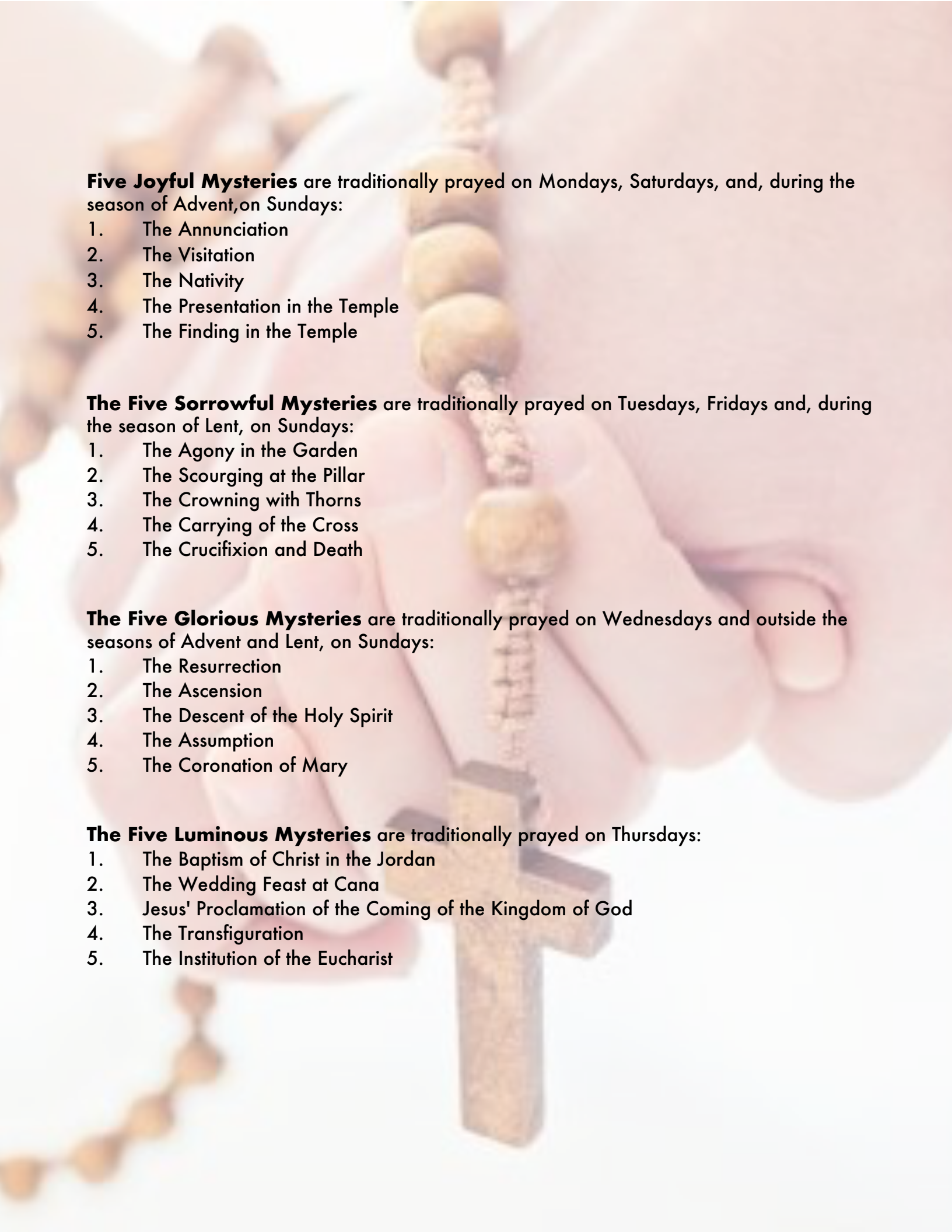
## *DEVOTIONS - The Rosary*

The Rosary is a Scripture-based prayer. It begins with the Apostles' Creed, which summarizes the great mysteries of the Catholic faith. The Our Father, which introduces each mystery, is from the Gospels. The first part of the Hail Mary is the angel's words announcing Christ's birth and Elizabeth's greeting to Mary. St. Pius V officially added the second part of the Hail Mary. The Mysteries of the Rosary center on the events of Christ's life. There are four sets of Mysteries: Joyful, Sorrowful, Glorious and--added by Saint John Paul II in 2002--the Luminous.

The repetition in the Rosary is meant to lead one into restful and contemplative prayer related to each Mystery. The gentle repetition of the words helps us to enter into the silence of our hearts, where Christ's spirit dwells. The Rosary can be said privately or with a group.

*(from usccb.org)*





**Five Joyful Mysteries** are traditionally prayed on Mondays, Saturdays, and, during the season of Advent, on Sundays:

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

**The Five Sorrowful Mysteries** are traditionally prayed on Tuesdays, Fridays and, during the season of Lent, on Sundays:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

**The Five Glorious Mysteries** are traditionally prayed on Wednesdays and outside the seasons of Advent and Lent, on Sundays:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

**The Five Luminous Mysteries** are traditionally prayed on Thursdays:

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Coming of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

## Praying the Rosary



Familiarize yourself and/or your group with the prayers of the rosary.

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an Our Father.
4. Say one Hail Mary on each of the next three beads.
5. Say the Glory Be
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the Our Father.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a Glory Be.

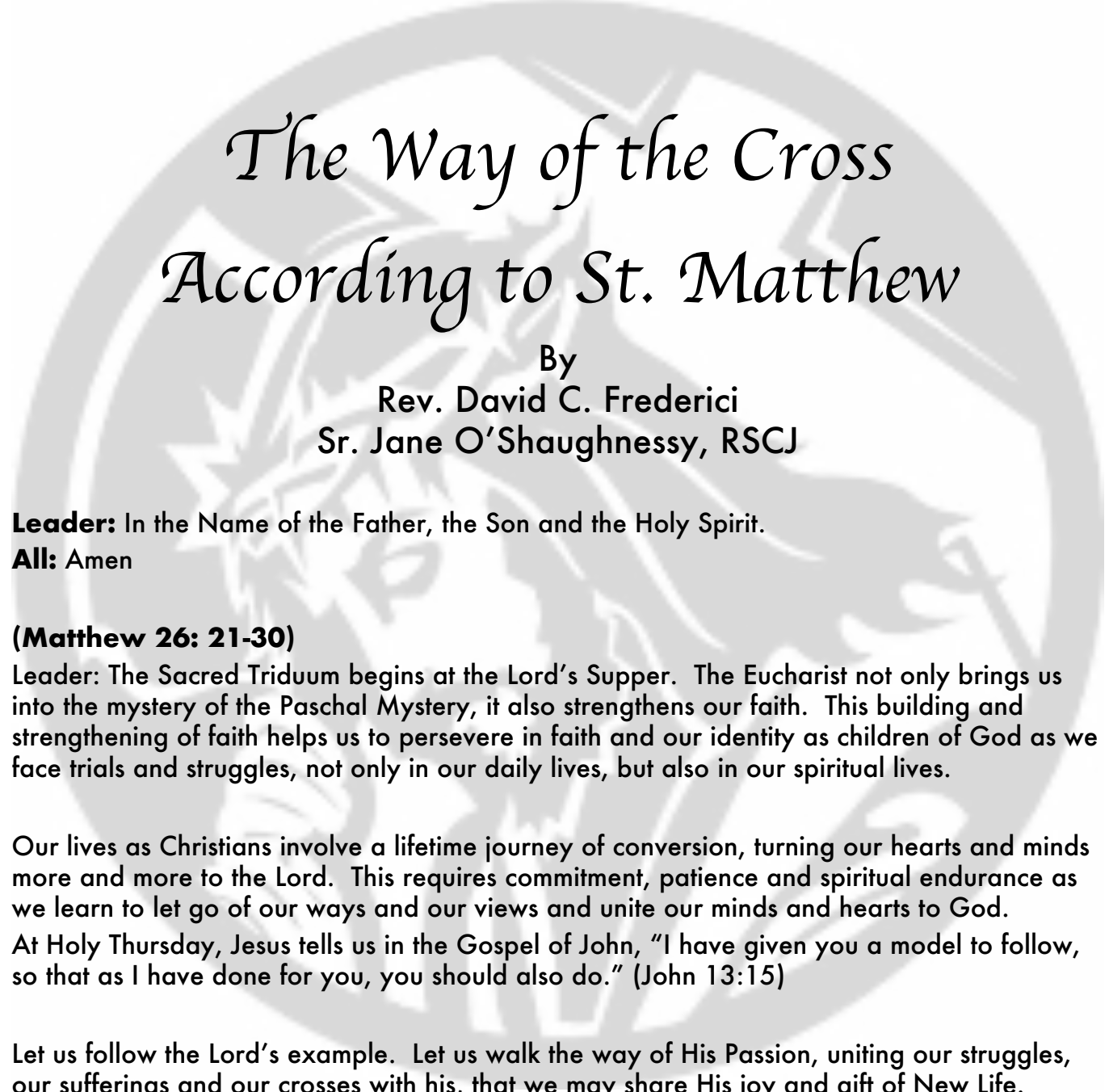
*(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)*

8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose Only Begotten Son,  
by his life, Death, and Resurrection,  
has purchased for us the rewards of eternal life,  
grant, we beseech thee,  
that while meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord. Amen.



# *The Way of the Cross*

## *According to St. Matthew*

By  
Rev. David C. Frederici  
Sr. Jane O'Shaughnessy, RSCJ

**Leader:** In the Name of the Father, the Son and the Holy Spirit.

**All:** Amen

**(Matthew 26: 21-30)**

Leader: The Sacred Triduum begins at the Lord's Supper. The Eucharist not only brings us into the mystery of the Paschal Mystery, it also strengthens our faith. This building and strengthening of faith helps us to persevere in faith and our identity as children of God as we face trials and struggles, not only in our daily lives, but also in our spiritual lives.

Our lives as Christians involve a lifetime journey of conversion, turning our hearts and minds more and more to the Lord. This requires commitment, patience and spiritual endurance as we learn to let go of our ways and our views and unite our minds and hearts to God.

At Holy Thursday, Jesus tells us in the Gospel of John, "I have given you a model to follow, so that as I have done for you, you should also do." (John 13:15)

Let us follow the Lord's example. Let us walk the way of His Passion, uniting our struggles, our sufferings and our crosses with his, that we may share His joy and gift of New Life.

## THE FIRST STATION

**Leader:** The First Station: Jesus in the Garden of Gethsemane  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

(Matthew 26:36-45)

**Meditation:** In the Garden, we witness the humanness of Jesus. The desire to be with close friends, yet hurt by their lack of interest. Great anxiety facing a difficult task. Pleading with God the Father. Even fear.

We also see the power of prayer. In the prayerful encounter with the Father, Jesus remains true to who he is and what he is about. Even in the stress of the situation, it is a loving encounter and love gives Jesus the strength to persevere. He recognizes the limitations of human nature. Even those who love will sometimes disappoint. Yet love allows us to forgive, to not give up on others.

The Garden also challenges us to recognize the opportunities we have to support the suffering Christ. Those who are ill, who suffer from addiction, depression or anxiety. Those struggling with unemployment, lack of having other basic needs. They need our love, our support, our presence. Through us, Christ reaches out to them to lift them up, to strengthen them and encourage them. With the Lord's love and support, they are able to meet their challenges head on and to persevere in journey.

**All:** Our Father...

## THE SECOND STATION

**Leader:** Second Station: Jesus betrayed by Judas, is arrested.  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

(Matthew 26:47-50)

**Meditation:** Three thoughts surface on this scene. Betrayed by a kiss. What a contradiction! What is supposed to be a sign of love and affection, of commitment, loyalty and friendship. In human hands it becomes a sign of betrayal. The exact opposite of what it symbolizes.

The disciples flee. How that must of stung. Faced with an angry mob, a situation that could quickly escalate and result in great violence and Jesus is left alone.

"Do you think that I cannot call upon my Father..." (Matthew 26:53). It could have ended there. It would have been easy enough to do, but it would not have been the way of love. Have we been hurt by one we've loved? Have we been left alone faced with a great challenge or uncertainty? Have we been tempted to go with what seemed to be the easy way out?

**All:** Our Father



## THE THIRD STATION

**Leader:** Third Station: Jesus is brought to the Sanhedrin  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 57-65)**



**Meditation:** A trial. A process created by humanity to ensure justice. Yet, like many man-made things, can sometimes be manipulated away from truth.

Think of the phrase uttered by the High Priest for a moment: "I order you to tell us under oath, before the living God whether you are the Messiah, the Son of God."

It is a statement that refuses to seek the truth. If he was interested in seeking the truth, would he actually put himself in a situation that might be an attempt to place himself in a position higher than the Messiah?

Yet, that is exactly what he does, because he has determined that he knows the Truth.

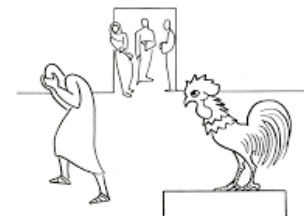
Do we presume God to be subservient to us at times? How about our actions? Are our concerns, wants, desires more important than God?

**All:** Our Father

## THE FOURTH STATION

**Leader:** Fourth Station: Jesus is denied by Peter  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.



**(Matthew 26:69-75)**

**Meditation:** Once again in the scriptures we see an example of Peter getting in his own way. How often does that happen to us? Despite our promises, vows, declarations, our best intentions, how often do we fall?

It seems that we cannot shed ourselves of that same sin we've struggled with for a long time, perhaps for years.

Fear paralyzes Peter. Fear leads him to try justifying his denial of God. Yet, when he reflects on what he has done, he is overcome with remorse.

Are we saddened by our failures? Angry at ourselves for our actions? We look to Peter: he weeps bitterly out of love and desire for Jesus Christ. He seeks the Lord's forgiveness. So shouldn't we.

**All:** Our Father:

## THE FIFTH STATION

**Leader:** Fifth Station: Death of Judas

We adore you O Christ, and we praise you.

**All:** Because of your holy cross you have redeemed the world.



### Matthew 27:3-10

**Meditation:** As a result of greed, Judas chooses a path that he would normally have found repulsive: he betrays the one he loves. He soon recognizes what he has done is greatly troubled and is distraught. How could he have done such a thing. In his sorrow, he keeps his focus on himself. As a result he isn't able to forgive himself, nor seek forgiveness from those he hurt. In keeping the pain and sorrow to himself, it leads to his destruction.

At times we will fail in living as disciples of the Lord. We will feel real sorrow at our failures. However, the Lord's love for us is so deep, he offers us his forgiveness, regardless of our sin. We need to be open to receiving it.

**All:** Our Father

## THE SIXTH STATION

**Leader:** Sixth Station: Jesus is judged by Pilate

We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.



(Matthew 27:11-14)

**Meditation:** Once again Jesus refuses to engage in this manipulation of the truth. It is better to remain speechless than to participate in a system of justice that has broken down.

Have you ever felt this helpless - in a situation where no one wants to listen to your truth, perhaps to your story?

Or have you ever joined the other side - the crowd, the ones in power, and closed your mind to a challenging truth - even from someone you might know well, perhaps one you loved?

How can we become more like Jesus here? Can we let ourselves be vulnerable, and yet remain grounded and centered, putting our trust ultimately in our God?

**All:** Our Father

## THE SEVENTH STATION

**Leader:** Seventh Station: Jesus is condemned.

We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 27:15-26)**

**Meditation:** Have you ever thought how greed and jealousy can corrupt justice or the search for truth? In this case, corrupt thinking frees the guilty and condemns the innocent.

Pilate tried to wash away his guilt and responsibility. Does it work?

His order resulted in the release of the criminal.

His order resulted in Jesus being scourged.

His order resulted in Jesus being crucified.

Pilate's hand washing ritual didn't change any of that. His self-made ritual couldn't bring him consolation.

Are there times when I try to remove my responsibility or guilt, or justify my lack of action rather than standing up to injustice?

Perhaps it is easier to lay blame elsewhere than to take a stand.

Perhaps in deflecting attention elsewhere, I don't have to deal with my own weaknesses and failures.

**All:** Our Father

## THE EIGHTH STATION

**Leader:** Eighth Station: Jesus is scourged and crowned

We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world

**(Matthew 27:27-31)**

**Meditation:** Human praise can come and go. It can quickly change.

We put so much energy and so much effort to gain the praise of others. Yet that praise is temporary at best. Jealousy, greed, envy, selfishness can quickly turn others against us.

Praise can turn to jeers and shouts of judgment and anger.

The Lord continually calls us to Himself. He invites us to fix our gaze and desire on Him. He offers us a peace and joy that is forever.

**All:** Our Father



## THE NINTH STATION

**Leader:** Ninth Station: Jesus is helped by Simon Cyrenian  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.



**(Matthew 27:32)**

**Meditation:** Human beings are not meant to be alone. We need others to flourish. Matthew tells us elsewhere in his Gospel, "where two or three are gathered together in my name, there am I in your midst."

The Lord reaches out to us through others, To love us, to console us, to help us and to encourage us.

How have I helped the Lord in bearing His cross?

What crosses do I need to allow someone to help me with?

**All:** Our Father

## THE TENTH STATION

**Leader:** Tenth Station: Jesus is Crucified  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.



**(Matthew 27:33-38)**

**Meditation:** The indignity continues. When faced with the Truth, humility seeks to destroy it. His preaching challenged the status quo. His works of healing the poor, of encouraging the downtrodden threatens the social structures accepted by many, including those in power. So humanity seeks to destroy him, to silence his message.

His death isn't enough though. They find it necessary to inflict as much pain as possible in the process: nailed to a cross, left in the hot sun. His suffering ignored.

We should recall this scene in our moments of suffering, of pain and abandonment. The Lord has experienced it as well. We draw strength from him to persevere.

**All:** Our Father



## THE ELEVENTH STATION

**Leader:** Eleventh Station: Jesus is mocked by the crowds  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 27:39-44)**



**Meditation:** The crowds seem eager to mock the Lord, to use his words to discredit him.

Do we jump at the chance to prove another wrong?

Do we seek ways to discredit another?

The real tragedy in this scene may be the fact that the crowds are seeking to discredit God and his preaching.

The question that comes to mind is: where does that leave them?

If they discredit and reject the one who is love, goodness and beauty, what is left?

**All:** Our Father

## THE TWELFTH STATION

**Leader:** Twelfth Station: Jesus dies on the Cross

We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 27:45-50)**



**Meditation:** So ends the struggle. The end of the troublesome preacher. Nothing is more powerful than death, right?

The story doesn't end on a hillside outside of Jerusalem. It leads us to Easter joy, to new and everlasting life.

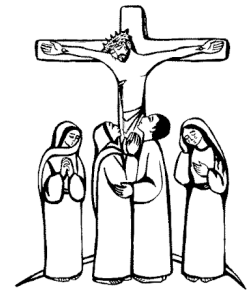
**All:** Our Father

## THE THIRTEENTH STATION

**Leader:** Thirteenth Station: Women at the Cross  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 25:55-56)**



**Meditation:** Not all those who loved Jesus fled. The men fled, the women stayed. Two of those women are identified as “mother”. St. John tells us that he also stayed as did Jesus’ mother Mary.

What strength motherhood must require!

To put aside fear in order to remain focused on the one loved, whether one’s own child or another’s.

Such discipline, determination and courage inspires and teaches. It witnesses to the power of love.

Do I have that same strength? The same discipline, determination and courage? Do I flee from God in the face of fear?

**All:** Our Father

## THE FOURTEENTH STATION

**Leader:** Fourteenth Station: The burial of Jesus  
We adore you O Christ and we praise you.

**All:** Because by your holy cross you have redeemed the world.

**(Matthew 27:57-60)**



**Meditation:** To bury the dead—one of the Corporal Works of Mercy. The other Works are: feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned).

These actions flow from our love of God and Neighbor.

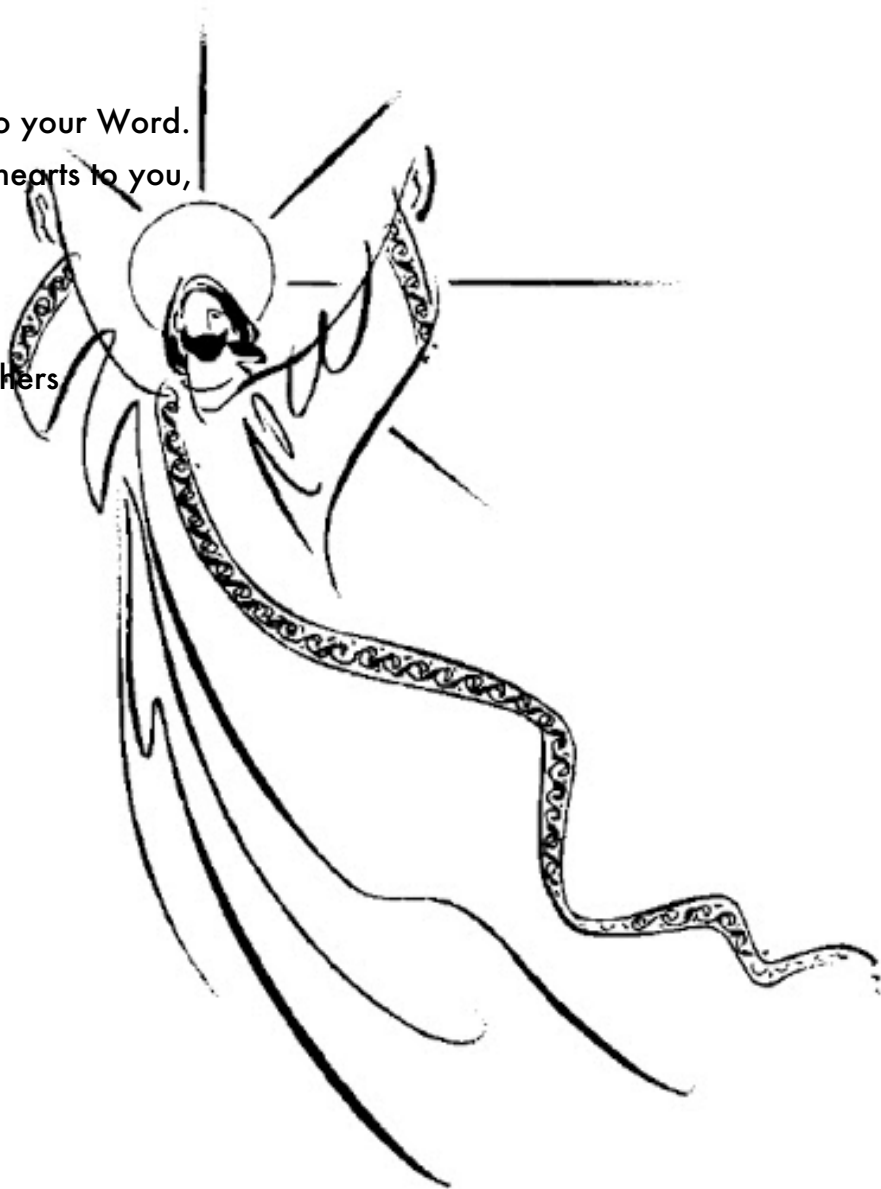
**All:** Our Father

## Final Meditation

Heavenly Father,

We who have gathered here this evening to walk with your Son, His Passion,  
We ask you to give us the graces we need to persevere on our journey to you.  
Give us strength of faith when we doubt,  
Strength of heart when challenged,  
Strength of being when suffering.

Help us to trust in your love,  
To open our hearts and minds to your Word.  
Help us to unite our minds and hearts to you,  
So that everything we do,  
Everything we say  
May give you glory  
and make your love known to others.  
Amen.





## DEVOTIONS - Divine Mercy

(from usccb.org)

### **Optional Opening Prayers:**

You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus as a  
fountain of Mercy for us, I trust in You!

Our Father, Hail Mary and the Apostle's Creed

For each of the five decades (On each "Our Father" bead of the rosary, pray)

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved  
Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

(On each of the 10 "Hail Mary" beads, pray)

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Concluding prayer (Repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole  
world.

### **Optional Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look  
kindly upon us and increase Your mercy in us, that in difficult moments we might not despair  
nor become despondent, but with great confidence submit ourselves to Your holy will, which  
is Love and Mercy itself.

# PRAYERS

## Act of Faith

O my God, I firmly believe  
that you are one God in three divine  
Persons,  
Father, Son, and Holy Spirit.  
I believe that your divine Son became man  
and died for our sins and that he will come  
to judge the living and the dead.  
I believe these and all the truths  
which the Holy Catholic Church teaches  
because you have revealed them  
who are eternal truth and wisdom,  
who can neither deceive nor be deceived.  
In this faith I intend to live and die.  
Amen.

## Act of Hope

O Lord God,  
I hope by your grace for the pardon  
of all my sins  
and after life here to gain eternal happiness  
because you have promised it  
who are infinitely powerful, faithful, kind,  
and merciful.  
In this hope I intend to live and die.  
Amen.

## Act of Love

O Lord God, I love you above all things  
and I love my neighbor for your sake  
because you are the highest, infinite and  
perfect  
good, worthy of all my love.  
In this love I intend to live and die.  
Amen.

## Act of Contrition

My God, I am sorry for my sins with all my  
heart.  
In choosing to do wrong and failing to do  
good,  
I have sinned against You Whom I should  
love above all things,  
I firmly intend, with Your help, to do  
penance, to sin no more, and to avoid  
whatever leads me to sin.  
Our Savior Jesus Christ, suffered and died  
for us. In His name, my God, have mercy.  
Amen.

## Apostles Creed

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our  
Lord.  
He was conceived by the power of the Holy  
Spirit and born of the virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and  
the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## Angelus

The Angel of the Lord declared unto Mary.  
And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord.  
Be it done unto me according to your  
word.

Hail Mary...

And the Word was made Flesh.  
And dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God.  
That we may be made worthy of the  
promises of Christ.

### LET US PRAY

Pour forth, we beseech you, O Lord, your  
grace into our hearts, that we to whom the  
Incarnation of Christ your Son was made  
known by the message of an angel, may by  
His Passion and Cross be brought to the glory  
of His Resurrection. Through the same Christ  
Our Lord. Amen.





## **Prayer to Our Lady of Guadalupe**

**Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.**

**We fly to you today as your beloved children.**

**We ask you to intercede for us with your Son, as you did at the wedding in Cana.**

**Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.**

**For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.**

**In this time of trial and testing,  
teach all of us in the Church to love one another and to be  
patient and kind.**

**Help us to bring the peace of Jesus to our land and to our hearts.  
We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.**

**Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen.**

Remember,  
You are always in  
our thoughts and  
prayers

- Your family of faith at St Mary's Dartmouth

