

The Stations of the Cross

Las Estaciones de la Cruz



Our Lady of Lourdes Grotto

Vía Crucis/ Way of the Cross

Todos: Señor mío Jesucristo que nos invitas a tomar la cruz y seguirte, caminando tú delante para darnos ejemplo: Danos tu luz y tu gracia al meditar en este Vía Crucis tus pasos para saber y querer seguirte. Madre Dolorosa: inspíranos los sentimientos de amor con que acompañaste en este camino de amargura a tu Divino Hijo. Amen.

All: Jesus my God and Savior, I am deeply sorry for the sins I have committed, because through your sufferings you have revealed how much God loves us. As I follow the path of your sufferings I trust that in your goodness you will pardon my sins, and I firmly resolve to sin no more.
Amen.

Our Father, Who art in heaven Hallowed be Thy Name; Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Padre nuestro, que estás en el cielo. Santificado sea tu nombre. Venga tu reino. Hágase tu voluntad en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y líbranos del mal. Amén.

First Station—Primera Estación
Jesus is condemned to death.
Jesús es condenado a la muerte.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" the chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. (John 19:13-16)

All: Mientras observo la escena, me conmuevo de ultraje y gratitud. Veo a Jesús. Su rostro. La corona de espinas. Su ropa está adherida a las llagas de su espalda. Pilato se lava las manos de todo el asunto. Las manos de Jesús están atadas a su espalda. Al comenzar el recorrido pido estar con Jesús. Seguirle en su camino.

Now the Cross as Jesus bore it, Has become for us who share it, The jeweled Cross of Victory.

Padre Nuestro

Canto:

Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale Señor.

Second Station—Segunda Estación
Jesús toma su cruz. Jesus carries his cross.

P. Te adoramos, Oh Cristo, y te bendecimos

R. Pues, por tu santa Cruz redimiste al mundo

P. Los judíos tomaron a Jesús y cargándole la cruz, salió hacia el lugar llamado Calvario, que en hebreo se dice Gólgota. Allí lo crucificaron y con él a otros dos, uno a cada lado y en medio a Jesús. (Juan 19,17)

ALL: I place myself with Jesus in this journey. In its anguish. In his freedom and surrender. In the love that must fill his heart. With sorrow and gratitude, I continue the journey. Moved by the power of his love, I am drawn to him and express my love.

Weakened, prodded, cursed, and fallen, His whole Body
bruised and swollen, Jesus tripped and lay in pain.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor.*

Third Station—Tercera Estación
Jesus falls the first time. Jesús cae por primera vez.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. If the world hates you, realize that it hated me first.

If you belonged to the world, the world would love its own; but because you do not belong to the world, and I have chosen you out of the world, the world hates you.

Remember the word I spoke to you, ‘No slave is greater than his master.’ If they persecuted me, they will also persecute you. (John 15:18-20)

ALL: Observo la debilidad que hay en sus ojos. Puedo ver todo su cuerpo y observar el agotamiento. Cuando le observo derribado, rudamente levantado, comprendo de una vez por todas que Jesús conoce mi cansancio y mis derrotas. Con dolor y gratitud quiero dejarle quedarse allí. Cuando le veo levantarse una y otra vez, acepto su amor y expreso mi gratitud.

Jesus met his grieving Mother, She who made the Lord
our Brother; Now the sword her heart has pierced.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Fourth Station—Cuarta Estación
Jesús encuentra a su santísima madre.
Jesus meets his afflicted mother.

P. Te adoramos, Oh Cristo, y te bendecimos
R. Pues, por tu santa Cruz redimiste al mundo

P. Simeón los bendijo y dijo a Maria, su madre: “mira, este niño traerá a la gente de Israel caída o resurrección. Sera una señal de contracción, mientras a ti una espada atravesará tu corazón. (Lucas, 2,35)

ALL: As I watch Jesus and Mary, I contemplate the mystery of love's power to give strength. She knows the sorrow in every mother's heart, who has lost a child to tragedy or violence. I look at the two of them very carefully, and long for such love and such peace.

Simon stopped in hesitation, Not foreseeing his proud
station, Called to bear the Cross of Christ.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Fifth Station—Quinta Estación
Simon of Cyrene helps carry the cross.
El Cireneo ayuda a Jesús a llevar la cruz.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. As they led him away they took hold of a man named Simon, a Cyrenian, who was coming in from the country. After laying the cross on him, they made him carry it behind Jesus. (Luke 23:26)

ALL: Observo su rostro y contemplo su lucha interna. Observo como mira a Simón, con tanta humildad y gratitud. Digo lo que hay en mi corazón, con sentimiento profundo. Por eso siento angustia y gratitud. Porque sabe que yo solo no puedo llevar mi carga.

Brave but trembling came the woman, None but she
would flaunt the Roman,
Moved by love beyond her fear.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Sixth Station—Sexta Estación
La Veronica limpia el rostro do Jesús.
Veronica wipes the face of Jesus.

P. Te adoramos, Oh Cristo, y te bendecimos
R. Pues, por tu santa Cruz redimiste al mundo

P. Así como muchos quedaron espantados al verlo, pues estaba tan desfigurado que ya no parecía un ser humano, así también todas las naciones se asombraron y los reyes quedaron sin palabras. (Isaías 52,14)

ALL: What does the face of Jesus hold for me? What do I see, as I look deeply into his face? Can I try to comfort the agony and pain? Can I embrace him, with his face so covered with his passion? The veil I behold is a true icon of his gift of himself. In wonder and awe, I behold his face now wiped clean, and see the depth of his suffering in solidarity with all flesh.

Prostrate on the dust He crumbled, Flogged in Body He resembled, All our Brothers poor and scorned.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Seventh Station—Séptima Estación
Jesus falls the second time.
Jesús cae por segunda vez.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. Yet it was our infirmities that he bore, our sufferings that he endured, while we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. We had all gone astray like sheep, all following our own way; But the Lord laid upon him the guilt of us all. (Isaiah 53:4-6)

ALL: Contemplo a Jesús en medio de su profunda humillación. Le observo tumbado sobre la tierra, con los estragos de la agonía. Guardo su imagen en mi corazón, sabiendo que nunca más me sentiré solo o desamparado en mi sufrimiento y en cualquier humillación.

May our sympathy for Jesus Turn to those who here
now need us, May we see Christ bruised in them.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Eighth Station—Octava Estación
Jesús consuela a las mujeres de Jerusalén.
Jesus meets the women of Jerusalem.

P. Te adoramos, Oh Cristo, y te bendecimos

R. Pues, por tu santa Cruz redimiste al mundo

P. Seguían a Jesús una gran multitud del pueblo y de mujeres, que se golpeaban el pecho y lloraban por él. Pero Jesús, volviéndose a ellas, les dijo: “¡Hijas de Jerusalén! no lloren por mí; lloren más bien por sí mismas y por sus hijos” (Lucas 23,27-28).

ALL: I look at their faces. So full of love and gratitude, loss and fear. I contemplate what words might have passed between them. I remember all his tender, compassionate, merciful love for me. I place myself with these women and children to support him.

Jesus fell again in weakness, Stumbling as we do, to
lead us Through our sorrow and our pain.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Ninth Station—Novena Estación
Jesus falls the third time.
Jesús cae por tercera vez.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. (Matt. 11: 28-29)

ALL: Hago una pausa para contemplarle postrado sobre la tierra. Su destrucción me sana. Su entrega me da vida. Hago una pausa para sentir y recibir cuán completamente me ama. Mientras atesoro esta experiencia gratuita, expreso lo que siente mi corazón.

Stripped and jeered by his own nation, Jesus stood in desolation, Giving all He had to give.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Tenth Station—Decima Estación
Jesús es despojado de sus vestiduras.
Jesus is stripped of his clothes.

P. Te adoramos, Oh Cristo, y te bendecimos
R. Pues, por tu santa Cruz redimiste al mundo

P. Llegados al lugar llamado Gólgota le dieron a beber a Jesús vino mezclado con hiel, pero él, habiéndolo probado, no quiso beber. Los que se crucificaron se repartieron sus vestidos a suertes (Mateo 27,33 -35)

ALL: I pause to watch the stripping. I contemplate all that is taken from him. And, how he faces his death with such nakedness. I reflect upon how much of himself he has revealed to me. Holding nothing back.
Lord, help me to reveal myself to you completely.

Pierced the hands that blessed and cured us, Pierced the feet that walked to free us, Walked the hill of Calvary.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Eleventh Station—Onceava Estación
Jesus is nailed to the cross.
Jesús es clavado en la cruz.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. 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. And Jesus said, “Father, forgive them, for they do not know what they are doing.” (Luke 23:33-34)

ALL: Me obligo a observar cómo los clavos perforan su carne. Contemplo la totalidad de su entrada en nuestras vidas. ¿Acaso habrá algún dolor o agonía que él no pueda entender? Esto es por mí. Jesús clavado en la cruz proclamando eternamente la libertad a los cautivos.

Life eternal, death defiant,
Bowed his head—the world was silent, Through his
death came life a new.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Twelveth Station—Doceava Estación
Jesús muere en la cruz. Jesus dies on the cross.

(Please kneel/De rodillas por favor)

P. Te adoramos, Oh Cristo, y te bendecimos

R. Pues, por tu santa Cruz redimiste al mundo

P. Hacia la hora Sexta, las tinieblas cubrieron la tierra hasta la hora nona. El sol se eclipsó y el velo del Templo se rasgó por medio. Y Jesús, con fuerte voz dijo: “Padre, en tus manos encomiendo mi espíritu”. Y al decir esto, expiró. (Lucas 23,44-46)

ALL: I stand there, at the foot of the cross, side by side with all of humanity, and behold our salvation. I carefully watch and listen to all that is said. And then, I experience the one who gives life pass from life to death, for me. I console Mary and John and Mary Magdalene, and let them console me.

Stunned and stricken Mary, Mother In your arms was
placed our Brother,
“Full of grace” now filled with grief.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Thirteenth Station—Treceava Estación
Jesus is taken down from the cross.
Jesús es colocado en los brazos de su madre.

P. We adore you, Oh Christ and we praise you

R. Because by your holy cross you have redeemed the World.

P. Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the kingdom of God. He went to Pilate and asked for the body of Jesus. After he had taken the body down, he wrapped it in a linen cloth. (John 19:33-34, 38a)

ALL: Observo esta escena al pie de la cruz. Contemplo como María toca su cuerpo. Recuerdo a todos los que Jesús tocó con sus manos, a todos los que bendijo con su cálido abrazo. Jesús conoce el misterio de la muerte. Ha caído en las manos de Dios. Por mí. Para que yo pueda amar como he sido amado.

Jesus, Lord, your gift accepted, In three days You
resurrected, You did first what we shall do.

(Padre Nuestro)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Fourteenth Station—Catorceava Estación
Jesús es puesto en el sepulcro.
Jesus is laid in the tomb.

P. Te adoramos, Oh Cristo, y te bendecimos

R. Pues, por tu santa Cruz redimiste al mundo

P. José tomó el cuerpo de Jesús, lo envolvió en una sábana limpia, y lo depositó en su propio sepulcro nuevo, que había hecho cavar en la roca. Hizo rodar una piedra grande a la puerta del sepulcro y se retire (Mateo 27,59-60).

ALL: I pause to contemplate this act of closure on his life. In solidarity with all humanity, his body is taken to its grave. I stand for a moment outside this tomb. This final journey of his life has shown me the meaning of his gift of himself for me. This tomb represents every tomb I stand before with fear, in defeat, struggling to believe it could ever be empty. I ask Jesus, whose hands, feet and side still bear the signs of this journey, to grant me the graces I need to take up my cross to be a servant of his own mission. Jesus, Risen, be our lover In your Food and in our brother. Lead us home to heaven with You.

(Our Father)

Canto:

*Perdona tu pueblo, Señor, Perdona tu pueblo, perdónale
Señor*

Closing prayer:

Lord, we have come to the end of this sorrowful path which you trod for us. You know us, our weaknesses and the paths which we have taken. Give us the strength to pick up our cross daily and to follow faithfully, for you are the Way, the Truth and the Life.

Oración final:

Señor, en nuestro Vía Crucis necesitamos contar contigo. Queremos ser fieles a la voluntad de Dios. Aceptamos las alegrías y las cruces que nos ofreces, pero bien sabes que solos nada podemos. Señor, queremos que tú cuentes con nosotros. Pero sobre todas las cosas queremos contar contigo, Señor. Te lo pedimos por los dolores de tu Madre la Virgen María. Amen.

