

**+ STATIONS OF THE CROSS +
EVERY FRIDAY DURING LENT
Via Delorosa – Way of Sorrows**

*Were you there when they crucified my Lord?
Were you there when they nailed Him to a tree?
Were you there when they laid Him in a tomb?*

These questions are asked in the words of the familiar hymn we sing on Good Friday. The answer, of course, is NO, we were not there. However, over the years, the Church has devised a beautiful and moving way for faithful Christians to join their minds and hearts to the “Suffering Jesus” by praying and meditating on what have come to be called the **Stations of the Cross**.

The Stations depict the final hours or Passion of Jesus and are a very special devotion commemorating our Lord’s suffering and death which atoned for the sins of the world. Beginning with the first station where Jesus is condemned under Pontius Pilot and continuing through the fourteenth station where Jesus is laid in the tomb, the faithful are able to remember and to, in a sense, walk with Jesus along the **Via Delorosa** or **Way of Sorrows**. Although not traditionally part of the Stations, the Resurrection of Jesus is sometimes included as a fifteenth Station.

From earliest times, devout Christians often endeavored to go on a pilgrimage to the Holy Land. However, it was not possible for many, to actually travel to Jerusalem and re-trace the footprints of Jesus on the road to Calvary. During the 15th and 16th centuries, the Franciscans are credited with beginning the Roman Catholic tradition of using outdoor stations to allow the faithful who were unable to travel over to the Holy Land to re-trace the footprints of Jesus by following a series of specially constructed stations or “*halting places*” reflecting those found along the actual Way of the Cross.

The practice of praying and meditating on the Stations is most often done during the season of Lent, especially on Good Friday and all the other Friday evenings during Lent. The object, of course, is to help the faithful to make a spiritual pilgrimage of prayer, through meditating upon scenes of Christ’s suffering and death. In the Roman Catholic tradition, the meditation is often performed in a spirit of reparation for the sufferings and insults that Jesus endured during His Passion.

Here, at Saint Aedan’s, we will pray and meditate as a group, on the **Stations of the Cross** every Friday evening during Lent at 7:30 pm. The timing is perfect for those wishing to join us for our parish family gathering, **Pasta with the Parish** which takes place just before the stations, from 6:00 p.m. until 7:15 p.m.

Why not consider making this a special part of your own Lenten Journey by coming out and, in your minds and hearts, accompany Jesus as He walks the road of pain and suffering to Calvary? So, in a real sense, you actually CAN be there!

***We adore You O Christ and we praise You because
by Your Holy Cross You have redeemed the world.***

+ LENTEN REGULATIONS +

ABSTINENCE forbids the eating of meat. Abstinence obliges from the 14th birthday throughout one’s life. **All Fridays** of Lent are days of **abstinence from meat**.

FASTING prescribes that only **one full meal a day** be taken. Two smaller meals may be taken to maintain strength but these taken together should not equal another full meal. **Fasting** obliges from the **18th to the 59th birthday**.

Ash Wednesday and Good Friday are days of Fast AND Abstinence.

There is a **serious obligation** for Catholics to observe these penitential practices in a substantial way. Those whose work or health would be impaired are excused from Fast and Abstinence. Individual conscience should decide proper cause for excuse.

Lent, in a very special way, points out that we are pilgrims on a journey.

***For seven weeks we walk with Christ,
in response to His invitation,
“Let us go up to Jerusalem.”***

***The penances, the fasting and all the
other aspects of Lent are the hardships
of the journey.***