




SEASON OF  
*Great* LENT

# THE STATIONS OF THE CROSS

L: Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever.

R: Amen

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and in 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 Saviour Jesus Christ suffered and died for us. In His name, Lord have mercy. Amen.



By the Cross her vigil keeping,  
Mary stood in sorrow weeping,  
when her Son was crucified.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

**JESUS IS CONDEMNED TO DEATH**

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

L: Pilate was certain of Jesus' innocence and he declared it to the Jews. Yet, he condemned Him to death. Jesus accepted the unjust sentence for our sins, for "greater love has no one than this, that he lay down his life for his friends" (*John 15:13*). Teach us Lord, not to judge anyone, for You alone know what is in our hearts and our intentions. Strengthen us to bear the pain which is inflicted upon us through perjury and slander. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

While she waited in her anguish,  
seeing Christ in torment languish,  
bitter sorrow pierced her heart.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.



## SECOND STATION

### JESUS IS MADE TO CARRY HIS CROSS

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

L: Lord Jesus, You said: “No one takes my life from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from My Father. For this My Father loves Me because I lay down My life to receive it back” (*John 10:18*). Teach us, Lord, not to fear the strength or severity of pain, but to accept it with love and obedience to Your will. Amen.


R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.



With what pain and desolation,  
with what noble resignation,  
Mary watched her dying Son.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

## THIRD STATION

### JESUS FALLS FOR THE FIRST TIME

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Jesus is truly human and feels pain and suffering like every one of us, but even more so, because He was completely innocent. Yet, He accepts it through love of us. He languished and fell under the heaviness of the Cross and the weight of our sins. Teach us, Lord, how to accept our weakness when pain oppresses us and weighs us down, and to bear it patiently. May we fix our eyes on You to strengthen us, so that we may rise above our pain. Teach us also to be kind to the weakness of others and to help them when they are in pain. Amen

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Ever patient in her yearning,  
though her tear-filled eyes were burning,  
Mary gazed upon her Son.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.



## FOURTH STATION

### JESUS MEETS HIS AFFLICTED MOTHER

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Jesus suffers with His Mother's suffering, and Mary endures pain seeing her Son's pain. In our families, parents and their children may cause each other to suffer. Teach us, Lord Jesus, to know that we can offer up our pain for Your sake, we can test and remake ourselves, and convert our suffering into love and patience. Amen.


R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.



Who, what sorrow contemplating,  
on that passion meditating,  
would not share the Virgin's grief.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

## FIFTH STATION

### JESUS IS HELPED BY SIMON OF CYRENE

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

The soldiers took hold of Simon of Cyrene and made him carry the Cross for Jesus. Teach us, Lord, how to bear our suffering, regardless of its kind or from where it comes, as a sign of our love for You and as repentance for our sins. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

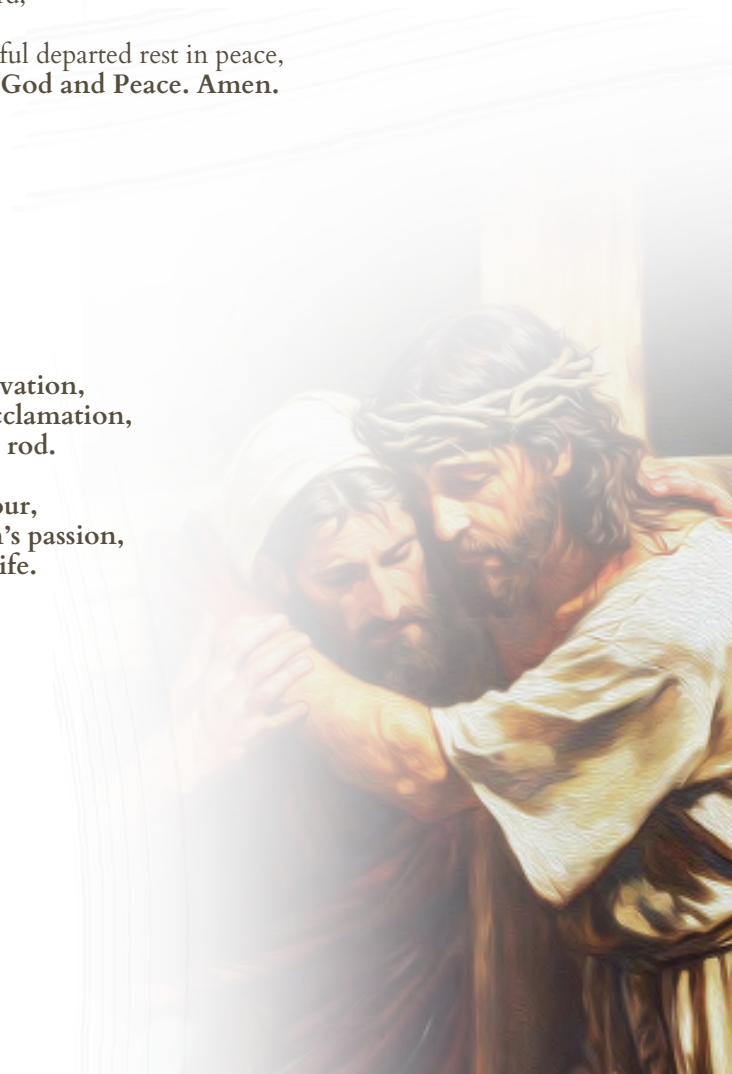
L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Christ she saw, for our salvation,  
scourged with heartless acclamation,  
bruised and beaten by the rod.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

V



## SIXTH STATION

### VERONICA WIPES THE FACE OF JESUS

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Veronica walked the way of the Cross. Wishing to help Jesus and lighten His suffering, she wiped the sweat and blood from His face. Teach us, Lord, to be kind to those in pain and anguish, to open our hands and hearts to them, to ease their suffering, and to heal their wounds. Amen.


R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.



Christ she saw with life-blood failing,  
all her anguish unavailing,  
saw him breathe his very last.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

## SEVENTH STATION

### JESUS FALLS A SECOND TIME

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Jesus' physical strength weakened on the long way to Golgotha under His heavy Cross. As for us, Lord Jesus, our way to You is long and painful. Stretch out Your hand towards us, so that we may avoid the way of sin and temptation. Lead us to the light of Your resurrection. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

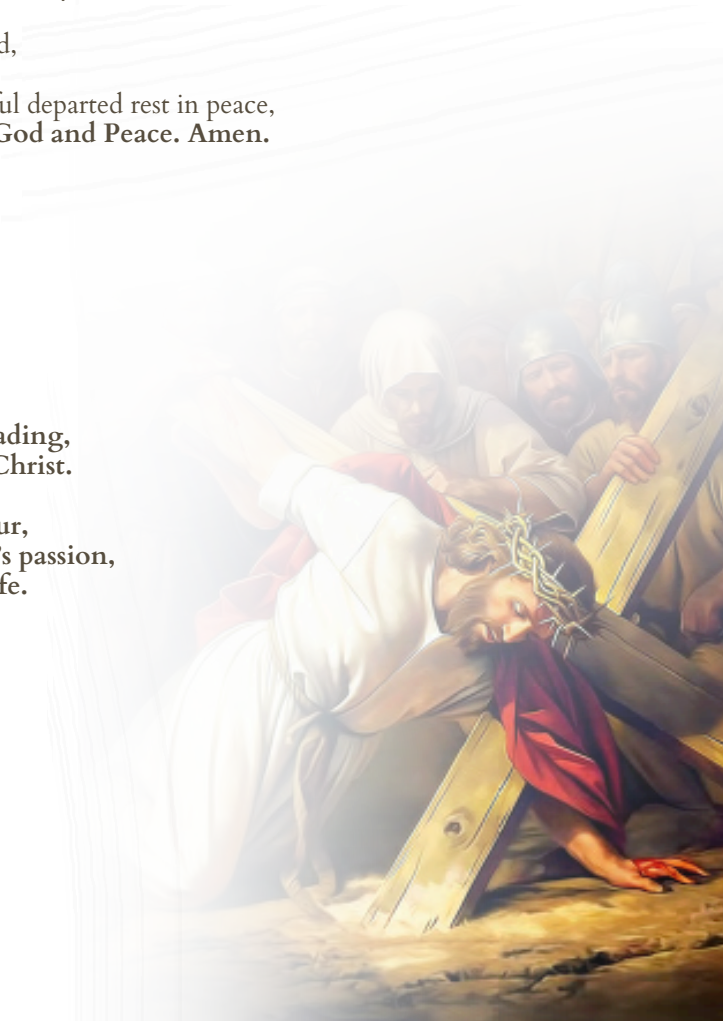
L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Virgin, ever interceding,  
hear me in my fervent pleading,  
fire me with your love of Christ.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

VII



## EIGHTH STATION

### JESUS COMFORTS THE WOMEN OF JERUSALEM

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

A great number of the people followed Him, and among them were women weeping 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” (*Luke 23:27*). Yes, Lord, teach me to understand the meaning of the real suffering which You experienced for me. Your pain is caused by our sins. Teach us to repent from our sins and turn to You. Amen.


R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.



Virgin, ever interceding,  
hear me in my fervent pleading,  
fire me with your love of Christ.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

## NINTH STATION

### JESUS FALLS THE THIRD TIME

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

The way of the Cross has been too long. Jesus' human strength has weakened. We also fall down, and almost lose hope on our road of suffering. Do not leave us, Lord Jesus, but draw us to Yourself, so that we may become stronger and rise when we fall. May we continue on the way to Calvary with You, and then onwards to the resurrection. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

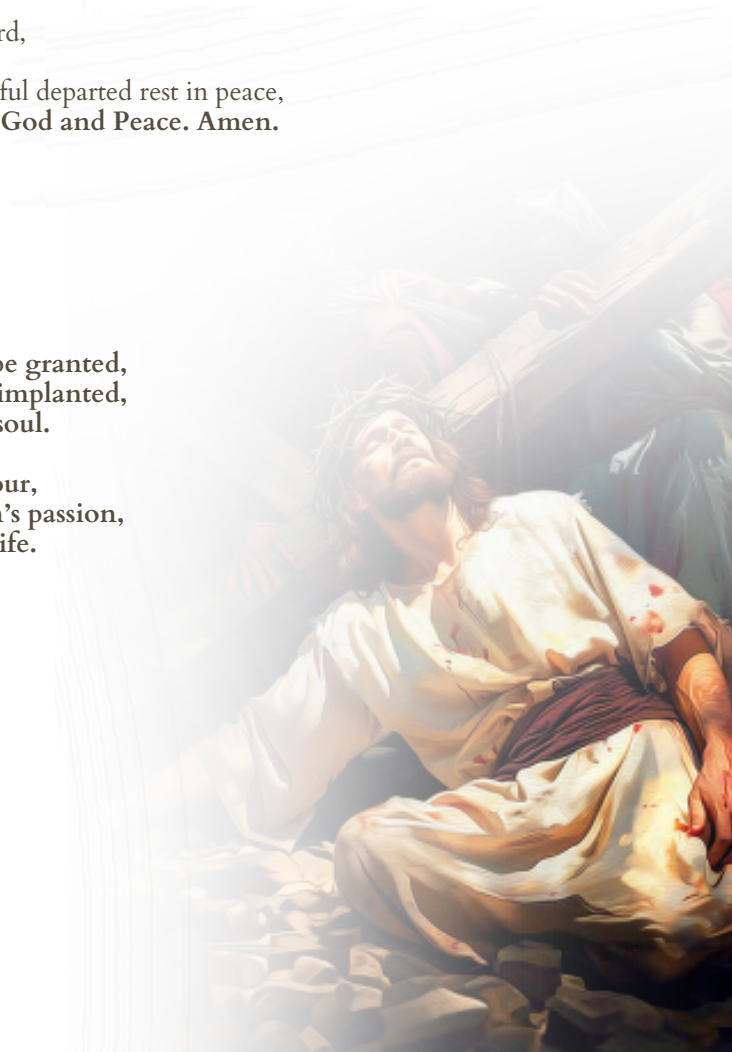
R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Mother, may this prayer be granted,  
that Christ's love may be implanted,  
in the depths of my poor soul.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.



## TENTH STATION

### JESUS IS STRIPPED OF HIS GARMENTS

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

They mocked and ridiculed You when they stripped You of Your clothes, leaving You naked. They failed to see that You are purity and humility itself, and that Your body was protected by modesty. Teach us, Lord, propriety and decency. Do not allow us to put obstacles in anyone's way by our lack of modesty. Amen.

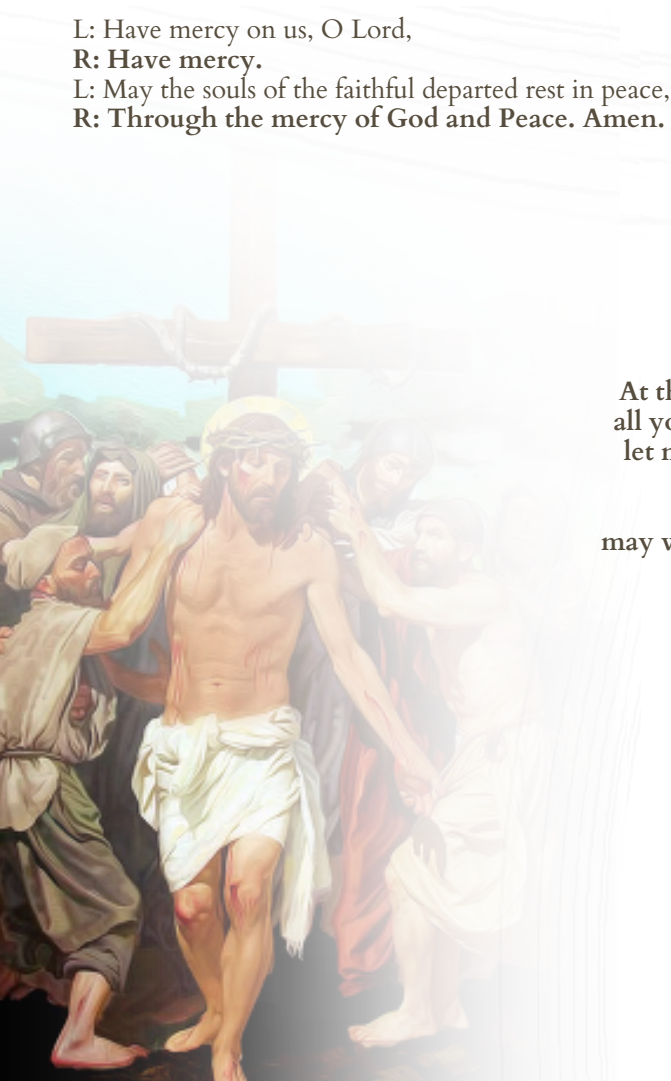
R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.



At the Cross, your sorrow sharing,  
all your grief and torment bearing,  
let me stand and mourn with you.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

**JESUS IS NAILED TO THE CROSS**

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Crucifixion was a means of torturing criminals. Isaiah prophesied: “He poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors” (*Isaiah 53:12*). Teach us, Lord Jesus, to accept wholeheartedly the suffering we experience in this life, and particularly the pain of death, in order to make it, as You did, a redeeming and saving pain. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

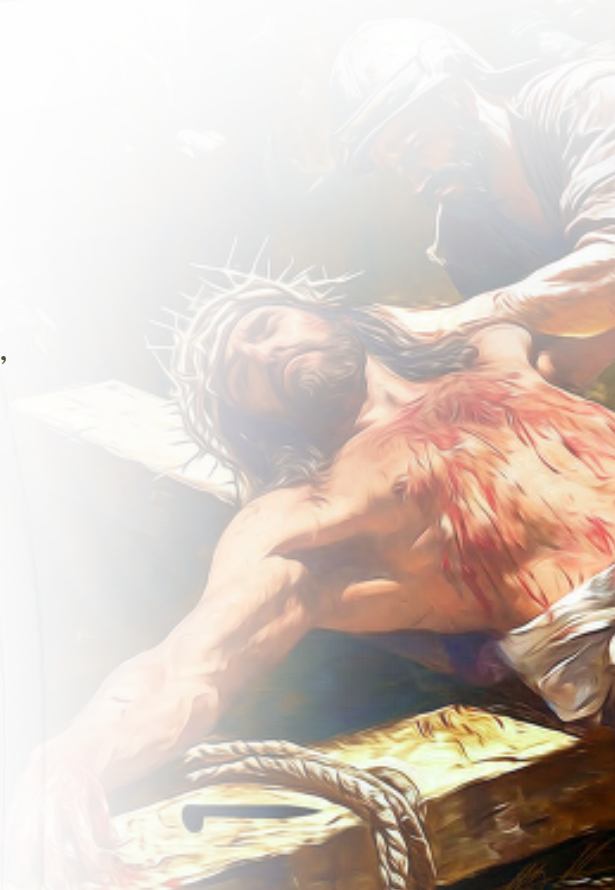
R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Fairest maid of all creation,  
queen of hope and consolation,  
let me feel your grief sublime.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.



**JESUS DIES ON THE CROSS**

L: We adore You, O Christ, and we praise You.

**R: Because by Your Holy Cross You have redeemed the world.**

When You gave up Your spirit into the hands of Your Father, the curtain of the temple which covered the holy of holies was torn into two, signifying the end of the Old Covenant. The tombs were opened because Your death conquered death. All this happened while Your Mother was standing under Your Cross, drinking with You the chalice of suffering to the end, for our salvation. Her suffering increases Yours, but her presence and participation in Your mystery of redemption comforts You. Grant the parents who suffer for their children, the patience, love and faith to make of their anguish a redemptive suffering. Amen

**R: Our Father, Hail Mary, Glory Be.**

L: Have mercy on us, O Lord,

**R: Have mercy.**

L: May the souls of the faithful departed rest in peace,

**R: Through the mercy of God and Peace. Amen.**

Mary, in your love befriend me,  
at the judgment day defend me,  
help me by your constant prayer.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

## THIRTEENTH STATION

### JESUS IS TAKEN DOWN FROM THE CROSS

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

Mary, the Mother of Jesus, embraces her dead son. She alone understands why He accepted His death. She alone has joined her pain to His pain, and transformed it into a redeeming and saving pain. In their heart is illuminated the light of hope, which in turn will be a jubilant victory for the righteous ones who suffer. Teach us, Mary, to understand the meaning of participation in redemption and to live it as you did. May we complete in ourselves those Christ-like sufferings that we have not yet endured. Amen.

R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and Peace. Amen.

Saviour, when my life shall leave me,  
through Your Mother's prayer receive me,  
with the fruits of victory.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.



## FOURTEENTH STATION

### JESUS IS LAID IN THE TOMB

L: We adore You, O Christ, and we praise You.

R: Because by Your Holy Cross You have redeemed the world.

All is fulfilled, all is completed. Jesus' body is now hidden in a tomb, and His enemies think that they have defeated Him. The apostles are fearful. But Jesus, Who carries the love of God to all people, did not remain in the tomb, for love is stronger than death. He rolled the large stone from the door of His tomb and rose to declare to the apostles God's love for them and for those who come to the faith through their preaching. Grant us, Lord, never to despair, for You are the resurrection and life. Give us that love which conquers death. Amen.

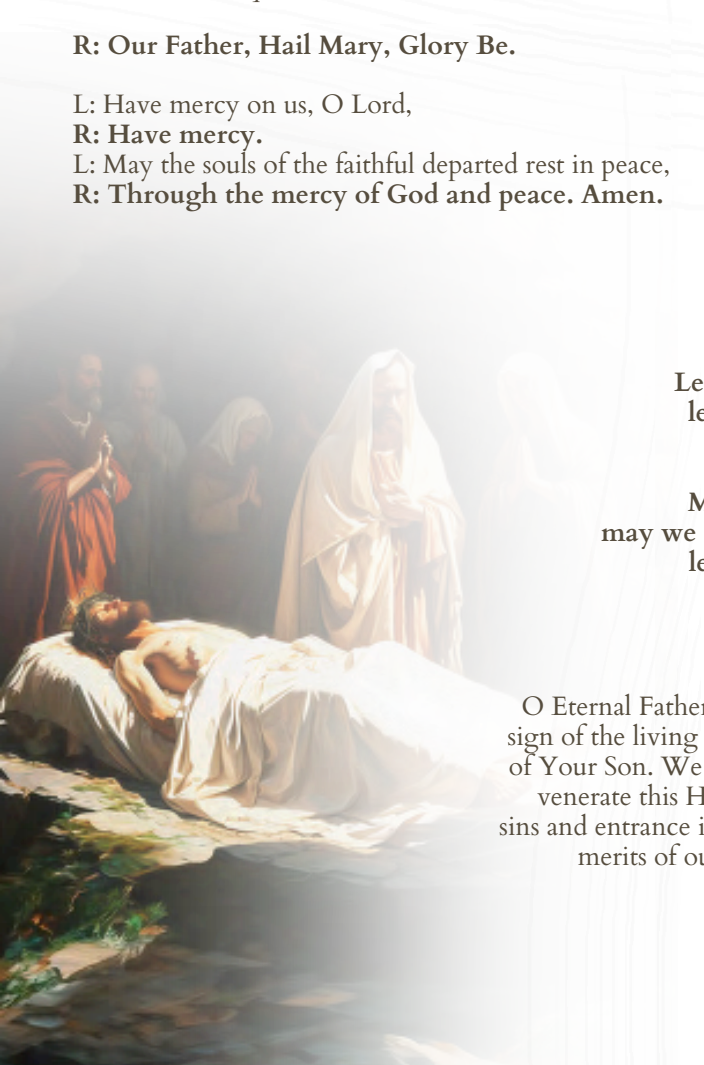
R: Our Father, Hail Mary, Glory Be.

L: Have mercy on us, O Lord,

R: Have mercy.

L: May the souls of the faithful departed rest in peace,

R: Through the mercy of God and peace. Amen.



Let me to Your love be taken,  
let my soul in death awaken,  
To the joys of paradise.

Mary Mother of our Saviour,  
may we share in your Son's passion,  
leading us from death to life.

#### FINAL PRAYER:

O Eternal Father, Whom you have blessed the sign of the living Cross with the precious blood of Your Son. We ask Your mercy to those who venerate this Holy Cross, forgiveness of their sins and entrance into eternal glory, through the merits of our Saviour Jesus Christ. Amen.

# XIV

# FRIDAY EVENING PRAYERS

## STAND

Cel: Glory be to the Father and to the Son and to the Holy Spirit, as we begin and until we conclude.

Cong: May mercy and compassion be poured forth upon us, in this world and in the next. O Lord, our God, to You be glory, forever. Amen.

Cel: Make us worthy O Lord, to praise You on this blessed evening with pure praises, and to meditate on Your divine teachings as a cure for our souls. May we come to You shedding tears of repentance and forgiveness. Grant Lord, that we may be ready for Your resurrection through fasting, prayer and good works with a pure heart and clear conscience; that we may meet You here with joy, and meet You there with happiness and delight. Together with Your chosen ones, we shall praise You, with Your Father and Your Holy Spirit, now and forever.

Cong: Amen.

## SIT

Deacon: With your blessing. Have mercy on us, O God, and help us. O Lord Jesus, how beautiful You were when You left the peaceful and calm solitude in the wilderness after Your great triumph over all the devil's temptations. You went around preaching Your Good News in every region of Galilee and on the shores of Lake Tiberias. Grant that we will listen to Your Gospel and live according to it. To You be glory for ever.



## **CHRIST OUR SAVIOR**

*B'edoneh dsafro*

O Christ our Saviour,  
throughout the land You travelled and cured the sick  
in Your Father's name.  
When they approached You,  
in Your great mercy and love You healed their wounds.  
Heal us now, we pray.

O Christ our Healer,  
the people came in large crowds with hopeful hearts  
to be healed by You.  
In faith they begged You,  
O Jesus, Sea of Mercy, to hear their prayers.  
Grant us help, we pray.

O Christ our Lord God,  
Your love for us is precious and has no bounds.  
O what perfect love!  
How can we thank You,  
for in Your great compassion You healed us, Lord.  
Now we praise Your name.

## **PSALM 23**

**Cel:** The Lord is my shepherd; There is nothing I shall want. Fresh and green are the pastures where He gives me repose. Near restful waters He leads me, to revive my drooping spirit.

**Cong:** He guides me along the right path; He is true to His name. If I should walk in the valley of darkness no evil would I fear. You are there with Your crook and Your staff; With these You give me comfort.

**Cel:** You have prepared a banquet for me in the sight of my foes. My head You have anointed with oil; My cup is overflowing.

**Cong:** Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell forever and ever.

**All:** Glory be to the Father, and to the Son and to the Holy Spirit, now and for ever.



## PETER DECLARED

*Emar Qayso*

Peter declared: "Jesus, You are the Christ!"  
Jesus replied: "You have spoken the truth.  
Blest are you! For no flesh and blood  
has made known this great mystery.  
You received it from God,  
from My Father on high."

Then, from this time, our Redeemer endured  
evil and pain to fulfil God's great plan.  
On a Cross full of suffering,  
He obeyed God the Father's will.  
Though He died; yet in time,  
on the third day, He rose.

You tasted death, Lord and Giver of Life.  
We are in awe of this great mystery!  
Like a grain planted in the earth,  
Lord, You died, yet produced new life.  
After night, there was light,  
for Your glory had dawned.



## EVENING PSALMS

Psalms 141:1-2,8 & 142:8

Cel: Let my prayer, O Lord God, rise like incense before You. And the raising of my hands, an evening sacrifice.

**Cong: Let my prayer, O Lord God, rise like incense before You. And the raising of my hands, an evening sacrifice.** (*Repeat after each line*)

Cel: 1. I call upon You, O Lord, make haste to help me! And turn Your ear to my appeal and hear my voice.

2. To You, O Lord God; to You my eyes are turned. My refuge lies in You alone; O spare my soul.

3. O Lord, the righteous shall gather around me, for You have shown Your faithful love and goodness.

**Psalm 119:105-106**

Cel: Lord, Your word of truth is like a lantern for my footsteps, a bright light to direct my path.

**Cong: Lord, Your word of truth is like a lantern for my footsteps, a bright light to direct my path.** (*Repeat after each line*)

Cel: 1. I have sworn and promised, O Lord, to keep Your holy laws and just decrees.

2. Your decrees are my heritage and give joy to my heart, for evermore.

3. Let us praise the Father and Son and Holy Spirit, now and always.

## GOD MADE A COVENANT

*Sougheeto*

God made a covenant of old when Moses gave us the Torah. Then God fulfilled this covenant when Jesus gave us the Gospel.

How great are the beatitudes, which take the place of the old law. The poor and sorrowful receive true comfort from the Lord's Gospel.

Can anyone describe for us the blessedness that our Lord gives? So let us pray that Christ our Lord may bless us all at His coming.

O Lord of mercy and of love, we sing Your praise every evening. O Mother of our Lord and God, we ask that Your prayers be with us.

O Father, Son, and Spirit blest, we honour You every moment. For all that You have given us, we praise Your name, Lord, for ever.

## STAND

Deacon: *Stomen Kalos* (let us all stand properly)

**Cong: Kyrie Eleison**

## HOOSOYO

Cel: Let us raise glory, honour and praise to the Father who sent His Son for our salvation; to the Son who made us righteous by His fasting and way of living; and to the Holy Spirit who strengthens us in the struggle until we conclude it in victory. To the Good One be glory and honour, during this evening, and all the days of our lives, now and forever.

**Cong: Amen.**

Cel: Glory and praise to You, O Word and only Son, light from light and the ray of the Eternal Father. You descended to us to allow us to share in Your kingdom. You lived with us like one of us to return the freedom we had lost. For our sake, You endured fasting, hardship and suffering, to teach us that the way of happiness, the way of Golgotha, leads to death and then to resurrection – “unless a grain of wheat falls into the earth and dies, it remains just a single grain”.

Therefore, we praise You and thank You proclaiming: Glory to You, O Christ! You grant healing and consolation to our souls. Glory to You, O provider for the world! You feed the hungry with Your Living Bread. Glory to You, O Hope! By Your fasting, You shine on us the light of grace and inspire us with true repentance.

We ask You, O Christ our Lord, to hear us. Grant us Your peace, and fill our hearts with joy and holy happiness. Spread Your peace and security in the whole world among all nations and peoples. Unite families and remove jealousy and resentment from the hearts of the children of God so that we may know that You love us and that we are called to love each other, in words and

action. Enlighten the minds of the Christian people that they follow Your Gospel teaching to their best ability and be Your true witnesses before all. Pour Your mercy upon us and on our faithful departed. With the righteous and just, we give You glory, now and forever.

**Cong: Amen.**

## SIT

### THE APOSTLE PAUL DECLARED

*Qooqoyo*

The apostle Paul declared:

Love has no equal.

Blest are those who grow in love;  
they shall behold God.

Moses saw Him up on the mountain.

All the martyrs saw their beloved.

At the Cross, the faithful Church looked  
on her Saviour,

and with love, both day and night, she  
sings His praises.

Alleluia! Love brings us new life.

Cel: O Lord, accept our incense and petition; sanctify our fasting and prayer. Bestow Your blessings upon us that we may carry Your mission of Good News and truly witness to You among all peoples. We praise You with Your Father and Your Holy Spirit, now and forever.

**Cong: Amen.**

## MAZMOORO

*ShoobHo lhaow ro'yo*

**Cong: O Lord, Your Spirit  
makes life more fragrant.  
The Breath of God's love  
makes life far sweeter.**

**Cel: O wounds of Jesus,  
our wounds are many.  
We ask for healing  
of soul and body.**

**Cong: May we reflect on  
Your signs and wonders  
at every moment,  
now and forever.**

## READINGS

*A reading from the letter of Saint ... with your blessing.*

Cel: Glory to the Lord of Paul and the apostles! † May the mercy of God descend upon the reader and the listeners, and upon this parish and her children, forever.

*Praise be to God always!*

## STAND

Gospel

Cong: ALLELUIA! ALLELUIA!

Cant: The wedding guests cannot fast while the bridegroom is with them; the days will come when the bridegroom is taken away from them, and they will fast!

Cong: ALLELUIA!

Cant: Before the proclamation of the Gospel of our Saviour, announcing life for our souls, we offer this incense and ask for Your mercy, O Lord.

Cel: † Peace be with you.

Cong: **And with your spirit.**

Cel: From the Gospel of our Lord Jesus Christ, according to Saint... who proclaimed life to the world. Listen to the proclamation of life and salvation for our souls.

Cant: Remain silent, O listeners, for the Holy Gospel is about to be proclaimed to you. Listen, and give glory and thanks to the Word of the Living God.

Cel: This is the Truth. Peace be with you.

Cong: **Praise and blessings to Jesus Christ our Lord and God for giving us His words of life.**

## SIT

## HOMILY

## **O SON OF GOD, BY YOUR FASTING**

*bo'ooto dmor ya'qoob*

O Son of God, by Your fasting  
You saved your Church.  
Accept our prayers and our fasting,  
we ask of You.  
O Lord of Peace, Heaven and earth  
You reconciled.  
Grant us Your peace and protection  
throughout this fast.

The fathers, like Moses, fasted  
and pleased You, Lord.  
Accept our fast, grant us mercy,  
and hear our prayers.  
Exalt the name of Your Mother  
and all the saints,  
and, through their prayers, pardon us  
and those who have died.

### **STAND**

### **HOOTOMO**

Cel: Let us confess, adore, and praise the  
holy and glorious Trinity: Father, Son,  
and Holy Spirit.

**Cong: Amen.**

Cel: Kyrie Eleison, Kyrie Eleison, Kyrie  
Eleison

**All: Qa-dee-shat a-lo-ho.  
Qa-dee-shat Ha-yel-to-no  
Qa-dee-shat lo-mo-yoo-to  
it-ra-Ham 'a-lain.**

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. For the kingdom, the  
power and the glory are Yours, now  
and forever. Amen.

Cel: O Christ our Lord, You endured  
fasting for us, and You forged for us the  
path of happiness and truth. Accept our  
fasting and prayer, and strengthen us to  
continue our strive toward You. May  
we reach Your Passover and  
Resurrection, and to be worthy for Your  
eternal Paschal banquet in Your  
Heavenly kingdom; that we may glorify  
and thank You, Your Father and Your  
Holy Spirit, now and for ever.

**Cong: Amen.**

# ADORATION OF THE CROSS

## **O MY PEOPLE, FRIENDS**

*ya sha'bee w saHbee*

O My people, friends,  
where is the faith and the love  
that you pledged to Me?  
What crime have I done?  
Why do You treat Me with  
great contempt and with scorn.  
Now in shame I die  
in between two thieves.

What have I done wrong?  
Why punish Me? This I ask.  
What has brought Me here?  
Who has made the charge?  
I was good to you.  
Think of the sick I have cured.  
You remember not  
what I did for you.

Look, behold My pain,  
all My distress, all My grief.  
Hear My mournful cries.  
Hear My Mother's sighs.  
Have you seen before  
one who endured such great pain,  
and who drank this cup  
full of bitterness?

Mother do not cry.  
This only adds to My grief.  
Leave Me. Go your way.  
Do not weep for Me.  
Father, why am I here,  
all alone, in My pain?  
I am choked with tears.  
Father hear My plea!



Cel: You are Blessed, O Holy Cross, the wood of life, the destroyer of error and the giver of salvation to the world. You are the sign of victory in the battle and put an end to the old sacrifices and fulfil the sacraments. Through You, peace come to us, and joy dwells in us. Through You, the Church is elevated and her children are protected through You, our bodies are made holy and our souls are wiped away and our righteousness is increased. Through You, the believers reach perfection and the living are armed. Through You, O Holy Cross, the departed find rest and we all take refuge on the last day and with You we walk towards the house of life. We give glory to Christ – the Word who was crucified on You, and to His Father and His living Holy Spirit, for ever.

**Cong: Amen.**

*Our Father. Hail Mary. Glory Be.*

**TESHBOOHTOL MORYO  
ON THE CROSS THE SON OF GOD**

*fsheeto*

Tesh-booh-tol mor-yo (To God be glory)  
On the Cross the Son of God gave up His spirit.  
He commended it to God His mighty Father.  
The earth then shook.  
Tombs were opened wide, the rocks were split,  
and great fear filled all.  
With a lance they pierced the heart of their Creator.  
Blood and water flowed from Him;  
Forgiveness poured forth.

Tesh-booh-tol mor-yo (To God be glory)  
At the Cross the Church looked up and saw her Saviour,  
Christ, the Son of Righteousness, who gives the world light.  
She saw His wounds,  
which the nails and lance had made in Him,  
and she grieved deeply.  
Drawing close, the Church knelt down to worship saying:  
We adore You, Christ our Lord,  
Who died to save us.

## MARY STOOD (QAMAT MARYAM)

Blessèd Mary,  
David's Daughter, stood by the Cross,  
weeping for Christ,  
crucified there, on Golgotha.  
Like a lance sorrow pierced her heart;  
Filled with grief, she was overwhelmed.  
She beheld Him and cried out:  
"O my Son, whom I love!"

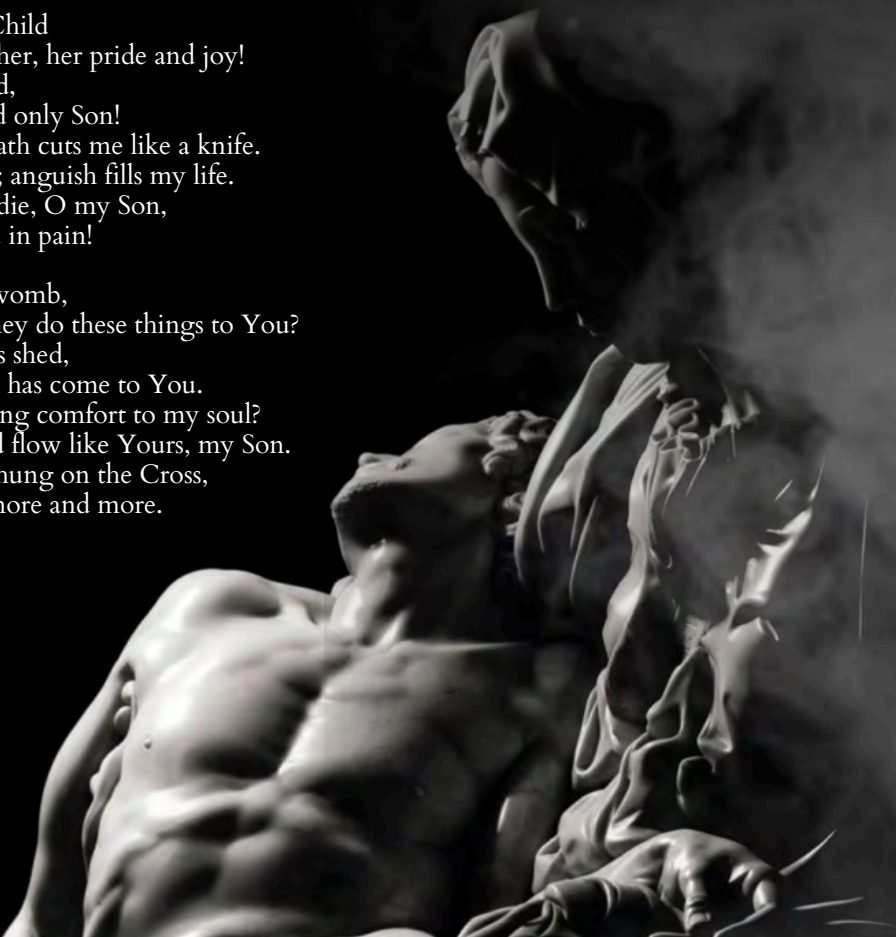
Jesus, my Son,  
I implore you to speak to me.  
Should I not weep  
when I see you upon the Cross?  
All Your wounds pierce Your Mother's heart  
and Your pain fills my soul with grief.  
How can I live if You die?  
So I cry: "O my Son!"

O Precious Child  
of Your Mother, her pride and joy!  
Image of God,  
O eternal and only Son!  
See, Your death cuts me like a knife.  
You are hurt; anguish fills my life.  
Let me now die, O my Son,  
lest I see You in pain!

Fruit of my womb,  
how could they do these things to You?  
Your blood is shed,  
and affliction has come to You.  
Who will bring comfort to my soul?  
Let my blood flow like Yours, my Son.  
You remain hung on the Cross,  
and I weep more and more.

What are these wounds  
on Your body, O Holy One?  
They have deformed  
all Your beauty, O Graceful One.  
Now Your face, it has turned so pale,  
and Your tears pour out like the rain.  
Hearing Your sighs grieves my heart.  
Seeing You, I grow faint.

Mother of Christ,  
and the daughter the Father loves,  
Mary, the Bride  
of the Spirit, O Blessèd One,  
May we share in the pain of Christ  
and be clothed with abundant grace.  
Let us give thanks all our days  
and with you sing God's praise.



## **FINAL BLESSING WITH THE CROSS**

Cel: The grace of our Lord Jesus Christ be with you always. May the memory of His holy passion and its strength dwell in your hearts. May the sign of His pure Cross deliver you from all evil, in the name of the Father and of the Son and of the Holy Spirit.

**Cong: Amen.**

## **FINAL HYMN O BELOVED (WA HABEEBEE)**

O Beloved, O Beloved,  
on the Cross You died for us.  
We received life and forgiveness  
from the wounds that You endured.  
Those who died have life eternal;  
All are joined to You, O Lord.  
On this day death was abolished  
by Your promise of new life.

Has a love like our Beloved's  
been revealed on earth before?  
Or what lord has shown his glory  
on a Cross known for its shame?  
All creation is astonished  
and all people are in awe.  
In the Church we can encounter  
truth and peace in Christ our Lord.

Love has led You, O Beloved,  
to the Cross on Calvary.  
For my sake You suffered greatly  
and You died to save my soul.  
Now I hope to spend my life, Lord,  
meditating on Your law.  
And the myst'ry of redemption  
and Your love for one and all.

