

Stations of the Cross in the Time of Distress
Estaciones de la cruz en tiempos de angustia

We adore you, o Christ, and we bless you
Because by your holy cross you have redeemed the world.

Adoramoste Cristo, y te bendecimos
Que por tu santa cruz , redemiste al mundo.

1. The Condemnation of Jesus / La condenación de Jesús

I ask your prayers for all those who this day will hear the words: "Your test for [COVID-19] was positive" and are facing the uncertainty of whether they will be one of the barely ill or the deathly ill.

Pido sus oraciones por todos aquellos que hoy escucharán las palabras: "Su prueba para COVID-19 fue positiva" y se enfrentan a la incertidumbre de si serán uno de los apenas enfermos o los mortales.

Silence

2. Jesus Takes Up His Cross / Jesús toma su cruz

I ask your prayers for all the infectious disease specialists, researchers, and epidemiologists who have taken up the seemingly impossible task of leading the fight to understand, contain and treat COVID-19, may God give them wisdom and strength.

Pido sus oraciones por todos los especialistas en enfermedades infecciosas, investigadores y epidemiólogos que han asumido la tarea aparentemente imposible de liderar la lucha para comprender, contener y tratar COVID-19, que Dios les dé sabiduría y fortaleza.

Silence

3. Jesus Falls the First Time / Jesús cae la primera vez

I ask your prayers for all the healthcare workers in hospitals, ambulances, and nursing homes who are already falling down, weighed down by fatigue and fear.

Pido sus oraciones por todos los trabajadores de la salud en hospitales, ambulancias y hogares de ancianos que ya están cayendo, agobiados por la fatiga y el miedo. *Silencio*

4. Jesus Meets His Mother / Jesús se encuentra con su madre

I ask your prayers for all mothers, fathers, grandmothers, grandfathers, children and other loving family members worried about a family member working in our hospitals; may God give their hope.

Pido sus oraciones por todas las madres, padres, abuelas, abuelos, niños y otros familiares amorosos preocupados por un miembro de la familia que trabaja en nuestros hospitales; Que Dios les dé su esperanza.

Silence

5. Simon Helps Jesus With His Cross / Simón ayuda a Jesús con su cruz

I ask your prayers for all the those helping in less obvious ways, like stocking our grocery shelves, delivering food and all those Amazon packages and those cleaning public places.

Pido sus oraciones por todos aquellos que ayudan de maneras menos obvias, como abastecer nuestros estantes de comestibles, entregar comida y todos esos paquetes de Amazon y aquellos que limpian lugares públicos.

Silence

6. Veronica Wiping the Face of Jesus / Veronica limpiando el rostro de Jesús

I ask your prayers for all caring for the sick at home (home health aides and family caregivers), touching the ill despite their personal fears: They, like Veronica, are wiping the Face of Christ.

Pido sus oraciones por todos los cuidados de los enfermos en el hogar (asistentes de salud en el hogar y cuidadores familiares), tocando a los enfermos a pesar de sus temores personales: ellos, como Verónica, están limpiando el rostro de Cristo.

Silence

7. Jesus Falls a Second Time / Jesús cae por segunda vez

I ask your prayers for all who are downtrodden because they have lost their jobs and don't know how they will care for their family.

Les pido sus oraciones por todos los oprimidos porque han perdido sus trabajos y no saben cómo cuidarán a su familia.

Silence

**8. Jesus Speaks to the Women of Jerusalem / Jesús habla a las mujeres de
Jerusalén**

I ask your prayers for all those who have persisted in gathering in groups, may they hear the word I think Jesus would speak to the any crowd of women (or men) today: Go home, so there may be less mourning and weeping.

Les pido sus oraciones por todos los que han persistido en reunirse en grupos, que escuchen la palabra que creo que Jesús hablaría a cualquier multitud de mujeres (u hombres) hoy: Vayan a casa, para que haya menos luto y llanto.

Silence

9. Jesus Falls a Third Time / Jesús cae por tercera vez

I ask your prayers for all the homeless, already fallen through the cracks of our society; may God guide our leaders and communities in ways to assist them at this time.

Pido sus oraciones por todas las personas sin hogar, ya caídas por las grietas de nuestra sociedad; que Dios guíe a nuestros líderes y comunidades en formas de ayudarlos en este momento.

Silence

10. Jesus is Stripped of His Garments / Jesús es despojado de sus vestiduras

I ask your prayers for all those in need of protective garments to work safely, that through the generosity of those that have and do not need and by our leaders in business and government facilitating manufacture and distribution, there will be enough where it is truly needed.

Pido sus oraciones para que todos los que necesitan prendas protectoras trabajen de manera segura, que a través de la generosidad de aquellos que tienen y no necesitan y por parte de nuestros líderes en los negocios y el gobierno que facilitan la fabricación y distribución, habrá suficiente donde realmente se necesite.

Silence

11. Jesus is Nailed to the Cross / Jesús es clavado en la cruz

I ask your prayers for those suffering chronic physical and emotional pain, may God comfort them and may they not be forgotten and neglected as we care for the more acutely ill.

Pido sus oraciones por aquellos que sufren dolor físico y emocional crónico, que Dios los consuele y que no sean olvidados y descuidados mientras cuidamos a los enfermos más agudos.

Silence

12. Jesus Dies on the Cross / Jesús muere en la cruz

I ask your prayers for those who are dying alone in hospitals, because the hospitals cannot permit visitors.

Pido sus oraciones por aquellos que mueren solos en los hospitales, porque los hospitales no pueden permitir visitas.

Silence

13. Jesus is Taken Down from The Cross / Jesús es bajado de la cruz

I ask your prayers for all those taken away from their friends and peers, especially schoolchildren out of school and senior citizens out of their centers, that communities will help them find them safe ways to stay connected especially those lacking access to computers and smartphones.

Les pido sus oraciones por todos los que se les han quitado a sus amigos y compañeros, especialmente a los escolares fuera de la escuela y a los adultos mayores fuera de sus centros, para que las comunidades los ayuden a encontrar formas seguras de mantenerse conectados, especialmente aquellos que no tienen acceso a computadoras y teléfonos inteligentes.

Silence

14. Jesus is Laid in the Tomb / Jesús está acostado en la tumba

I ask your prayers for all the grieving who are unable to be surrounded by family and friends to share their sorrow and be consoled.

Pido sus oraciones por todos los afligidos que no pueden estar rodeados de familiares y amigos para compartir sus penas y ser consolados.

A Solemn Intercession

For the afflicted in time of pandemic **Let us pray** - for all those who suffer the consequences of the current pandemic, that God the Father may grant health to the sick, strength to those who care for them, comfort to families and salvation to all the victims who have died. Prayer in silence. Then the Priest says: Almighty ever-living God, only support of our human weakness, look with compassion upon the sorrowful condition of your children who suffer because of this pandemic; relieve the pain of the sick, give strength to those who care for them, welcome into your peace those who have died and, throughout this time of tribulation, grant that we may all find comfort in your merciful love. Through Christ our Lord. R/. Amen.

Por quienes sufren en tiempo de epidemia **Oremos** -- por todos los que sufren las consecuencias de la epidemia actual: para que Dios Padre conceda la salud a los enfermos, fortaleza al personal sanitario, consuelo a las familias y la salvación a todas las víctimas que han muerto. Oración en silencio. Prosigue el sacerdote: Dios todopoderoso y eterno, singular protector de la enfermedad humana, mira compasivo la aflicción de tus hijos que padecen esta epidemia; alivia el dolor de los enfermos, da fuerza a quienes los cuidan, acoge en tu paz a los que han muerto y, mientras dura esta tribulación, haz que todos puedan encontrar alivio en tu misericordia. Por Jesucristo, nuestro Señor. R/. Amen

A note from the author Carol Kelly, MD, Ardsley. 3-29-2020

Praying this morning it occurred to me that it was two weeks until Good Friday and I had yet to pray the Stations of Cross and was definitely not going to pray them Station to Station in any church, even privately.

That led me to think about the Stations of the Cross and I tried to remember them all.

The first I remembered: The Condemnation of Jesus, and I thought, I should pray for all those who this day will hear the words: "Your test for COVID-19 was positive" and are facing the uncertainty of whether they will be one of the barely ill or the deathly ill." Next, I thought about Christ's First Fall: I prayed for all the healthcare workers in the hospitals who are already falling down, weighed down by fatigue and fear. I thought of Veronica wiping the face of Jesus (always a favorite of mine) and I prayed for all caring for the sick at home (home health aides and family caregivers), touching the sick, despite their personal fears: They, like Veronica, are wiping the Face of Christ.

You get the idea. I didn't remember all fourteen Stations (and I resisted the temptation to stop praying and Google the list). I looked up the list after prayer and reflected more and wrote a special intention for each one and have decided to pray them over the next two weeks. The product of that is my "Stations of the Cross in the Time of COVID-19." (Attached)

I miss praying with people (in addition to Bob), in a community of faith. Maybe this approach to this traditional devotion might speak to you as it spoke to me this morning and you might decide to make it yours in some way.

Feel free to revise, adapt and share.