



March Family Faith Activity #1

Pray the Stations of the Cross together

Adapted from TeachingCatholicKids.com



The Stations of the Cross, also called The Way of the Cross, is the story of Jesus' suffering, death on the cross and resurrection from the dead. We also refer to this as the Passion of Christ. It shows the stops (or stations) along the way from where Jesus was condemned to death in Jerusalem to the journey to the hill at Calvary where he was crucified, buried and rose from the dead. It is Catholic Tradition to pray the Stations during Lent as we remember Jesus' Passion and death and prepare our hearts to celebrate His resurrection on Easter.

Since the earliest centuries of the Church, Christians have made pilgrimages to Jerusalem to retrace the steps of Jesus during his suffering and death. This is also called the Via Dolorosa or "way of sorrow."

Around 1400 A.D. Christians began the practice of prayerfully meditating on the Passion of Christ. Today, we as Catholics, pray the Stations of the Cross during Lent. Parishes have times during the week for people to come to Church to "pray the Stations" together.

Why meditate or pray about Jesus' suffering? We usually want to avoid suffering, not take time to imagine it. But suffering is a reality that everyone has to deal with in life. Especially now, many are suffering the effects of the Covid virus and the every day challenges that we all face because of it. In Jesus, since he was both human and divine, God entered into our suffering in order to save us. So that we could be with Him for eternity. By walking with Jesus, we join our suffering to his, knowing that he will lead us through it into the new life of the Resurrection.

Activity #1 for March is for your family to pray the Stations of the Cross together

You can watch the video we made of the Stations of the Cross in our 5 churches here

www.blessedtrinitypgh.org/student-faith-formation Scroll down the page to the "Way of the Cross for Children Video" You can watch the video and pray the Stations of the Cross together as a family in your own home.

OR You can come to church to pray the Stations of the Cross At our parish, Blessed Trinity, any Friday in Lent on March 5, 12, 19, or 26th. Stations are prayed at 9:00 AM Holy Angels Church; 12:00 Noon St. Basil Church; 7:00 PM St. Sylvester Church. There should be Station books or a printed handout for you to pick up as you enter the Church so you can follow along with the meditation and prayer for each Station.

After praying the Stations either in person or at home, talk together as a family reflecting on these questions:

1. Talk about a time in your life when you were suffering physically or emotionally and what helped you through that? Who helped you through that time?
2. How does thinking about and reflecting on Jesus' suffering, death and resurrection help you to grow closer to Him?

Email us and let us know how about your experience praying the Stations and talking about them as a family. ceisenbarth@blessedtrinitypgh.net or egarfold@blessedtrinitypgh.net

You can read about Jesus' suffering, death and resurrection in the Bible:

† Luke Ch. 22, 23 and 24 † Matthew Ch. 26, 27 and 28 † Mark Ch. 14, 15 and 16