

Praying the Stations of the Cross

Dear parents,

The 14 Stations of the Cross, represented with the beautiful sculptures along the walls in Sacred Heart Church, commemorate the events that occurred during Jesus's crucifixion. This Lenten season, at Children's Liturgy of the Word, we will be talking about the Stations of the Cross with the children in Grades 3 – 5. Each week we will focus on 2-3 stations, pray about them, and think about something we can do during the week that reflects what we have talked about, whether prayer, fasting, or service.

Week 3 (March 15)

Station 6: Veronica Wipes the Face of Jesus

We prayed: Teach me, Lord, to give of myself to those who need me. Teach me to help even when I'm not asked. That is what it means to be a Christian.

Veronica's story can inspire us to show compassion, even when it's not easy. Sometimes we know someone could use a little help and understanding. They may be picked on or teased by others, or just sad or lonely. Small kindnesses mean a lot. Help your child to see the many little ways they can help others.

Station 7: Jesus Falls Again

We prayed: There are so many times when I don't want to do something, I'm tired and uninterested. Help me to remember the second fall. Give me the strength I need to do what I should.

It can be hard to finish homework after a long day at school, especially when there are team practices or lessons to go to. Children this week may think about asking God for patience to get through tasks, doing their chores/assignments/practice without complaining, and even setting themselves up for success by getting a good night's sleep!

Station 8: Jesus Meets the Women and Children

We prayed: So many times I worry only about myself and my own problems. Help me to be aware of the suffering of others. Help me to try to make them feel better.

This week, the children are encouraged to see how people close to them—family, friends, classmates, or neighbors—may be struggling, whether with loneliness, stress, or even a lack of time or physical strength. Children may think about ways they can help by shoveling a neighbor's driveway, taking care of younger siblings, inviting someone over to play who might need a friend, or helping a classmate understand a homework assignment. They may ask God to open their eyes to see when they can help where needed.

We invite your family to look at the 3 Stations of the Cross in the church that we talked about during Children's Liturgy.

Full presentation of the Stations of the Cross will take place each Friday in Lent at 6:30 PM at Saint Mary of the Immaculate Conception Church. Stations will be followed by Mass at 7 PM. The next Stations of the Cross will be held on March 20.

For more information about Children's Liturgy of the Word at Sacred Heart, go to www.childrenslitrgy.weebly.com.