

EASTER POEM

Behold the man,
Who in frailty walks,
Towards his cross shaped throne.
Arms outstretched,
Love enfleshed,
To welcome sinners home.

Behold the man,
Whose healing hands,
Were once nailed to cursed tree,
Hope restoring,
Grace declaring,
To set the shackled free.

Behold the man,
Whose beaten body,
Was laid in garden grave,
Death defeated
Hell retreating,
Humanity to save.

Behold the man,
Whose silent corpse,
Was raised to reign as King.
Love embracing,
Joy empowering,
For him the saints will sing.

Jon Swales

STATIONS OF THE CROSS



Contributors:

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Pope Benedict

Pope Francis

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Reflections compiled by Anne O'Connor 2026

Cover photo Annie O'Connor 2019: Cross at St Beuno's

OPENING PRAYER

We come together to travel the road to the Cross with Our Lord. May we be filled with new blessings as we wait in hope for the resurrection.

THE FIRST STATION: JESUS IS CONDEMNED

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

At festival time Pilate used to release a prisoner for the people, anyone they asked for. Now a man called Barrabas was in prison for murder at that time. The chief priests incited the crowd to demand his release in place of Jesus. Pilate, anxious to placate the crowd, released Barrabas, ordered Jesus to be scourged and handed him over to be crucified.

The cross is the luminous sign of God's immense love. God bent down over us, he lowered himself, even to the darkest corner of our lives, in order to stretch out his hand and draw us to himself, to bring us all the way to himself. In the Son of God's death on the cross, we find the seed of new hope for life, like the seed which dies within the earth.

Pope Benedict

THE SECOND STATION: JESUS CARRIES THE CROSS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Carrying his cross, he went out of the city to the place of the skull or, as it was called in Hebrew, Golgotha.

The innocent is condemned, the King of love will die. He is dragged through the streets, stripped of dignity, spat upon and mocked. A crown of thorns, a purple robe, a reed for a sceptre. The soldiers laugh, the crowd looks away, and heaven holds its breath. He carries his cross through dust and derision. The maker of worlds stumbles beneath wood and shame.

Jon Swales

THE THIRD STATION: JESUS FALLS FOR THE FIRST TIME

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Peter said to him, 'Even if all desert you, I will never desert you.' Jesus answered, 'In truth, I tell you, this very night, before the cock crows, you will have disowned me three times.'

THE FOURTEENTH STATION: JESUS IS PLACED IN THE TOMB

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

When it was evening, there came a rich man of Arimathea, called Joseph, who had himself become a disciple of Jesus. This man went to Pilate and asked for the body of Jesus. Then Pilate ordered that it be handed over.

Years earlier, when an angel appeared in a sheep pasture proclaiming good news of great joy, the angel told the shepherds of a Saviour, a Messiah, a Lord whom they would find as a child wrapped in bands of cloth and lying in a manger. Now, on this day, the Saviour is wrapped in a spiced shroud of linen cloths, a scented winding sheet to hold him as he lies in the tomb. As at the beginning, so at the end: those who love Christ enfold him, tend him, bless him.

Jan Richardson

THE FIFTEENTH STATION: THE RESURRECTION

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

'I have risen and am with you still, alleluia!' The Lord is truly risen, alleluia! To him be glory and power for all the ages of eternity, alleluia, alleluia!

The darkest day is not the final day. The tomb is not the end of the story, but its turning point. What we call dead, God calls seed. What we bury in despair, Love raises in mystery.

He rose – not to erase death, but to unmake it. Not to deny the wounds, but to show that they can shine. The cross still stands, but now as a tree that flowers.

I believe that the darkest day was never the last, and that even now the earth hums softly with resurrection – for he said, 'I am the resurrection and the life.'

Jon Swales

CLOSING PRAYER

May the spirit and light of Easter bless us all, watch over us and protect us on our journey, open us from the darkness into the light of peace and hope and transfiguration.

John O'Donohue

Jesus sets his face to Jerusalem. He disregards the shame of the cross and steadfastly goes through suffering, not around it. Likewise, God seems to send us on the path towards our own wholeness not by eliminating obstacles, but by making use of them. Going somewhere good means having to go through and with the bad. The best way out is if we have first gone in – into great suffering and great love.

Annie O'Connor

THE TWELFTH STATION: JESUS DIES

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

The soldiers came and broke the legs of the first man who had been crucified with him and then the other. When they came to Jesus, they saw he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water.

By dying on the cross, Jesus surrendered himself into the hands of the Father, taking upon himself and in himself, with self-sacrificing love, the physical, moral and spiritual wounds of all humanity. By embracing the wood of the cross, Jesus embraced the nakedness, the hunger and thirst, the loneliness, pain and death of men and women of all times.

Pope Francis

THE THIRTEENTH STATION: JESUS IS TAKEN DOWN FROM THE CROSS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

The centurion, who was standing in front of him, had seen how he had died, and he said, 'In truth, this man was the Son of God.'

We call the crucifixion of Jesus the passion, and so it is, for us as well as for him. Each time we stretch out our arms in love to one another, every time we open our hearts, we find the shadow of the cross, but also a glimpse of the open tomb.

Jesus' final words from the cross, 'Into your hands I commend my spirit,' remind us that every relationship will, at some point, contain a good-bye. Yet we who know the rest of the story, we who have glimpsed the other side of Good Friday, know that Jesus' last words from the cross are not the final words. There are more words to come, crucial words that Christ will add to our vocabulary, our story, our community. For now, we wait. Together.

Jan Richardson

The cross is the measure of Christ's love for us. This love has the power to heal and save. The cross is an act of love, both on the part of the Father who sent his only son to save us, and on Jesus' part, who lays down his life in love. Salvation and healing come in the person of Christ. The people who encounter Jesus are saved through his healing presence.

Annie O'Connor

THE FOURTH STATION: JESUS COMES FACE TO FACE WITH HIS MOTHER

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Simeon said to Mary his mother, 'Look, he is destined for the fall and the rise of many in Israel, destined to be the sign that is opposed – and a sword will pierce your soul too – so that the secret thoughts of many may be laid bare.'

By giving his mother and his beloved friend John to one another with the words, 'Woman, here is your son ... Here is your mother,' Jesus created a community that was to become family to the widow, the orphan, the outcast, and the stranger. Our call to such a community is a sacred trust. If we accept, can anybody suffer hunger, homelessness, or need?

Peter Storey

THE FIFTH STATION: SIMON OF CYRENE HELPS CARRY THE CROSS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

On their way out, they came across a man from Cyrene called Simon, and enlisted him to carry his Cross.

In life's journey, as in every journey, what really matters is not to lose sight of the goal. We should ask ourselves: on the journey of life, do I seek the way forward? 'Return to me,' says the Lord. 'To me.' The Lord is the goal of our journey in this world. The direction must lead to him.

Pope Francis

THE SIXTH STATION: VERONICA WIPES THE FACE OF JESUS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Come back to me with all your heart ... turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent.

In deep shadow, amidst plain-chanted hymns to end the day, I looked to the altar where candles burned round a simple cross. Behind the altar loomed a larger than life picture of a sorrowing Christ, cross on his shoulder, down on one knee as he bore the weight of the world's sin and grief.

Kneeling there in the candlelit darkness, with the hymns almost whispered in a tender, gentle awe, I was aware of Christ's givenness. Of the love poured without stint or measure. Of the grace that is with me now, regardless of what I offer.

Sarah Clarkson

THE SEVENTH STATION: JESUS FALLS FOR THE SECOND TIME

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Will no one hear my prayer, will not God himself grant my hope? May it please God to crush me, to give his hand free play and to do away with sin. This insight, at least, would give me comfort – a thrill of joy in unrelenting pain, that I never rebelled against the Holy One's decrees.

All too quickly the breaking of the bread becomes the breaking of the flesh. All too soon the cup offered at the table becomes the life poured out on the cross. After the rending, after the emptying: an impossible stillness, an aching silence, an incomprehensible hollow for which no words will ever be adequate.

Jan Richardson

THE EIGHTH STATION: THE WOMEN OF JERUSALEM WEEP FOR JESUS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

Large numbers of people followed him, and women too, who mourned and lamented for him. Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children.'

We are called to serve the Crucified Jesus in all those who are marginalized, in those who are disadvantaged, in those who hunger and thirst, in the naked and imprisoned, the sick and unemployed, in those who are persecuted, refugees and migrants. There we find our God; there we touch the Lord.

Pope Francis

THE NINTH STATION: JESUS FALLS FOR THE THIRD TIME

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

He had no form or charm to attract us, no beauty to win our hearts; he was despised, the lowest of men, a man of sorrows, familiar with suffering.

Jesus' total obedience to his Father led him to the cross. To return to God means to return to him with all that I am and all that I have. I cannot return to God with just half of my being. Every time I pray, I feel the struggle. It is the struggle of letting God be the God of my whole being. It is the struggle to trust that true freedom lies hidden in total surrender to God's love.

Henri Nouwen

THE TENTH STATION: JESUS IS STRIPPED OF HIS CLOTHES

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

When the soldiers had finished crucifying him they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from the back to the hem, so instead of tearing it, they threw dice for it.

Lord, open the eyes of my heart, illuminate within it places of eternal Lent where I have not permitted your Love entry. Come into those Golgothas, those broken places in me, in relationships with others, in the world around us in need of reconciliation.

Open the eyes of my heart to see you in those with whom I live and work and walk, in those whose journey through Gethsemane is long. Allow me to accompany you in them.

Rebecca Ruiz

THE ELEVENTH STATION: JESUS IS NAILED TO THE CROSS

Leader: We adore you, O Christ, and we praise you.

All: Because by your holy cross you have redeemed the world.

And yet ours were the sufferings he bore, ours the sorrows he carried. But we, we thought of him as someone punished, struck by God, and brought low. Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed.