

Stations of the Light

The Diocese of Manchester invites you to follow in the footsteps of the Risen Christ and his friends from the Resurrection to Pentecost.

Introduction

The Stations of the Light is a spiritual journey with Christ that takes you through fourteen of the most inspiring events of His post-Resurrection life on earth. In the early Church this practice was known as the Via Lucis, or Way of the Resurrection. It invites participants to walk along a path of transforming joy by following in the footsteps of the Risen Christ and his friends. Although known and cherished since the first century, the Stations of the Light were never gathered into a precise devotion until recent years.

While the Stations of the Cross focus on events within one day of Christ's life on earth, the Way of Light begins with the story of the Resurrection and focuses on the awe-inspiring events from the Resurrection to Pentecost.

This booklet can be used alone or in conjunction with the Stations of the Light video found on catholicnh.org/sol.

Our hope is that you find time for yourself during this season of light, to open your heart to the Pascal Mystery, and deepen your relationship with Christ.

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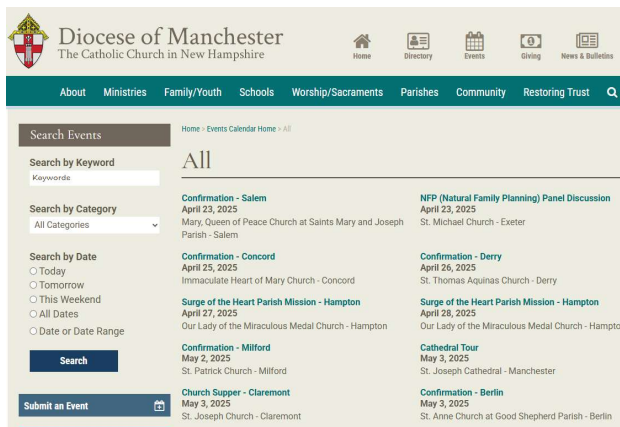
Parable Magazine

Parable Magazine is the official magazine of the Diocese of Manchester. Parable looks at contemporary issues from a faith perspective. Visit www.catholicnh.org/parable.



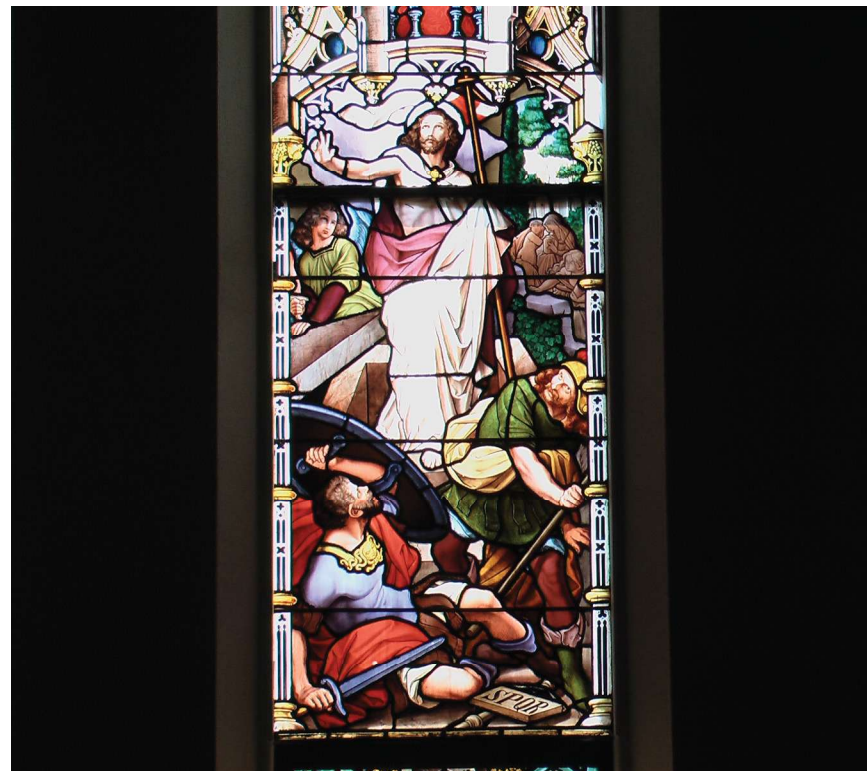
Website

Visit catholienh.org to learn about the Catholic Church in New Hampshire. Search for a parish, Mass time, school and more in our online directory.



Calendar

Find an event in our online community calendar. Catholic parishes, schools, and organizations post their public events and programs on the diocesan website. Visit events.catholienh.org.



Station 1: Jesus Rises from the Dead (Matthew 28: 5-6)

Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay.”



Station 2: Women Find the Empty Tomb *(Matthew 28: 1-6a)*

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said."

Credits

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Station 2: Stained glass window at St. Mary Roman Catholic Church, Norwalk, CT

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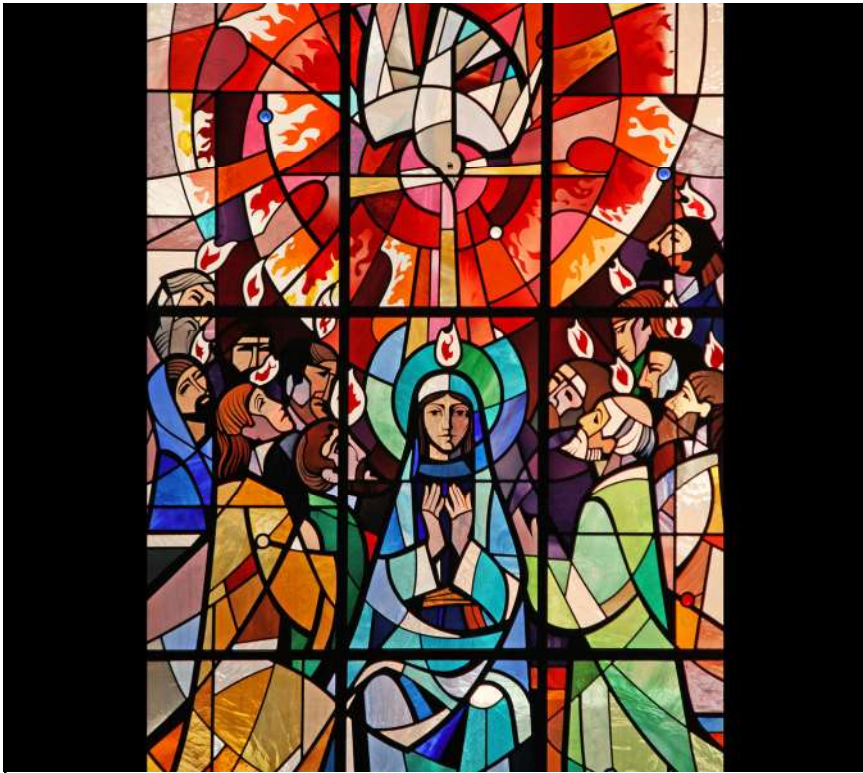
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Station 12: Stained glass window at St. Joseph Cathedral, Manchester, NH.

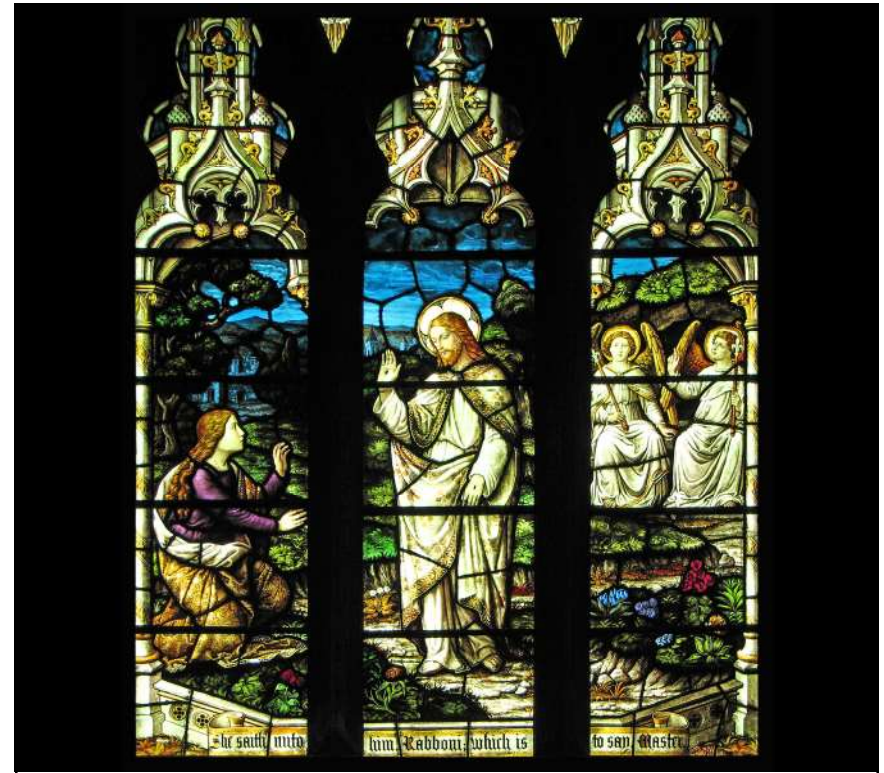
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Station 14: The Risen Lord Sends the Holy Spirit *(Acts 2: 1-4)*

When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.



Station 3: The Risen Lord Appears to Mary Magdalene *(John 20: 11-16)*

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, “Woman, why are you weeping?” She said to them, “They have taken my Lord, and I don’t know where they laid him.” When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?” She thought it was the gardener and said to him, “Sir, if you carried him away, tell me where you laid him, and I will take him.” Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni,” which means Teacher.



Station 4: Mary Magdalene Proclaims the Resurrection to the Apostles

(John 20: 17b -18)

Go to my brothers and tell them, ‘I am going to my Father and your Father, to my God and your God.’ Mary of Magdala went and announced to the disciples, “I have seen the Lord,” and what he told her.



Station 13: Waiting with Mary in the Upper Room *(Acts 1: 12-14)*

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. When they entered the city they went to the upper room where they were staying, Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Zealot, and Judas son of James. All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.



Station 12: The Risen Lord Ascends into Heaven *(Acts 1: 9-11)*

When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, “Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven.”



Station 5: The Risen Lord Appears on the Road to Emmaus *(Luke 24: 13-16, 25-27)*

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.



Station 6: The Risen Lord is Recognized in the Breaking of the Bread *(Luke 24: 28-32)*

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight.



Station 11: The Risen Lord Sends the Disciples into the Whole World *(Matthew 28: 16-20)*

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, “All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”



Station 10: The Risen Lord Says to Peter, “Feed My Sheep.” *(John 21: 15-17)*

When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord, you know that I love you.” He said to him, “Feed my lambs.” He then said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord, you know that I love you.” He said to him, “Tend my sheep.” He said to him the third time, “Simon, son of John, do you love me?” Peter was distressed that he had said to him a third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” (Jesus) said to him, “Feed my sheep.”



Station 7: The Risen Lord Appears to the Disciples in Jerusalem *(Luke 24: 36-39)*

While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.” But they were startled and terrified and thought that they were seeing a ghost. Then he said to them, “Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.”



Station 8: The Risen Lord Gives the Disciples the Power to Forgive

(John 20: 21-23)

Jesus said to the disciples, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive, they are forgiven them."



Station 9: The Risen Lord Strengthens the Faith of Thomas *(John 20: 24-29)*

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe." Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."