



**THE STATIONS OF THE CROSS
OF BLESSED
ALPHONSE MARIE EPPINGER**

OPENING PRAYER

Jesus, Blessed Alphonse Marie Eppinger wanted to walk a path similar to Yours.

She pondered, how she carried her cross and how she saw your presence in her life. She also asked for grace to suffer along with You. Moved by Your sufferings, with deep gratitude, she bowed before You, suffering and dying Jesus, that she may become like You and give You her heart filled with love.

In this moment, we stand before You, Jesus. Because of our sins, we do not dare to even look at You suffering under the cross on the way to Calvary.

Yet, the words You told Blessed Alphonse Marie, “*Pray, suffer, and bear your cross with Me*”, fill us with courage to step out and follow You on the way with the cross.

Blessed Alphonse Marie encourages us, “*Your sufferings and trials should neither darken your countenance nor depress your thoughts. You will always have suffering. Your way is the way of Calvary. As long as I live, I will speak to you of sufferings, sufferings that will sanctify you. Suffering is a sign that God is with us and that He loves us; were He to leave us without suffering, we would be lost.*”



1. JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

In the Gospel according to Mark is written, “The chief priests accused him of many things. Again Pilate questioned him, ‘Have you no answer? See how many things they accuse you of.’ Jesus gave him no further answer, so that Pilate was amazed.” (Mk 15:3-5)

Blessed Alphonse Marie remembers, *“The words that the priest said about the suffering of Jesus in the Garden of Olives still ring in my ear, ‘My children, see how much Jesus our Savior suffered for our sins, and how His sufferings caused Him to sweat blood!’ These words made such an impression on me, that my whole body trembled. My gaze was fixed on the Reverend Father and it seemed to me that I saw in him the image of the suffering Savior. I broke out in interior groaning, ‘O my Jesus! I will not commit another sin throughout my whole life! O, never again will I sin!’”*

Jesus, we do not follow you because we would find pleasure and peace in it. Yet, we want to resemble our life to your life – the life of Jesus Christ, so we will live a crucified life, as You lived, our Divine Master. We want to meditate on Your life by day and by night in order to conform our lives to Yours.

2. JESUS CARRIED HIS CROSS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

In his Gospel, St. John says, “Pilate handed Jesus over to them to be crucified. So they took Jesus, and carrying the cross himself...” (Jn 19:16-17)

Blessed Alphonse Marie in one of her visions says, *“Then Jesus took the crown of thorns down from His head, put it on my head, laid His hands on my hands, and pierced my side. Then He raised a large black cross, saying, “This is my cross on which I suffered and died. This cross will become your salvation. You also will hang, suffer, and die on it.”* In a certain moment the Blessed Foundress asked her Sisters, *“Why did you decide to follow Christ? Was it not to carry the cross in following our Divine Model? Is there a more meritorious, a more indispensable cross than that of daily dying to self?”* Our charism includes the summit of Jesus’ life, the mystery of His death and resurrection, transitioning from His earthly life full of hardship to life of glory. It includes Jesus’ transition from earthly triumph in Jerusalem, through apostasy of people, triumph of His enemies, suffering, public judgment and condemnation, crucifixion among criminals, abjection of His teaching, to the grave. Then, against the will of His enemies and over all expectations, He triumphed over sin, death, and the underworld. All of Jesus' suffering ends in unforgettable joy, and His death ends in the beginning of a new life.

Jesus, we also accept today and every day our cross of duties, illnesses and services to others. We want to accept it out of pure love for Your Father.

3. JESUS FALLS THE FIRST TIME

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

*In the Book of the Prophet Isaiah, we read, “We had all gone
astray like sheep, each following his own way;
But the Lord laid upon him the guilt of us all.” (Is 53:6)*

*Blessed Alphonse Marie encourages us, “After our fault, we
must hasten to recognize it, to acknowledge ourselves as guilty,
to confess it, and then rise again. Remember, your sufferings
and trials should neither darken your countenance nor
depress your thoughts. You will always have suffering. Your
way is the way of Calvary. To arrive in heaven, one must go
by way of Mount Calvary. As long as I live, I will speak to
you of sufferings, sufferings that will sanctify you.”*

Jesus, give us the strength to always rise. May our
uprising strengthen those around us who have been lying
for too long without the will to stand out of human misery
and weakness.

4. JESUS MEETS HIS MOTHER MARY

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

St. John, Evangelist says,

“Standing by the cross of Jesus were his mother...” (Jn 19:25)

Blessed Alphonse Marie asks, *“Mary, my dear Mother, take me under your protection. Mother Mary, today I meditated about the sufferings you endured when you met Jesus on His way to Calvary. Intercede for me to obtain the grace, to never again cause pain to you.”* According to the example of Jesus’ Mother, we are called to the unshakable faith amidst difficulties. What great faith Mary needed during the Holy Week, especially on Jesus’ way to Calvary! What unconditional hope she needed that she would not be deceived about the Lord’s promise that He will rise from the dead! The Blessed Virgin received a charism of a great love. In this love, she came to Jesus’ cross and she endured under this cross until Easter. With her, the women who had strength to suffer with Christ, also endured under His cross. Let us draw this strength from the meeting of Jesus and Mary. Let us always see the vivid Christ’s look, which embraces and encourages us.

Jesus, You will not allow us to test beyond our strength and with the trial You give us endurance. You also send us a great support, Mary, your Mother, a woman of firm faith, who supported You, too.

5. SIMON HELPS JESUS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

In the Gospel according to Luke, we read, “As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus.” (Lk 23:26)

Blessed Alphonse Marie, a great lover of people, says, “*Meet with love and kindness all people who are recommended to your care; consider that God uses you as his instruments among people.*”

God’s calling *to serve* is addressed to us for whole life. We are asked daily, have we improve ourselves, in helping others to bear their crosses. We learn throughout our whole life to recognize and acknowledge our weaknesses and failures. Then we have to reflect if we are willing to help those who suffer. We always need to honestly stand before God, before we meet others.

Jesus, grant us the grace to meet and recognize You in our brothers and sisters, who are often reliant on our attention, good word or unassuming service of love.

6. VERONICA WIPES THE FACE OF JESUS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

*“I gave my back to those who beat me,
my cheeks to those who plucked my beard;
My face I did not shield from buffets and spitting.
The Lord God is my help, therefore I am not disgraced.
(Is 50:6-7)*

Blessed Alphonse Marie prayed with these words, *“God, grant me the grace to serve and help You in the dying and to be able to console and strengthen them in their fear of death. Therefore, I accept if I have to go through mental suffering.”* She also reminds, *“Beware of the excessive rise in egoism which can sneak into the heart of a person very unobtrusively. Be vigilant, and strive for perfection. Do not rely on people who are blinded by their abilities, but they do not see their bad habits. Pride and mindlessness dominated over them. Preserve yourself from being indifferent to yourself and to others.”*

Jesus, help us to be Veronica for those to whom You send us. Help us to see in them, despite all the difficulties, Your holy face, which they impress into the handed shawl, so they will regain their human dignity.

7. JESUS FALLS THE SECOND TIME

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

The Prophet Isaiah says,
*“Yet it was our infirmities that he bore,
our sufferings that he endured, while we thought of him as
stricken, as one smitten by God and afflicted.” (Is 53:4)*

In one of the visions, Jesus said to Blessed Alphonse Marie, *“You must suffer the falls, as it is mockery, dishonor, contempt, and grudge. They will treat you as a fool and shout at you. You will be scourged by physical sufferings and nailed to the cross. Get up, take this cross and let yourself be nailed on it, because it is also your portion.”*

Later, Blessed Alphonse Marie encouraged her Sisters, *“Suffering awaits you and they will aim at you once from outside and then from inside. Remember how patiently our Divine Redeemer bore the sufferings. This should encourage you to be patient. Shouldn’t we, His brides, follow Him on the painful journey to Calvary? Your sufferings will end only with death. Strive to find joy in them. As long as you are suffering, you are on the right path; pleasures and consolations, on the contrary, are often only the euphoria of human nature, of self love, and of pride.”*

Jesus, we humbly raise our eyes to You and out of love we accept every abjection. Thank you, that we are worthy to suffer with You and for You. Help us to get up and to lift others. Only by this, we can bring them to You, who is their mere salvation, because in the eyes of people they have fallen too deep, to the bottom.

8. JESUS COMFORTS THE WOMEN OF JERUSALEM

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

The Gospel, according to Luke, tells us, “A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, ‘Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children.’” (Lk 23:27-28)

Blessed Alphonse Marie says, *“When I heard that someone said anything bad against another person, I cried, asking God to change the hearts of those, who spread these bad words.”* Blessed Alphonse Marie never complained about sufferings which grew from malice, on the contrary, she emphasized, *“You will always have suffering. As long as I live, I will speak to you of sufferings, sufferings that will sanctify you. You will experience both external and internal sufferings. As long as you are suffering, you are on the right path. What must a human being experience in order to talk in this extraordinary speech about suffering? The one, who experienced Gethsemane, only he is able to understand these words, while for others are incomprehensible.”* Blessed Alphonse Marie did not want us to consider sufferings as a punishment of God. On the contrary, she saw in them a sign of God’s protection. She found in it the entrance gate into the mysticism of suffering, a gate, through which many saints entered. Because of her outstanding willingness to suffer, no one saw her with a bitter face. She strictly rejected all sadness with these words, *“No sadness, no depression. Sadness overpowers the body and the soul, makes her averse to good, and renders her incapable of doing good.”*

Jesus, here is the opportunity that the tears of sadness, fear, sorrow, and repentance to become the source of the new life, a life which will draw others closer to You.

9. JESUS FALLS THE THIRD TIME

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

Jesus, in the Gospel according to Luke, says,
*“Father, if you are willing, take this cup from me;
Still, not my will but yours will be done.” (Lk 22, 42)*

Blessed Alphonse Marie with all the determination of her being speaks: *“Would we complain, if God lets us taste a few drops of His chalice of suffering? We did not lack hardships and we will never miss them. Even in the great hardships and failures, do not go astray from a determined and faithful following of the Redeemer. Get up and put everything into the Mystery of His cross. Let the love toward the cross and the desire to be alone grow in us, so we can peacefully meditate about Jesus’ suffering in Gethsemane and Calvary.”*

Jesus, show your power that You may be glorified at the sight of those, who do not help us, but raven which course takes our lives.

10. JESUS IS STRIPPED OF HIS GARMENTS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

*In the Book of Prophet Isaiah, we read,
“The Lord God is my help, therefore I am not disgraced.” (Is 50:7)*

Jesus said to Blessed Alphonse Marie, *“Behold, my daughter, for a virgin to preserve her heart pure, she must carefully guard her eyes, close her ears, as it were, and flee from contact with the world. The more a virgin tries to preserve her purity, so much more intensely should she attach her heart to me. She should walk constantly in my presence, always speak confidently with me in her heart.”*

Blessed Alphonse Marie advises, *“Be diligent in mortifying your senses, your ears, your taste. Resist the curiosity that desires to see and hear everything that you neither see nor hear. Is it then so difficult to mortify self for some years, and perhaps even for a shorter length of time, when we consider that endless joy that awaits us in the eternity? And how could we hesitate to embrace the cross, to nail ourselves completely to it, knowing that the reward will be an eternal reward? And how long will this voluntary crucifixion of our senses on earth last? This evening, tomorrow, in a month, in a year, one or the other of us will perhaps no longer be here and will already have heard the word of judgment in eternity. What will she answer when the Judge demands an account of the numerous graces that have been granted to her? Of all the victories that she could have won over the inclinations of her fallen nature? Now is the time of struggle for us, the time of work, of sacrifice. Let us crucify the old man. Let the new man rise in us. It costs much effort, but in return, eternal unending, happiness will be our portion.”*

Jesus, grant us the grace to persevere in our vocation, which we received from You. Thus, we can witness Your fidelity, Your love and Your goodness to all, who the more they

immerse themselves into the worldly happiness, the more unhappy they are.

11. JESUS IS NAILED TO THE CROSS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

The Prophet Isaiah narrates, “But he was pierced for our offenses, crushed for our sins, upon him was the chastisement that makes us whole, by his strips we were healed.” (Is 53, 5)

Blessed Alphonse Marie while meditating on the Passion of our Divine Redeemer, placed herself before a cross or took one into her hands, and opening her heart to the influence of grace, she completely abandoned herself to all the thoughts, all the feelings, all the movements the Lord created in her. She reflected upon what big and terrible wounds the tick nails must have caused. She first meditated on Jesus’ right hand and said to herself, *“What pain that must have been at the moment when the torturers hammered a big nail into the middle of His hand in order to fix it to the cross!”* Then, turning her eyes to her own hand, she said, *“What pain would I feel if a big nail was run through it, as was the hand of my Divine Redeemer? How could I bear that? Wouldn’t I die at once?”* Passing from one wound to the other, she always asked herself similar questions in order to let herself be penetrated more deeply by the sufferings of the Redeemer and by the heroism of His love for us. By meditating this way her soul was deeply moved and somehow felt the pains of the passion; they became her own pains. Feeling of gratitude, of deep remorse and of love stirred in her heart and sometimes penetrated it for days.

Jesus, help us to become a witness of Your great love, that was born from Your wounds on the cross and its work in each of us.

12. JESUS DIES ON THE CROSS

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

St. Luke, Evangelist says, “Jesus cried out in a loud voice, ‘Father, into your hands I commend my spirit.’ And when he said this he breathed his last.” (Lk 23:46)

Let us meditate on the words of Blessed Alphonse Marie:

“Meditate on our Savior, dying on the cross, and you will understand the price of souls. You will understand what a great price has just one soul in His eyes. He, for the salvation of only one soul, willingly underwent death. Constantly strengthen your courage; do not listen to the voice of your nature that demands its rights, rather overcome yourselves. Do not forget these three words, ‘Pray, suffer, be silent.’

Kneeling, I trembled each time when I thought of the suffering in the Garden of Olives, or of the cruel crucifixion and dying on the cross. Together with my desire to meditate on the passion of Jesus and with love of the suffering Redeemer, the love and respect for the parish priest increased in me, because I saw in him the person of Jesus Christ.”

Jesus, You know well, that without You we can do nothing and Your strength can be shown even more in a human weakness in each of us. Help us to be a witness

of your strength to those who are standing at the foot of the personal mountain of Calvary, and hesitate to climb on it.

13. JESUS IS TAKEN DOWN FROM THE CROSS

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

*In the Gospel according to Luke, we read,
“Now there was a virtuous and righteous man named Joseph
who, though he was a member of the council, had not
consented to their plan of action. He came from the Jewish
town of Arimathea and was awaiting the kingdom of God. He
went to Pilate and asked for the body of Jesus.”
(Lk 23:50-52)*

Blessed Alphonse Marie does not hesitate to encourage those who accompanied the dying. She says, *“God will bless everything you say in His name. Heavenly abode will receive another righteous soul. Feel called to accompany the dying. It is your mission. Give your life to the service of the redemption of man. Here you will know the first and the most important mission: participate on the redemption of the world and people from the power of sin and the salvation of man. We all belong to the Church, which was born on the cross from the pierced side of Jesus.”*

Jesus, help us to follow you faithfully on the path of Calvary and the path of fidelity. The price of fidelity still

grows. Even though the world persuades us to the contrary, we want to be faithful to You.

14. JESUS IS BURIED

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

St. John in his Gospel says, “They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; For the tomb was close by.” (Jn 19: 40-42)

Blessed Alphonse Marie teaches us, *“We know that one who helps to save a soul, gets also the salvation of his own soul.”* The Spirit of supreme love lives in Christ’s obedience, which was humanly very hard for Him on the Mountain of Olive. Yet, when His whole nature defied, He prayed to His Father, *“Father, if you are willing, take this cup away from me; still, not my will but yours be done.” (Lk 22:42)* This supreme love toward His Father led Him to take the cross and go to Calvary accepting all outrage and made Him obedient, *“obedient to death, even death on a cross” (Phil 2:8)*. Because of His obedience *“God greatly exalted him and bestowed on him the name that is above every name” (Phil 2:9)*. This obedience justifies Jesus’ burial and especially His resurrection.

Jesus, may our lives be a strong witness to the victory of life over death. United with You, we will understand what

liberty means. We will find happiness only in You, Jesus our Lord.

CLOSING PRAYER

We adore you, O Christ, and we bless you.

Because by your holy cross you have redeemed the world.

The charism of Blessed Alphonse Marie calls us to live unshakeable faith amidst the difficulties of everyday life, according to the example of Jesus' Mother, Mary. It is also a unique opportunity to grow in the theological virtues. God's Mother lived them admirably. For what great faith the Blessed Virgin had to have in Holy Week! What unconditional hope and trust she needed that she would not be deceived about the Lord's promise that He will rise from the dead on the third day! The Blessed Virgin received a charism of a great love. In this love, she came to Jesus' cross and she endured under this cross until Easter. With her, the women also endured under his cross. With these women, all of us will find the strength to suffer with Christ and His Church and with them bear our crosses silently and patiently as the Blessed Virgin did on Jesus's way to Calvary. Blessed Alphonse Marie emphasizes that it is the cross with which we can make Christ visible in the Church and in the world. The strength to bear our everyday crosses on our way to Calvary we will find in meditation on Jesus' Passion, who looks on us from His cross.

Jesus, we thank You for the grace to strengthen our decision to walk with You, to stay with You, and to hold Your vivid look before our eyes, as Blessed Alphonse Marie did.

For the intentions of our Holy Father: *Our Father, Hail Mary, Glory be...*

