

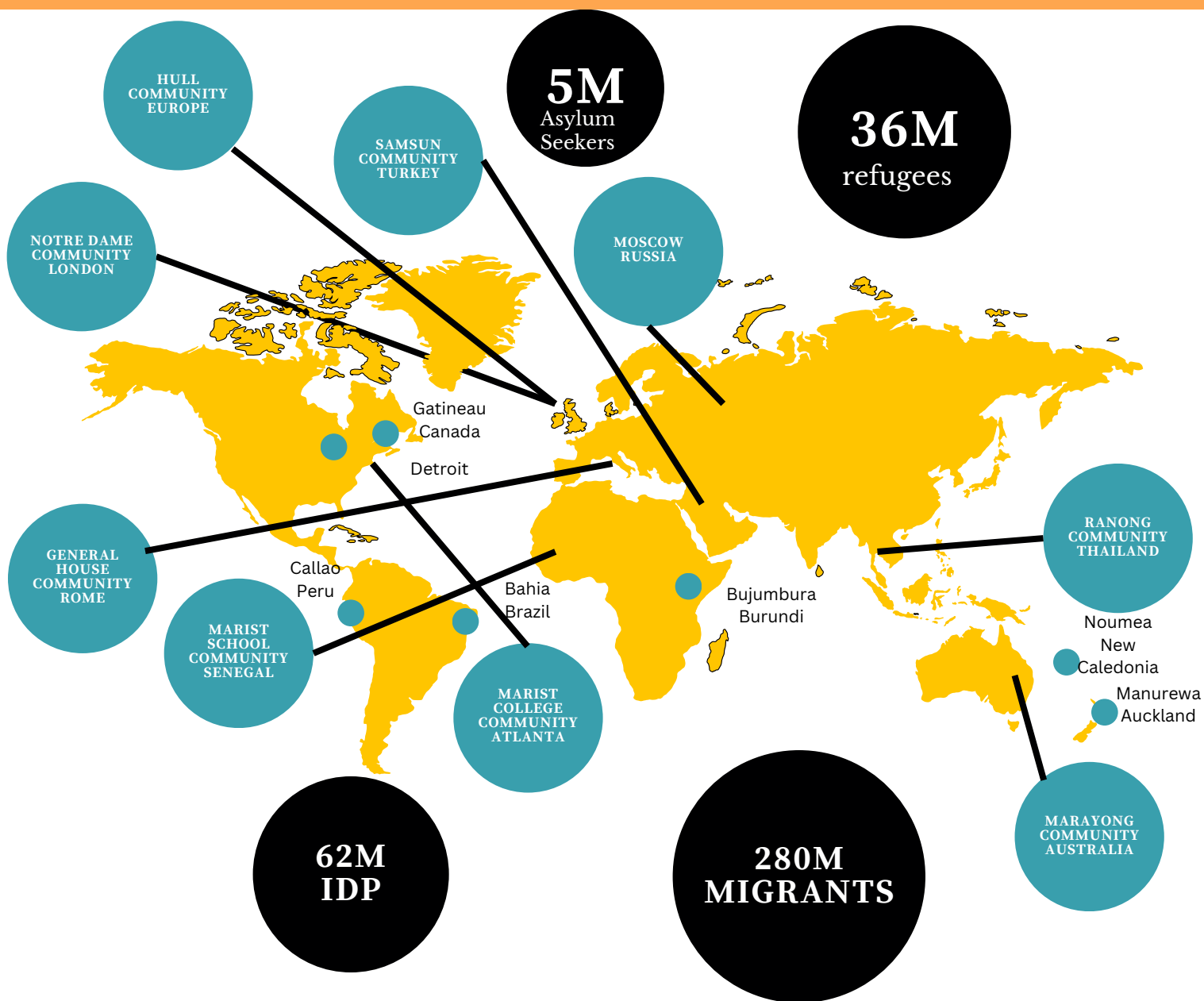
# STATIONS OF THE CROSS

with migrants and refugees



**SM**

Migrant & Refugee Commission



# MIGRANTS AND REFUGEES

In 2024 there are over 300 million migrants, refugees and displaced people on the move around the world.

The Church calls us to assist them by creating communities of encounter, friendship and support.

All our families have stories of being immigrants, migrants, refugees, foreigners in another land. Pope Francis invites us to respond:

*“We ourselves need to see, and then to enable others to see, that migrants and refugees do not only represent a problem to be solved, but are brothers and sisters to be welcomed, respected and loved”*  
(Pope Francis 105th world day of prayer for migrants and refugees)

# A LENTEN JOURNEY

WALKING THE STATIONS OF THE CROSS WITH MIGRANTS & REFUGEES



This Stations of the Cross Lenten Resource is created by the Migrant and Refugee Commission of the Society of Mary.

It is shared to support a growing awareness of the global needs of migrants and refugees and our Marist response within the Catholic Community.

There are fifteen stations with a scripture passage, reflection and prayer.

Some stations have a personal story shared by a Marist working with migrants or refugees.

A QR code is a digital link to internet file.

Most smart phone cameras can look at a QR code. It will invite you to click the screen link. This will allow you to play a short 60 second audio file and listen to a personal story.

QR codes are shared for six of the stations of the cross when you see a QR code like below.



Above image and side images are taken from the migrant and refugee sculpture installed at St Peter's Square. Titled 'Angels Unawares' by Timothy Shmalz, the life size bronze work of 140 figures was unveiled by Pope Francis in 2019 to mark the 105th World day of prayer for migrants and refugees. It stands as a reminder to all the world of their plight. The sculpture is based on Hebrews 13:12 where hospitality to strangers is entertaining angels unawares.

# I JESUS IS CONDEMNED TO DEATH

**Then Jesus said to them 'If anyone wishes to come after me, he must deny himself, and take up his cross daily and follow me.'**

**(LK 9:23)**

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

Because by your Holy Cross, you have redeemed the world.

## **Reflection:**

There are many causes of migration: regular acts of random violence, a growing religious persecution, essential crops failing due to climate change, a military coup killing family members, oppressive political regimes limiting rights to certain groups.

These are all events pronouncing a death to families wanting to live in peace and have a brighter future for their children.

Many migrant and refugee parents take up their cross of packing family belongings and sending loved ones away. Many older brothers and sisters work in slave like conditions for years sending money home in self denying love.

In his humanity, Jesus lived as a refugee with Mary and Joseph in Egypt. They had to struggle with a new language, experience confusion with different customs and traditions, seek employment yet vulnerable with a label as a cheap and illegal migrant worker or refugee.

As people of faith, let us find concrete ways of transforming unjust realities so that no one feels compelled to migrate.



Palestinians fleeing northern Gaza (Reuters)

## **Prayer:**

Lord Jesus, you and your parents knew the bitterness of leaving home. Give us a sense of solidarity to welcome migrants and refugees who walk in search for a better future.

Let us pray now for all migrants, refugees and displaced people moving from their home and lands in Palestine.

(Our Father / Hail Mary / Glory Be)



# II JESUS ACCEPTS HIS CROSS

**They took him, and he went out carrying the Cross himself, to a place called The Skull, in Hebrew, Golgotha. (JN 19:1)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Migrants and refugees carry not only physical burdens but also heavy emotional burdens.

They abandon the lands they have cherished, ploughed and sown. They seek to survive and escape political or religious persecution, or poverty and misery caused by climate changes and scarcity of food resources.

They move with dreams of finding places of welcome, peace and decent conditions of life. Though often seen as a threat, they are not dangerous. Instead they need compassion and fraternity.

Their journeys are risky and perilous. In great numbers, they lose their lives in dry lands and seas, in hiding, and living in inhumane conditions, journeying with their dreams for a better world.



Migrants arrive from Sub Saharan Africa  
(CNN - Getty Images)

**Prayer:**

Lord Jesus, no one walks alone. You are the invisible companion suffering with those hungry and thirsty, desperate and helpless on our roads.

Have mercy and strengthen those falling and dying on the way, those despised and unwelcome. Touch the hearts of those to welcome them and offer relief.

Let us pray now for all migrants and refugees moving from their homelands in Africa

(Our Father / Hail Mary / Glory Be)



# III JESUS FALLS THE FIRST TIME

**He was despised and rejected by humankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces, he was despised, and we held him in low esteem. Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.**

**(ISA 53: 3-5)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Many migrants often leave their homes because to live in their countries is no longer safe. They may have experienced being despised, rejected, people hiding their faces, people looking down on them.

Refugees are forced out because they have been betrayed by those whom they have trusted. How painful it is when people's countrymen turn their back on them.

Those who were supposed to protect, guard you and be leaders for a better future turn out to be the first cause of many people falling into poverty and despair, and the reason for many escaping from tyranny and human rights violations.

Suffering in their countries is the beginning of their way to Calvary.



Families flee war torn areas in Ukraine (Bloomberg)

**Prayer:**

Oh God! May we also help our brothers and sisters up from their fall, not betraying the trust they have put in us .

May we help those who have fallen into poverty not to fall again, but to be a sign of trust and support in their journey.

Let us pray now for all migrants and refugees moving from their homelands in the Ukraine.

(Our Father / Hail Mary / Glory Be)



Ricardo Gutierrez  
Marist Community  
Ranong, Thailand



# IV JESUS MEETS HIS MOTHER

**And Simeon blessed them and said unto Mary his mother: 'Behold this child is set for the fall and rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed and a sword will pierce our own soul, too.'**

**(LK 2:34-35)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

We stand witness to a heart-wrenching mother and family separation, a scene echoing throughout history. In one of our refugee communities, a woman and her husband left their homeland of Iraq because of war to find refuge in Turkey. Her husband had a heart attack while they waited for their Visa to be settled outside of Turkey.

Sometime later her son was able to get a visa to move to Australia but left without his mother who still lives by herself as a refugee for some years in hope to rejoin her son.

Just as Mary watched Jesus carry the cross, we see countless women forced to part from loved ones. Their eyes, filled with the same sadness Mary bore, reflect the weight of separation, a burden born from political turmoil, the brutality of war, or the cruel hand of death.

Let us open our hearts to our fellow brothers and sisters searching for a brighter future.



Refugees receiving support in Iraq Refugee Camp (UNHCR)

**Prayer:**

Lord, we acknowledge the immense sacrifice many migrant and refugee women endure.

Grant them strength in their solitude, solace in the memories they hold dear, and the hope for reunion, however it may come.

Let us pray now for all migrants and refugees moving from their homelands in Iraq.

(Our Father / Hail Mary / Glory Be)



# V SIMON HELPS JESUS CARRY HIS CROSS

**Outside they found a man from Cyrene, named Simon, and forced him to carry the Cross.  
(MT 27:32)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Jesus is present in every migrant who is forced to carry the cross of unjust immigration laws.

They frequently do the 3 D jobs (dirty, difficult, dangerous) that a host country refuses to do.

They are burdened further by constant document vulnerability. Delays for identification and various special permissions become ripe opportunities for corruption and exploitation.

We all need to help migrants and refugees just as Simon helped Jesus; to become aware, to notice their struggles with language, documents, uncertainty with timetables or transport, job interviews.....

Let us open our hearts to our fellow brothers and sisters searching for a brighter future.



Migrant fish factory workers, Thailand (DW news)

**Prayer:**

God of all, create in all hearts a loving presence toward those carrying heavy crosses. May your spirit lead us to respond with compassion to untie burdens and fight common injustice in our daily lives.

Let us pray now for all migrants and refugees moving from their homelands in Asia.

(Our Father / Hail Mary / Glory Be)



Frank Bird  
Marist Community  
Ranong, Thailand





# VI VERONICA WIPES THE FACE OF JESUS

**For me, I will appear before your sight in justice. I will be satisfied when your glory appears.**

**(Ps 16:15)**

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

Because by your Holy Cross, you have redeemed the world.

## **Reflection:**

Tradition has Veronica showing compassion in wiping the face of the suffering Jesus. Great suffering and humiliation often accompanies the migrant. The Marist Community in Rome welcomed two young Syrian migrants in 2019.

Mahfoud had been kidnapped by radical Islamists in Syria, but fortunately was rescued by his own father and a group of capable Christians. His father told him he had to leave Syria, or this would happen again.

He came to us with shrapnel marks in his body, which had left similar marks in his mind and heart. By welcoming these young refugees we were like Veronica in some way: wiping the wounded face of Christ.

The reality of their suffering, and our being able to offer them a safe home as they established a new life, has been a simple, yet real way to enter into the suffering, dying, and rising of Christ.



Syrian Refugee Camp, Turkey . (Vox News. Getty Images)

## **Prayer:**

Almighty God, we pray for all rulers and authorities that, like Veronica, they will be compassionate to the migrant and pass laws favorable to human rights, and their families.

Let us pray now for all migrants and refugees moving from their homelands in Syria

(Our Father / Hail Mary / Glory Be)



Ben McKenna  
Marist Community  
Rome, Italy



# VII JESUS FALLS THE SECOND TIME

**All we, like sheep, had all gone astray,  
we have all turned to our own way,  
and the Lord has laid on him the  
iniquity of us all.  
(ISA 53:6)**

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

Because by your Holy Cross, you have  
redeemed the world.

## **Reflection:**

On the road to Calvary, Christ stumbles under the weight of the cross, a physical burden that symbolizes the weight of humanity's suffering.

This reflection extends beyond the biblical narrative. We see Christ's struggle mirrored in the plight of migrants – refugees fleeing war, violence, and persecution.

Just as the Holy Family was forced to leave their home in search of refuge, millions today are displaced, seeking safety and a new beginning. For some, home has become a source of pain, with no hope of return. Falling and rising again becomes a necessary cycle in the harsh reality of building a new life.

Here in Samsun, Turkey, the Marist community walks alongside refugees on their faith journey. These refugees, much like Christ on the road to Calvary, demonstrate remarkable resilience – falling and rising as a means of survival.



Syrian Refugees at border in Turkey (VOA news)

## **Prayer:**

Jesus, may your sacrifice inspire us to stand in solidarity with those seeking a safe haven and a brighter future. We pray for a world where borders transform from barriers into bridges, a world where all are welcome, especially the most vulnerable.

Let us pray now for all migrants and refugees moving from their homelands and now in Turkey.

(Our Father / Hail Mary / Glory Be)



# VIII JESUS MEETS THE WOMEN OF JERUSALEM

**And there followed him a great multitude of people and of women who bewailed and lamented him. But Jesus turning unto them said, 'Daughters of Jerusalem, weep not for me, but weep for yourselves and for your children.'** (LK 23:27-28)

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

The women of Jerusalem were full of compassion for Jesus who was exhausted, disfigured, and heading toward death.

The women were sensitive and sad at seeing the face of this tortured Man carrying his heavy Cross and being atrociously maltreated. How many times have faces of tortured and mistreated migrants and refugees also witnessed the compassion of women who were deeply moved by the suffering before their eyes.

Jesus, tired and aware of his final destination, was able to utter a word to the women announcing the coming hard times and invited them to ponder their own vulnerable condition and the direction of their society and future.



Germany welcoming refugees (Müller-Stauffenberg/imagoe images) (

**Prayer:**

Lord we ask for your compassion. May we show it to those carrying the Cross in life.

Give us a heart grieving and sensitive to the pain of our wounded brothers and sisters whom we meet on our journey. Like the women of Jerusalem, may we weep and lament, sharing their sorrows and pains.

Let us pray now for all migrants and refugees moving from their homelands and now in Germany.

(Our Father / Hail Mary / Glory Be)



# IX JESUS FALLS THE THIRD TIME

**Come unto me all you that labor and are heavy laden, and I will give you rest. (MT 11:28)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

The faces of migrants and refugees often hide the harsh reality of many heavy falls in their life.

The hidden face of discrimination in skin color, customs, clothing, social stigma, language ability can all become painful daily falls frequently suffered in silence.

Each day has experiences where they feel like 'outsiders' with many people looking on, yet ignorant or unmoved by their pain.

They thirst for support as they remember their life lost; their homes, culture, friends, and neighbors.



Myanmar Migrants arriving into Thailand (Burma News International)

**Prayer:**

Jesus, you knew the crushing weight of a heavy cross laid on your shoulders.

Give us and our migrant brothers and sisters courage to overcome obstacles together, get up again, and move forward in hope.

Help us to create safe communities where burdens are shared and people find rest.

Let us pray now for all migrants and refugees moving from their homelands in Myanmar.

(Our Father / Hail Mary / Glory Be)



Frank Bird  
Marist Community  
Ranong, Thailand



# X JESUS IS STRIPPED OF HIS GARMENTS

**After they had crucified him, they divided up his clothes by casting lots. And sitting down, they kept watch over him there.  
(MT 27:35-36)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Being stripped of one's clothing is possibly one of the deepest experience of humiliation. The humility of God and the cruelty of humanity is exposed.

Soldiers, people with weapons, guns, knives, are not uncommon in the lives of migrants and refugees. Gang leaders and politicians, people unseen creating cycles of poverty and addiction that entrench humiliation in families and communities. We all become connected.

May we keep an active watch in our homes and streets, communities and countries, for the many ways that humiliation and violence affect the lives of the vulnerable.



New arrivals from Mexico at Eagle Pass US Border  
(Getty Images)

**Prayer:**

Lord Jesus, you left your land to escape Herod. You are still mistreated on earth in the little ones and those who have had to leave all behind and journey with empty hands in the hope of welcome in greener lands.

Help us to be attentive to the silent systems of discrimination and humiliation that haunt our world. Give us your courage to die to self and rise to defending others in the cause of justice.

Let us pray for all migrants and refugees moving from their homelands and now arriving at the US Mexico Border.

(Our Father / Hail Mary / Glory Be)



# XI JESUS IS NAILED TO THE CROSS

**When they came to the place that is called the Skull, they crucified Jesus there with the criminals, one on his right and one on his left. (LK 23:33)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

We see how many migrants, living in new countries, are kept in the lowest strata of society.

They have been nailed to this precarious situation and will now be permanent aliens in these new lands.

They are often seen as invaders and illegal. Few people have stopped beside them to listen to their stories, restoring their dignity as human beings.

It is like Jesus hanging on the cross and is no longer listened to. Jesus has become a mockery for those witnessing the crucifixion.



Afghanistan children at Pakistan Border (Stimson Centre) (

**Prayer:**

Lord Jesus, many migrants have been nailed to the streets, to poverty, or indifference.

With your Holy Spirit give us the grace to be compassionate, wise and attentive to the needs of the people.

Let us pray now for all migrants and refugees moving from their homelands in Afghanistan.

(Our Father / Hail Mary / Glory Be)



Ricardo Gutierrez  
Marist Community  
Ranong, Thailand



# XII JESUS DIES ON THE CROSS

**When it was about the sixth hour there was darkness over all the earth until the ninth hour And the sun was darkened, and the veil of the temple was torn in half.**

**Then Jesus, crying with a loud voice said 'Father, into thy hands I commend my spirit.' And having said this he breathed his last breath.  
(LK 23:44-46)**

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

Because by your Holy Cross, you have redeemed the world.

## **Reflection:**

While most people would never consider killing anyone, human indifference, the demand for a certain level of comfort, the control of wealth and direction of economic resources is often a deep cause of the death of many migrants and refugees.

Searching for new horizons and stepping into boats to take them to foreign shores they frequently end enslaved in factories, forests, mines supporting cheap products.

The darkness of the world is unveiled by Jesus on the cross. God's beloved son is crucified. Yet love is more powerful than evil. Light can show up the deeds of darkness and bring change. May we have loud voices to share the cries of voiceless migrants and refugees.



South Sudanese Refugees trying to return home  
(Al Jazeera)

## **Prayer:**

Lord, we are letting you die again and again in your brothers and sisters wandering in search of better conditions.

Forgive our indifference, and comfort calculations, our fears and lack of solidarity and fraternity.

Let us pray now for all migrants and refugees moving from their homelands in Sudan.

(Our Father / Hail Mary / Glory Be)



# XIII JESUS IS TAKEN DOWN FROM THE CROSS

**After this Joseph of Arimathea, who was a disciple of Jesus, but secretly for fear of the Jews, asked Pilate that he might take the Body of Jesus: and Pilate gave permission. Then he came and took the Body of Jesus. (JN 19:38)**

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

Because by your Holy Cross, you have redeemed the world.

## Reflection:

In the midst of great tragedy the light of God's love and power still manages to break through.

Joseph, in the secret depths of his heart, and despite being afraid of what people may think, knew what he must do. His position in society gave him both influence and access to Pilate. He would show his care for broken and battered bodies and not live in secret silence and fear.

The ultimate dignity of each person is a boundary that we cannot blindly ignore. How many more drowned, wounded, or bloodied bodies will be picked out from cold seas, fields of famine, and war torn streets to wake us to our coldness of heart.

May Joseph's actions of courageous care and compassion stir the possibility of all of us to engage in care and not live in secret fear.



Rohingya families living in Bangladesh Refugee Camp (Australian Refugee Council)

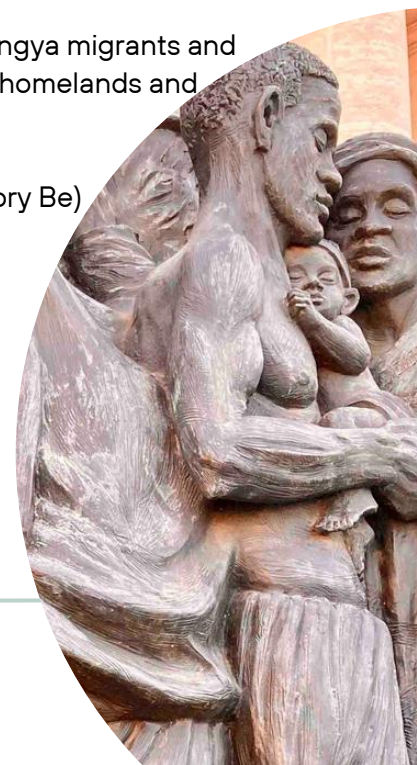
## Prayer:

Loving God, make us angry at injustice and the many ways that society kills the voice and lives of prophets that speak of another way to live.

Give us courageous hearts to walk through our secret un-lived hopes and fears to do the right thing. May we listen and pursue the cause of justice wherever it may lead us.

Let us pray now for all Rohingya migrants and refugees moving from their homelands and residing now in Bangladesh

(Our Father / Hail Mary / Glory Be)





# XIV JESUS IS LAID IN THE TOMB

**Joseph took the Body, wrapped it in clean linen and laid him in his new tomb which he had hewn in the rock: and he rolled a great stone to the entrance of the tomb and went away. (MT 27: 59-60)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Christ is being laid in the tomb. As once in the crib in cloth, he now rests in clean linen. Disciples have run away, Mary and John are left in anguish. Society and religious leaders depart thinking Jesus will be put aside. His life will make no impact.

Those implicated in his death will be hidden. It will all be forgotten. People will not remember. Yet a victory is waiting for the power of truth. Life cannot so easily be put to death.

As we watch daily the stream of our humanity across television screens and phones, may we not become indifferent to truth and death. As we stand daily in the midst of suffering, may we hold on to hope in the final victory of love. Let us be courageous enough to bring the victory of love into our today and not wait for someone else to do it for our tomorrow.



Welcoming Refugees (International Service for Human Rights))

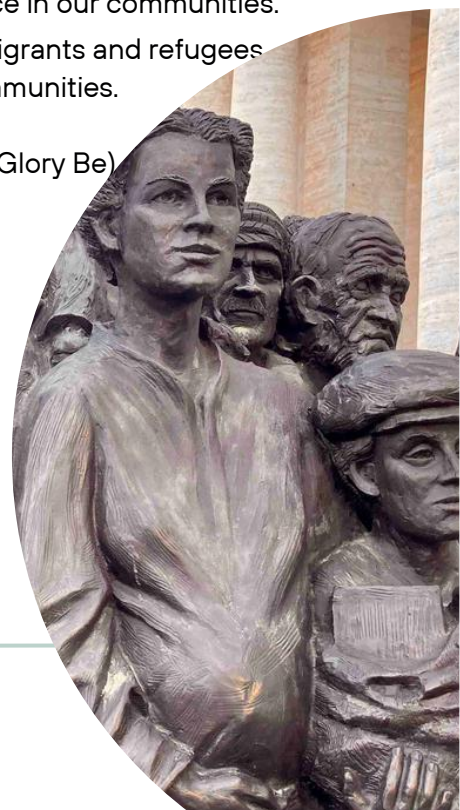
**Prayer:**

Christ our Lord, you entered the city of Jerusalem with shouts of joy and praise from the crowd. In your tomb your human journey on earth ended like that of all of us. Welcome into your kingdom of light all migrants and refugees who have lost their lives in tragedy.

Support the work of all who tirelessly serve the cause of justice and peace in our communities.

Let us pray now for all migrants and refugees residing in our home communities.

(Our Father / Hail Mary / Glory Be)



# XV THE RESSURECTION

**HE IS RISEN.**

**(MT 28:6)**

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

Because by your Holy Cross, you have redeemed the world.

**Reflection:**

Despite great suffering, with help and support many migrants and refugees experience new life and the prospect of a brighter future.

Our migrant friend, Mafoud, came to us through the mercy and compassion of the Sant Egidio Community Rome, and the humanitarian corridor.

Through them and with the hospitality of living in our community, he was fortunate to obtain work, and begin a new life, in a new land, in a new home.

He now welcomes other refugees to Italy and he is a manager of the department where he was a serviceman 4 years ago.

He, and many like him, have been resurrected through pain and suffering to begin a new life.



Migrant families starting a new life (Gallup News)

**Prayer:**

Lord, God. We pray that those who have experienced rebirth through immigration will now serve others who want to migrate as well.

Give them a grateful heart that they might assist others in their transition to new life

Let us pray now for all migrants and refugees living in new homelands in our countries and communities of Africa, Europe, Asia, America's, South Pacific

(Our Father / Hail Mary / Glory Be)



Ben McKenna  
Marist Community  
Rome, Italy





## **Pope Francis World Day of Prayer for Migrants & Refugees 2019**

“ It is not just about migrants:  
it is a question of seeing  
that no one is excluded.  
Today’s world is increasingly  
becoming more elitist and  
cruel towards the excluded ”

“ It is not just about  
migrants:  
It is also about our fears.  
The signs of meanness we  
see around us heighten  
“our fear of ‘the other’, the  
unknown, the  
marginalized, the  
foreigner...” ”

Dear brothers and sisters, our response to the challenges posed by contemporary migration can be summed up in four verbs: welcome, protect, promote and integrate.

Yet these verbs do not apply only to migrants and refugees. They describe the Church’s mission to all those living in the existential peripheries, who need to be welcomed, protected, promoted and integrated.