



JOURNEY

through the

STATIONS

of the

LIGHT

Stations of the Light

(also called Stations of Joy)

The fourteen stations referred to as the Stations of the Light are something like the Stations of the Cross. This devotion came to light in the early 1990s when they were discovered in some catacombs in Rome. The Vatican promoted these celebrations of Jesus' appearances after the Resurrection during the Millennium year and awareness of them has been spreading slowly.

In 2008, Mary Ellen Rouen, a local artist, created representations for each of the fourteen Stations of Light for one of the areas on the grounds of the former Cenacle Retreat House. The Cenacle promoted this devotion because several of the events celebrated in the Stations of Light actually occur in the Cenacle (the Upper Room so often mentioned in Scripture).

Many people are familiar with the fourteen prayerful reflections on Jesus' journey to Calvary, the Stations of the Cross. The early followers of Jesus also celebrated the continued presence of the Risen Jesus through the practice of the Stations of the Light, marking fourteen post-Easter encounters with Jesus. These include encounters with women, individual disciples, and several events which occur in the Upper Room, the Cenacle.

Based on the book *Stations of the Light*, by Mary Ford-Grabowsky, the series introduces participants to these events through a variety of spiritual tools including ancient and contemporary meditations, reflections, writing, and other practices.

The Paschal Mystery continues through the Easter Season just as the followers of Jesus experienced repeated encounters with Jesus throughout Galilee and Jerusalem. Come join us as we make this journey.

Special thanks to Sr. Roselle Haas, rc for contributing to the reflections and prayers contained in this booklet.



I

Jesus Rises from the Dead

The Angel said to the women, "There is no need for you to be afraid. I know that you are looking for Jesus, who was crucified. He is not here; for he has risen, as he said he would. Come and see the place where he lay.

Matthew 28: 5-6

On the first day of the week, at the dawning of the new creation, Jesus arose from the dead. No one saw the event, yet like the Apostles, we are called to proclaim that it did happen.

The light and power of Christ's death and resurrection has become the pattern for our living. *How are we called to recognize Christ's dying and rising in our midst?*

PRAYER

This is the day, Lord God, that you have made! Raising Christ from the dead, and raising us with Christ, you have fashioned for yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the face of the One who had first to suffer, but who has entered now into glory, Jesus Christ, our Passover and our Peace, living and reigning with you, forever and ever. Amen.



II

Women Find the Empty Tomb

After the Sabbath, and toward dawn on the first day of the week, Mary Magdalene and the other Mary went to visit the sepulcher. And all at once, there was a violent earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His face was like lightning and his robe white as snow. The guards were so shaken, so frightened of him that they were like dead men. But the angel spoke, and he said to the women, "There is no need for you to be afraid. I know you are looking for Jesus who was crucified. He is not here, for he has risen as he said he would."

Matthew 28:1-6a

The empty tomb was not proof of the resurrection, but rather a silent witness of the greatest event of our faith. Seeing the empty tomb, the disciples were motivated to seek the Risen Lord at work in their midst. They experienced and believed in his continuing presence. All the empty and lonely places of human life are precisely where the Lord wishes to work and be revealed.

PRAYER

God our Father, creator of all, today is the day of overwhelming joy. The Lord appeared to those who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first, he must die and then rise. May the Risen Lord breathe on our minds and open our eyes that we may know him in the breaking of bread, and follow him in his risen life. Grant this through Christ our Lord. Amen.



III
The Risen Lord appears to
Mary Magdalene

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The Risen Lord Appears to Mary Magdalene

Mary Magdalene stood weeping outside the tomb and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been, one at the head and one at the feet. They said to her, "Why are you weeping?" "Because they have taken away my Lord," she replied, "and I do not know where they have laid him." As she said this, she turned around and saw Jesus standing there, but she did not recognize him. Jesus said to her, "Woman, why are you weeping? Who are you looking for?" Supposing him to be the gardener, she said, "Sir, if you have taken him away, tell me where you have put him and I will go and remove him." Jesus said, "Mary!" She turned and said to him in Hebrew, "Rabboni!" (which means Teacher.)

John 20:11-16

Mary, a close companion of Jesus, who had listened to him and seen him heal the sick, does not recognize him on Easter morning until she hears her name. It is necessary to be called by name and to respond.

PRAYER

God our Father, you will that all people to be saved and come to the knowledge of your truth. Send workers into your great harvest that the Gospel may be preached to every creature. May your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation. We ask this through Christ our Lord. Amen.



Mary Magdalene
proclaims the Resurrection
to the disciples

IV

Mary Magdalene Proclaims the Risen Lord to the Apostles

Jesus said to Mary Magdalene, "Go and find my brothers and tell them that I am ascending to my Father and your Father, to my God and your God." So Mary Magdalene went and said to the disciples, "I have seen the Lord": and she told them that he had said these things to her.

John 20:17b-18

In the fourth Gospel, Mary Magdalene is given the mission to carry the good news of the resurrection to the apostles and disciples.

Mary, among all Jesus' followers, is given the privilege to announce the hope of new life. She continues to be known as the Apostle to the Apostles. Jesus gave her the eyes of faith and called her to give a unique personal witness to her friends in the faith community.

PRAYER

Lord God, as disciples on our pilgrimage, we implore Jesus Christ: stay with us, Lord. Open our hearts to true conversion and, as we have known the Lord in the breaking of the bread, so make us witnesses of a new humanity, renewed, reconciled, and at peace in your love. Send us as heralds of the repentance and forgiveness you offer to all in the name of Jesus, who lives and reigns with you, forever and ever. Amen.



V

Jesus Appears on the Road to Emmaus

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and walked with them. ... And he said to them, "O how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ 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.

Luke 24:13-15, 25-27

Two disciples walking along the road are joined by a stranger. His words reveal a depth of meaning that has until now been hidden.

Those who listen to those words will find that their hearts burn within them bring hope and trust. The Emmaus road is the story of the Christian life. These disciples had lost hope and were walking away from the faith community in discouragement. We, too, have moments of desolation. The Risen Lord Jesus accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can "break open" the Word in order to help us understand the stories of our lives and reveal the harmony within the mystery.

PRAYER

You are truly blessed, O God of holiness: you accompany us with love as we journey through life. Blessed too, is your Son, Jesus Christ, who is present among us, and whose love gathers us together. As once he did for his disciples, Christ now opens the Scriptures for us and breaks the bread. May the Eucharist we celebrate guide us to the fullness of Christ's life. We pray in the power of Christ's Spirit, forever and ever. Amen.



VI

Jesus is Recognized in the Breaking of the Bread

They drew near to the village to which they were going. Jesus appeared to be going further, 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 at table with them, he took the 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. They said to each other, "Were not our hearts burning within us while he talked to us on the way and opened the scriptures to us?"

Luke 24:28-32

The encounter on the road leads to the table, the breaking of the bread, and the total gift of self. Recognizing the Risen Lord is always linked with the Eucharist. The Risen Lord presides over all our journeys, wishing to set our hearts on fire in generous service.

The gifts we have received are the gifts we are called to share. On the various roads of our lives, we are called to respond to all the hungers of the human family.

PRAYER

God of unchanging power and light, look with favor and mercy on the entire community of your Church. Bring lasting salvation to the human family, so that the world may see the fallen lifted up, the old made new, and all things brought to perfection, through him who is our origin, our Lord Jesus Christ who lives and reigns forever and ever. Amen.



VII

Jesus Appears to the Disciples in the Upper Room

They were still talking about all this when Jesus himself stood among them and said to them: "Peace be with you!" In a state of alarm and fright, they thought they were seeing a ghost. But he said to them, "Why are you so agitated and why are these doubts rising in your hearts." Look at my hand and my feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have."

Luke 24:36-39

Even though the doors of the Upper Room were bolted shut, the Risen Lord pierced through all that fear and united the hearts of the disciples with the gift of peace. At first, they fear that they are seeing a ghost, for they still think that Jesus is buried in the tomb. But, no. There he is, alive with the fullness of life, standing before his friends offering a share in the resurrected life. This new life dispels sadness, doubt and sorrow, and points to what lies beyond the silence of the grave.

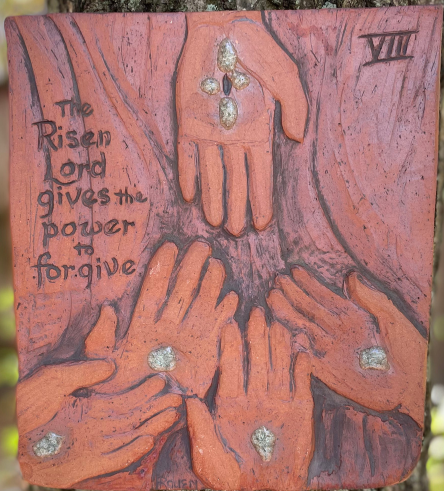
PRAYER

God of perfect peace, violence, and cruelty can have no part of you. May those who are at peace with one another hold fast to the goodwill that unites them; may those who are enemies forget their hatred and be healed. We ask this through Christ our Lord. Amen.

The
Risen
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gives the
power
to
forgive

VIII

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VIII

Jesus Gives the Disciples the Power to Forgive

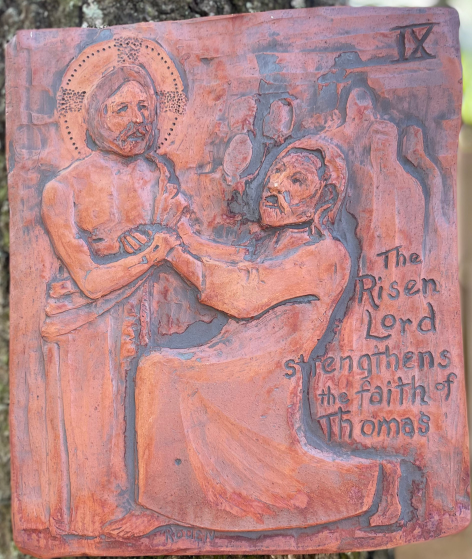
Jesus said to the disciples, "Peace be with you. As the Father has sent me, so am I sending you." After saying this, he breathed on them, and said: "Receive the Holy Spirit. For those whose sins you forgive they are forgiven."

John 20:21-23

Jesus breathes on his disciples as a sign of the life that is given to them. It is the sign of the regeneration that only the Holy Spirit can bring about in every individual through death to sin and new life in truth and justice. When this divine breath blows in us, it brings renewal, transformation, and holiness.

PRAYER

Heavenly Father and God of mercy, we no longer look for Jesus among the dead, for he is alive and has become the Lord of life. From the waters of death, you raise us up with him and renew your gift of life within us. Increase in our minds and hearts the risen life we share with Christ and help us to grow as your people toward the fullness of eternal life with you. We ask this through Christ our Lord. Amen.



IX

Jesus Strengthens the Faith of Thomas

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hand and put my finger into the nail marks and put my hand into his side, I will not believe." Eight days later, his disciples were again in the house, and Thomas was with them, the doors were shut, but Jesus came and stood among them, 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 him, "My Lord and my God!" Jesus said to him, "Do you believe because you see me? Blessed are those who do not see and yet believe."

John 20:24-29

Despite all he had seen and heard, doubt had entered Thomas's heart when he disconnected from the faith community. Now, as the Risen Lord stands before him, he makes his firm profession of faith with the words *My Lord and God*. Through Thomas's example, we realize that doubt can be a part of faith. Too easily, we call him "Doubting Thomas," forgetting that, eventually, he fully embraced the Risen One as his Lord and Savior. His doubt transformed into a lively faith.

PRAYER

Father in heaven, author of all truth, a people once in darkness has listened to your Word and followed your Son as he rose from the tomb. Hear the prayer of these newborn people and strengthen your Church to answer your call. May we rise and come forth into the light of day to stand in your presence until eternity dawns. We ask this through Christ our Lord. Amen.



X

Jesus Commissions Peter to Feed His Sheep

When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these others do?" Peter answered, "Yes, Lord, you know I love you." Jesus said to him, "Feed my lambs." A second time, Jesus said to him, "Simon, son of John, do you love me?" He replied, "Yes, Lord, you know I love you." Jesus said to him, "Look after my sheep." Then he said to him a third time, "Simon, son of John, do you love me?" Peter was upset that he asked a third time, "Do you love me?" and said, "Lord, you know everything; you know I love you." Jesus said to him, "Feed my sheep."

John 21:15-17

Three questions and three answers form the heart of the dialogue between the Risen Christ and Peter on the shore of the lake of Tiberias. The disciple who denied his master three times now professes three times his faith and love, and Christ gives him the mission of shepherding his flock. The questions help Peter find reconciliation and to embrace his new mission to tend and feed the sheep. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make.

Jesus' forgiveness strengthens our resolve to be reconcilers and healers in the spirit of Jesus. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.

PRAYER

Father, fill our hearts with the fire of your love and the desire to ensure justice for our brothers and sisters. By sharing the good things you give us, may we secure justice and equality for every human being, an end to all division, and a human society built on love and peace. Grant this through Christ our Lord. Amen.

The
Risen
Lord
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XI

Jesus Sends His Disciples into the World

Meanwhile, the eleven disciples set out for Galilee, to the mountain where Jesus had directed them. And when they saw him, they fell down before him though some hesitated. Jesus came up and spoke to them. He said, "All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations, baptize them in the name of the Father and of the Son and of the Holy Spirit and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time."

Matthew 28:16-20

From the mountaintop, the Risen Lord gives the "Great Commission" to the disciples and to us, to reach out to the ends of the earth. We are the recipients of this mission: The greatest response we can give to such as legacy is our dedication to bringing the Good News to our own culture. We must allow the Risen Lord to permeate and enliven our whole way of living, helping us to apply the values of the Kingdom to every aspect of our lives.

PRAYER

God of all creation, whose mighty power raised Jesus from the dead, be present to this community of disciples whom you have called to the hope of a glorious inheritance among the saints. Strengthen us in the power of the Spirit to go and make disciples of all nations, to obey everything that Jesus Christ has commanded us, and to know that he is with us always until the end of the age, interceding on our behalf, living and reigning with you in the power of the Holy Spirit, now and forevermore. Amen.



XII

The Risen Lord
ascends into Heaven

XII

Jesus Ascends into Heaven

As he said this, he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, "Why are you men from Galilee standing here looking into the sky? Jesus, who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there."

Acts 1:9-11

The Scriptures do not portray the Ascension as a day of sadness. While still looking up at the skies, the disciples were consoled by the continuing presence of the Lord. They return to the familiar surroundings of the Upper Room, with Mary, the mother of the Lord, to pray in preparation for their mission. The Mount of Olives becomes the sign of the meeting of heaven and earth, accomplished in the Risen Christ. The believer must live in this world, proclaiming and establishing the Kingdom here while awaiting the return of Christ.

PRAYER

Eternal God, clothe us now with your power. With the eyes of our hearts enlightened, may we come to understand the immeasurable greatness of your power at work in us who believe. In that strength, may we boldly pronounce the Good News of our salvation to everyone. We ask this through Christ our Lord. Amen.



Waiting with Mary
in the Upper Room

XIII

Waiting with Mary in the Upper Room

So from the Mount of Olives, as it is called, they went back to Jerusalem, a short distance away, no more than a Sabbath walk; and when they reached the city they went to the Upper Room where they were staying; there were Peter and John and James and Andres, Philip and Thomas, Bartholomew and Matthew, James the son of Alphaeus and Simon the Zealot, and Jude the brother of James. All these joined in continuous prayer, together with several women, including Mary the mother of Jesus and with his brothers.

Acts 1:12-14

In the Upper Room, the Cenacle, the community gathers around Mary, united in faith, prayer, and love. The Apostles and faithful followers of Jesus, praise God and await the fulfillment of Jesus' promise to send the Consoling Spirit. This is a place where we can return over and over again, becoming contemplatives in action. As persons who are both prayerful and energetic in service to the Gospel, we must always be attentive to God's continuing work and presence.

PRAYER

Father most holy, see your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that you give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when his glory is revealed. We ask this through Christ our Lord. Amen.



XIV

The
Risen
Lord
sends

the
Holy
Spirit

XIV

The Risen Lord Sends the Holy Spirit

When Pentecost day came around, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting, and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit and began to speak in tongues as the Spirit gave them the gift of speech.

Acts 2:1-4

The wind of the Holy Spirit, the divine breath, came to those waiting in the Upper Room. This power drives the disciples from the Upper Room into the streets and marketplace. The Spirit compels them to take the message everywhere, in places familiar and unfamiliar, not stopping until they reach the ends of the world. We have been clothed with the same Spirit, called to be evangelizers and witnesses, near and far, wherever we go. Pentecost is an enduring and continuing event. We implore the Holy Spirit to renew the face of the earth by renewing us.

PRAYER

Father most holy, see your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that you give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when his glory is revealed. We ask this through Christ our Lord. Amen.



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