

Weekly Newsletter: 28th March 2023

Reflection: The *Scriptural* Stations of the Cross - a Devotional Exercise for the Easter Season

By Joe Barnard

The past is filled with hidden treasures. One of these is the Christian tradition of prayerfully following the Stations of the Cross on Good Friday. The idea behind the practice is to use physical movement and a series of gospel readings to slow down time and imaginatively retrace the events that led finally to Jesus dying on the cross. While this practice has often been performed within church buildings, it can – and has – been adapted for outdoor settings. The *Scriptural* Stations of the Cross are a means for ordinary Christians to escape their living rooms and engage in an outdoor worship experience that is both deeply devotional and carries with it a sense of being out on mission in a local community.

Five Simple Steps

The following instructions can be used for individuals or families and can be performed in one's own backyard, by walking through a local neighborhood, or by visiting a quiet park or public space.

Step 1 – Pick a starting place. This can be anywhere. Simply find a street corner or quiet area in a park and let this be your launch point.

Step 2 – Do the first reading. If you are alone, prayerfully imagine the scene as narrated. Smell the air, listen to the birds, feel the sunlight on your skin. If you are with children, ask questions and talk through the details of the story together.

Step 3 – When you are finished with step 2, pick a second location and walk to it. This can be another street corner or a different tree in another section of a park. The important thing is physically to move so that you can clear mental space for another reading.

Step 4 – Each time you stop, do another reading. Note: for some readings there are links to songs on YouTube. Use these songs to reflect more deeply on the suffering and death of Jesus.

Step 5 – Keep following these instructions until you have completed all fourteen stations. The benefit of the spiritual exercise is that you will have mentally retraced all of the key moments leading from Gethsemane to Golgotha. The entire activity should take less than an hour.

Note: this spiritual exercise is best performed on Good Friday or Holy Saturday in preparation for Easter Sunday. The final station leaves the worshiper at the grave of Jesus. The reason for this is not to undermine the climactic moment of the resurrection, but to leave reflective space to ponder deeply the suffering and death of Jesus so that the full hope and joy of the resurrection can be felt. Remember the spiritual rule from the Psalms: those who sow in tears will reap in joy (Ps. 126:5).

The Fourteen Scriptural Stations of the Cross

Station 1: The Garden of Gethsemane (Matt. 26:36-41)

Station 2: Betrayal and Arrest of Jesus (Mk. 14:43-46)

Station 3: Jesus Is Condemned by the Sanhedrin (Lk. 66-71)

Station 4: Peter Denies Jesus (Matt. 26: 69-75)

Station 5: Jesus Delivered to Pilate (Mk. 15: 1-5, 15)

Station 6: Jesus Is Scourged (Jn. 19:1-3)

FOR ADDITIONAL REFLECTION LISTEN TO ['STRICKEN, SMITTEN, AND AFFLICTED'](#)

Station 7: Jesus Bears the Cross (Jn. 19:6, 15-17)

Station 8: Simon of Cyrene Carries the Cross (Mk. 15:21)

Station 9: Jesus Meets the Women of Jerusalem (Lk. 23:27-31)

Station 10: Jesus Is Crucified (Lk. 23:33-34)

FOR ADDITIONAL REFLECTION LISTEN TO ['O SACRED HEAD NOW WOUNDED'](#)

Station 11: the Repentant Thief (Lk. 23:39-43)

Station 12: Jesus Speaks to Mary and John (Jn. 19:25-27)

Station 13: Jesus Dies on the Cross (Lk. 23:44-46)

FOR ADDITIONAL REFLECTION LISTEN TO ['WHEN I SURVEY THE WONDROUS CROSS'](#)

Station 14: Jesus Is Placed in the Tomb (Matt. 27:57-60)

CONCLUDE THIS EXERCISE BY LISTENING TO ['MAN OF SORROWS'](#)

Scripture Union Easter Adventure

Give thanks for the SU Easter Adventure last Saturday, Laurene writes 'It was a very successful event with 39 children attending and 18 leaders. They were really engaged with the puppet show performed by teenagers who came with Andris Meszaros who works for Word of Life. The leaders were all ages and came from churches across the city. One of the leaders commented that it was good to catch up with some of the SU group who had been at an SU weekend in February coming to the event.'



We received this thank you from the SU team 'Thank you all so much for the use of your beautiful church for the Easter Adventure. It is such an excellent space! We are blessed to partner with you and serve with you'.

Men's Discipleship Groups – this week

The men's discipleship groups will not be meeting on Thursday this week. Instead, the men are encouraged to attend the Act Like Men Conference at Hope Church Bingham on Tuesday evening (tonight) from 7pm – 8.45pm.

The men's groups will start back after the Easter break on Thursday 13th April.



Prayer meeting – this week

Hannu and Hazel Sorsamo will be joining us at the prayer meeting this week (on Zoom at 7pm) to provide us with an update. Contact Liz if you would like the Zoom codes and do not already receive them.

Sunday Services – this Sunday

On Sunday 2nd April, we are looking forward to Cory Brock (Minister at St Columba's Free Church) taking our morning service at 10.30am. Caleb Shocklie (Church Planter in Meadowbank) will take our Equip Session at 6pm.

Our Communion Service will take place on Easter Sunday (9th) instead of 2nd April. Home Groups will meet on Easter Sunday.

Easter Holidays

Joe will be on holiday from Saturday 1st to Saturday 8th April. Please contact an elder or member of the pastoral care team (Maureen Gowans, Elaine Harley, Alison Nelson or Alasdair Roberts) with any pastoral matters during this time.

Liz will be on holiday from Saturday 1st to Saturday 8th April so there will be no newsletter or prayer bulletin next week. Normal service will resume from Monday 10th April!

There will be no Baby and Toddler Group on Monday 3rd and 10th April. The group will start back on Monday 17th April. The church will continue to be open for Warm Space over the Easter holidays.

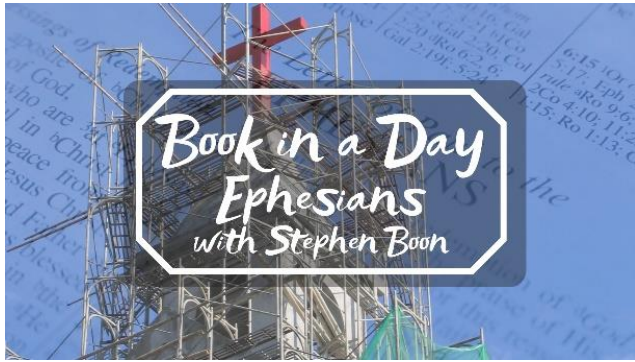
European Mission Fellowship



<https://www.europeanmission.org/emf-ukraine-appeal>.

We received this note from EMF for the gift they received from the Christmas Appeal - 'Thank you for your very kind gift to EMF for the Bibles and Blankets Appeal. We appreciate all the gifts of the Lord's people and your support in prayer.' The EMF website has very interesting articles and short clips from Ukraine - <https://www.europeanmission.org/emf-ukraine-appeal>.

Cornhill Book in a Day - Ephesians



Last call to join the Holyrood group booking! There are currently 10 of us planning to go. Contact Liz (Liz@holyroodevangelical.org) if you would like to come along

On Tuesday 25th April (from 09:30-16:30) we are invited to join Cornhill (Bath Street, Glasgow) for the day to spend time digging deeper into the book of Ephesians together. Stephen Boon will be teaching and he is the

Associate Vicar of St. John's Tunbridge Wells, Kent and also a tutor at Cornhill London.

Church Calendar

For your prayers and info – this week (commencing Monday 27th)

- Monday:
 - Baby & Toddler Group from 10am – 11.30am
 - Warm Space from 12.30 – 4pm
- Tuesday: Act Like Men Conference from 7-8.45pm at Hope Church Bingham
- Wednesday: Prayer Meeting at 7pm on Zoom with Hannu and Hazel Sorsamo
- Sunday:
 - Worship Service at 10.30am (and live streamed). Cory Brock preaching.
 - Equip at 6pm with Caleb Shocklie

Next week (commencing Monday 3rd April)

- Monday: Warm Space from 12.30-4pm
- Wednesday: Prayer Meeting at 7pm on Zoom
- Sunday:
 - Communion Service at 10.30am (and live stream). Joe Barnard preaching.
 - Home Groups – contact Liz (Liz@holyroodevangelical.org) for more information.



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