

# HOLY WEEK



## Easter walk

A series of stations and short reflection videos to lead you through the Easter story



**Churches in**  
Welwyn Garden City  
[churchesinwgc.org.uk](http://churchesinwgc.org.uk)

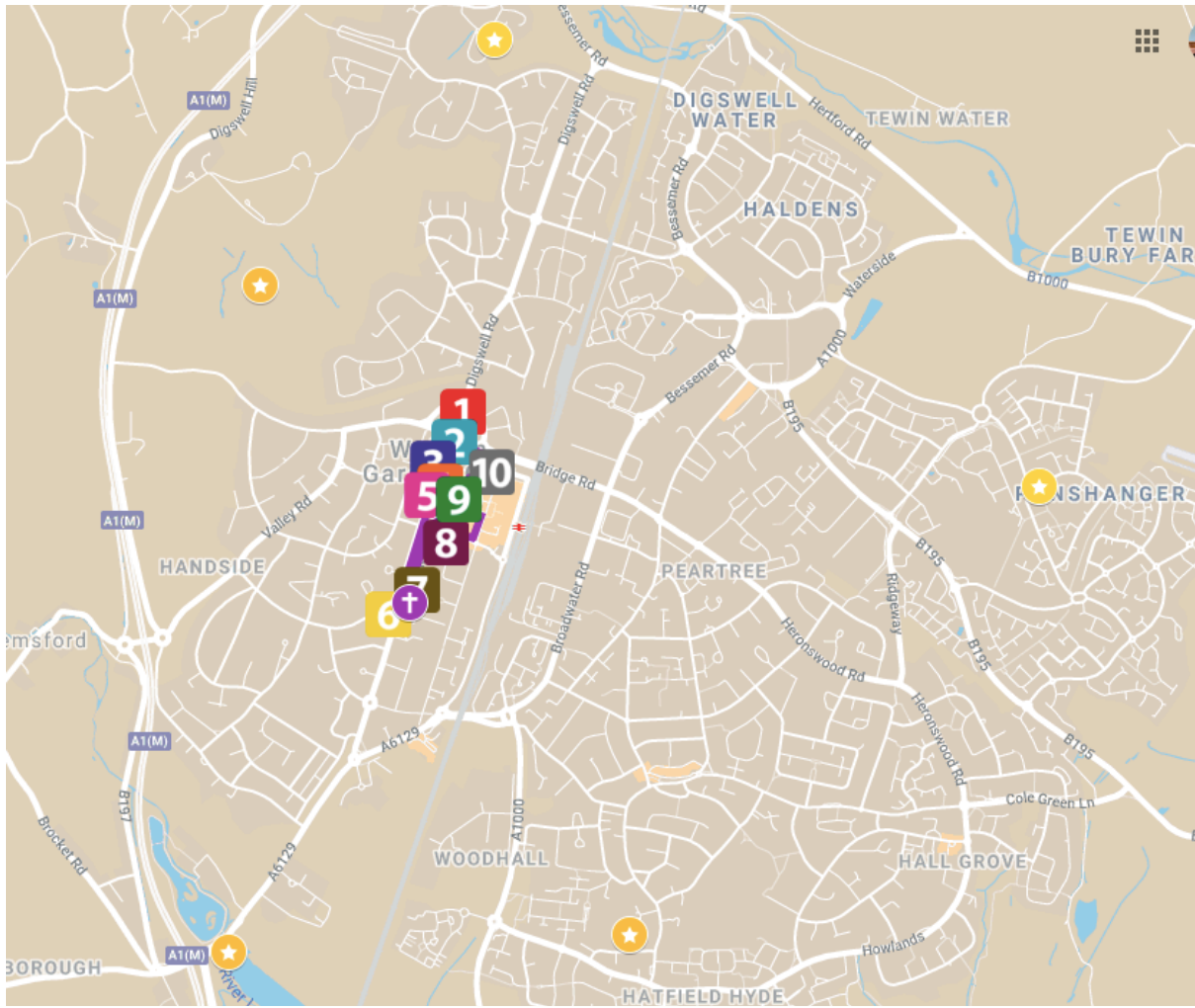


### Welcome

Thank you for taking part in the Holy Week to Easter walk organised by Churches in Welwyn Garden City. We encourage you to follow the map below, and stop at each point to read the passage and prayer below. The first 10 stations are in the town centre and focus on the events of Maundy Thursday and Good Friday. The further five stations are around the wider town and focus on the resurrection of Jesus. We pray that God meets you as you journey in the footsteps of Jesus.



1. Campus Roundabout – by the benches
2. Theodore Chambers Memorial
3. Holocaust Memorial
4. The Fountain
5. St Francis of Assisi church
6. Christchurch Baptist Church – Parkway
7. St Bonaventures Church
8. The United Reformed Church
9. The Cross, on Howardsgate – by the memorial
10. Sir Theodores Way – on a bench



## Five Resurrection stations



1. St Mary Magdalene Church, Hollybush Way
2. Panshanger Church, Hardings
3. Sherrardswood – Six ways in the middle of the wood– on a bench
4. Stanborough Lakes, by the restaurant
5. St John the Evangelist Church, Knightsfield

## **Station 1. Jesus in agony in the garden & betrayed by Judas**

### **Campus Roundabout**

A reading from the Gospel according to Mark.

They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders. Now the betrayer had given them a sign, saying, 'The one I will kiss is the man; arrest him and lead him away under guard.' So when he came, he went up to him at once and said, 'Rabbi!' and kissed him. Then they laid hands on him and arrested him.

**Mark 14.32-36, 43-46**

Lord Jesus, you entered the garden of fear  
and faced the agony of your impending death:  
be with those who share that agony  
and face death unwillingly this day.

You shared our fear and knew the weakness of our humanity:  
give strength and hope to the dispirited and despairing.

To you, Jesus, who sweated blood,  
be honour and glory with the Father and the Holy Spirit,  
now and for ever.

**All Amen.**



## **Station 2. Peter Denies Jesus**

### **Theodore Chambers Memorial**

#### **A reading from the Gospel according to Mark.**

At that moment the cock crowed for the second time. Then Peter remembered that Jesus had said to him, 'Before the cock crows twice, you will deny me three times.' And he broke down and wept.  
Mark 14.72

Lord Jesus, as Peter betrayed you,  
you experienced the double agony of love rejected and friendship denied:  
be with those who know no friends and are rejected by society.  
You understood the fear within Peter:  
help us to understand the anxieties of those who fear for their future.  
To you, Jesus, who gazed with sadness at your lost friend,  
be honour and glory with the Father and the Holy Spirit,  
now and for ever.

**All Amen.**

## **Station 3. Jesus is Judged**

### **The Holocaust Memorial**

#### **A reading from the Gospel according to Mark.**

Pilate asked them, 'Why, what evil has he done?' But they shouted all the more, 'Crucify him!' So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.  
Mark 15.14,15

Lord Jesus, you were condemned to death for political expediency:  
be with those who are imprisoned for the convenience of the powerful.  
You were the victim of unbridled injustice:  
change the minds and motivations of oppressors and exploiters to your way of peace.  
To you, Jesus, innocent though condemned,  
be honour and glory with the Father and the Holy Spirit,  
now and for ever.

**All Amen.**

#### **Station 4. Jesus scourged, crown of thorns & carries cross**

##### **The Fountain**

A reading from the Gospel according to Mark.

And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

**Mark 15.17-20**

Lord Jesus, you carried the cross through the rough streets of Jerusalem:

be with those who are loaded with burdens beyond their strength.

You bore the weight of our sins when you carried the cross:

help us to realize the extent and the cost of your love for us.

To you, Jesus, bearing a cross not your own,

be honour and glory with the Father and the Holy Spirit,

now and for ever.

**All Amen.**

#### **Station 5. Reading Simon of Cyrene carries the cross**

##### **St Francis of Assisi**

A reading from the Gospel according to Mark.

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus.

**Mark 15.21**

Lord Jesus, you were worn down by fatigue:

be with those from whom life drains all energy.

You needed the help of a passing stranger:

give us the humility to receive aid from others.

To you, Jesus, weighed down with exhaustion and in need of help,

be honour and glory with the Father and the Holy Spirit,

now and for ever.

**All Amen.**

## **Station 6. Jesus crucified**

Christchurch Baptist Church

A reading from the Gospel according to Mark.

And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

**Mark 15.24**

Lord Jesus, you bled in pain as the nails were driven into your flesh: transform through the mystery of your love the pain of those who suffer.

To you, Jesus, our crucified Lord,  
be honour and glory with the Father and the Holy Spirit,  
now and for ever.

**All Amen.**

## **Station 7. Jesus promises the kingdom to the penitent thief**

St Bonaventure's Church

A reading from the Gospel according to Luke.

One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'

**Luke 23.39-43**

Lord Jesus, even in your deepest agony you listened to the crucified thief:

hear us as we unburden to you our deepest fears.

You spoke words of love in your hour of death:

help us to speak words of life to a dying world.

To you, Jesus, who offer hope to the hopeless,

be honour and glory with the Father and the Holy Spirit,

now and for ever.

**All Amen.**

## **Station 8. Jesus on the cross; his mother and his friend**

United Reformed Church

A reading from the Gospel according to John.

When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

**John 19.26,27**

Lord Jesus, your mother and your dearest friend stayed with you to the bitter end,

yet even while racked with pain you ministered to them:

be with all broken families today

and care for those who long for companionship.

You cared for your loved ones even in your death-throes:

give us a love for one another

that is stronger even than the fear of death.

To you, Jesus, loving in the face of death,

be honour and glory with the Father and the Holy Spirit,

now and for ever.

**All Amen.**

## **Station 9. Jesus dies on the cross**

The Cross, Howardsgate

A reading from the Gospel according to Mark.

At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.' Then Jesus gave a loud cry and breathed his last. **Mark 15.34-37**

Lord Jesus, you died on the cross

and entered the bleakest of all circumstances:

give courage to those who die at the hands of others.

In death you entered into the darkest place of all:

illumine our darkness with your glorious presence.

To you, Jesus, your lifeless body hanging on the tree of shame,

be honour and glory with the Father and the Holy Spirit,

now and for ever. **All Amen.**



## **Station 10. Jesus Laid in the Tomb**

Sir Theodores way

A reading from the Gospel according to Mark.

Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb.

### **Mark 15.46**

Lord Jesus, Lord of life, you became as nothing for us:  
be with those who feel worthless and as nothing in the world's eyes.  
You were laid in a cold, dark tomb and hidden from sight:  
be with all who suffer and die in secret,  
hidden from the eyes of the world.  
To you, Jesus, your rigid body imprisoned in a tomb,  
be honour and glory with the Father and the Holy Spirit,  
now and for ever.

**All Amen.**

# Resurrection Stations

## 1. St Mary Magdalene Church, Hollybush Way

John 20:1-18

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. <sup>2</sup> So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!"

<sup>3</sup> So Peter and the other disciple started for the tomb. <sup>4</sup> Both were running, but the other disciple outran Peter and reached the tomb first. <sup>5</sup> He bent over and looked in at the strips of linen lying there but did not go in. <sup>6</sup> Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, <sup>7</sup> as well as the cloth that had been wrapped around Jesus' head. The cloth was still lying in its place, separate from the linen. <sup>8</sup> Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. <sup>9</sup> (They still did not understand from Scripture that Jesus had to rise from the dead.) <sup>10</sup> Then the disciples went back to where they were staying.

<sup>11</sup> Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb <sup>12</sup> and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

<sup>13</sup> They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." <sup>14</sup> At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

<sup>15</sup> He asked her, "Woman, why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

<sup>16</sup> Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

<sup>17</sup> Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

<sup>18</sup> Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

## **2. Panshanger Church, John 20:19-29**

<sup>19</sup> On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" <sup>20</sup> After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

<sup>21</sup> Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." <sup>22</sup> And with that he breathed on them and said, "Receive the Holy Spirit. <sup>23</sup> If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

<sup>24</sup> Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. <sup>25</sup> So the other disciples told him, "We have seen the Lord!"

But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe."

<sup>26</sup> A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" <sup>27</sup> Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

<sup>28</sup> Thomas said to him, "My Lord and my God!"

<sup>29</sup> Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

### **3. Sherrardswood – Six ways**

#### **Luke 24:13-35**

<sup>13</sup> Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. <sup>14</sup> They were talking with each other about everything that had happened. <sup>15</sup> As they talked and discussed these things with each other, Jesus himself came up and walked along with them; <sup>16</sup> but they were kept from recognizing him.

<sup>17</sup> He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. <sup>18</sup> One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

<sup>19</sup> "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. <sup>20</sup> The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; <sup>21</sup> but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. <sup>22</sup> In addition, some of our women amazed us. They went to the tomb early this morning <sup>23</sup> but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. <sup>24</sup> Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

<sup>25</sup> He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! <sup>26</sup> Did not the Messiah have to suffer these things and then enter his glory?" <sup>27</sup> And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

<sup>28</sup> As they approached the village to which they were going, Jesus continued on as if he were going farther. <sup>29</sup> But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

<sup>30</sup> When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. <sup>31</sup> Then their eyes were opened and they recognized him, and he disappeared from their sight. <sup>32</sup> They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

<sup>33</sup> They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together <sup>34</sup> and saying, "It is true! The Lord has risen and has appeared to Simon." <sup>35</sup> Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

## 4. Stanborough Lakes

### John 21:1-14

Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: <sup>2</sup> Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. <sup>3</sup> "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

<sup>4</sup> Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus.

<sup>5</sup> He called out to them, "Friends, haven't you any fish?"

"No," they answered.

<sup>6</sup> He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.

<sup>7</sup> Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. <sup>8</sup> The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. <sup>9</sup> When they landed, they saw a fire of burning coals there with fish on it, and some bread.

<sup>10</sup> Jesus said to them, "Bring some of the fish you have just caught." <sup>11</sup> So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. <sup>12</sup> Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. <sup>13</sup> Jesus came, took the bread and gave it to them, and did the same with the fish. <sup>14</sup> This was now the third time Jesus appeared to his disciples after he was raised from the dead.



## **5. St John's Church, Digswell**

### **John 21:15-25**

<sup>15</sup> When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," he said, "you know that I love you."

Jesus said, "Feed my lambs."

<sup>16</sup> Again Jesus said, "Simon son of John, do you love me?"

He answered, "Yes, Lord, you know that I love you."

Jesus said, "Take care of my sheep."

<sup>17</sup> The third time he said to him, "Simon son of John, do you love me?"

Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep. <sup>18</sup> Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." <sup>19</sup> Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

<sup>20</sup> Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, "Lord, who is going to betray you?") <sup>21</sup> When Peter saw him, he asked, "Lord, what about him?"

<sup>22</sup> Jesus answered, "If I want him to remain alive until I return, what is that to you? You must follow me." <sup>23</sup> Because of this, the rumour spread among the believers that this disciple would not die. But Jesus did not say that he would not die; he only said, "If I want him to remain alive until I return, what is that to you?"

<sup>24</sup> This is the disciple who testifies to these things and who wrote them down. We know that his testimony is true.

<sup>25</sup> Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.