

# The Way of the Resurrection

Meditating on the resurrection of Christ at the shrine of Christian Hope.



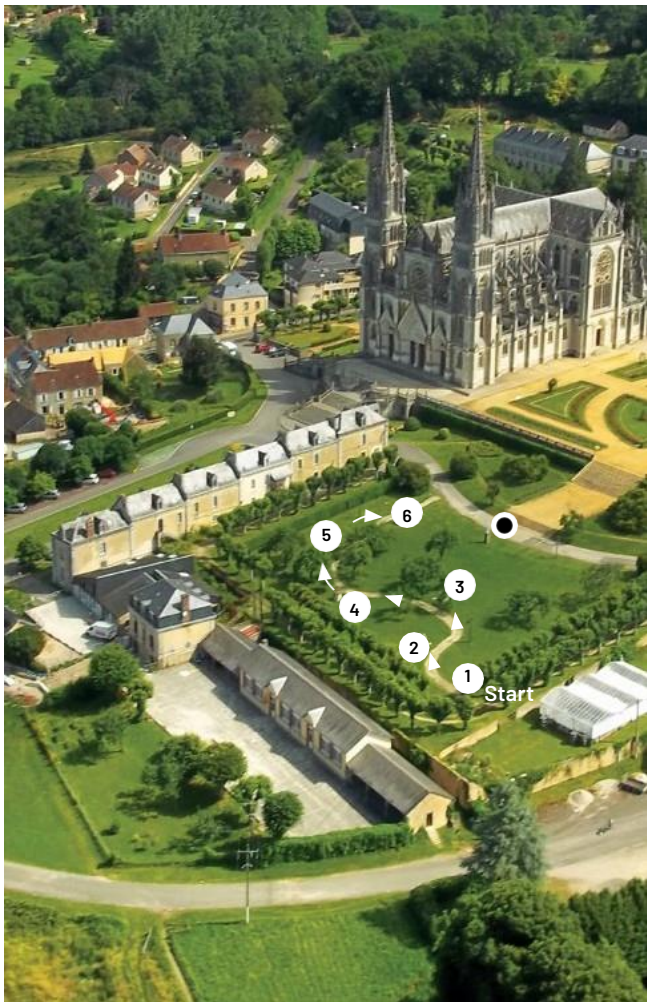
At the onset of the Way of the Resurrection – RC shrine of Montligeon (France)

00 33 2 33 85 17 00  
sanctuaire@montligeon.org  
www.montligeon.org

26, rue Principale - CS40011  
61400 La Chapelle-Montligeon  
France



Notre-Dame  
de Montligeon



The Way of the Resurrection  
was inspired by the Way of the  
Cross.

Station after station, it proposes  
to follow Christ, and meditate on  
various episodes of his  
resurrection.

It seeks to help one open up to  
hope, for oneself and for one's  
beloved deceased.

So that we thus may step forward  
onto inner healing.

The Stations are the work of the French sculptor Daniel  
Esmaingt and that of the young people at the Corner Stone  
workshop in Brignoles (Normandy), the stations were donated  
by the Fondation d'Auteuil.



# Start facing the statue of Jesus the Redeemer

## Hymn:

Jesus Christ is ris'n today,  
Alleluia!

Our triumphant holy day,  
Alleluia!

Who did once upon the cross,  
Alleluia!

Suffer to redeem our loss,  
Alleluia!

(Robert Lowry)

## Pray:

Lord Jesus, you  
suffered for our sake,  
you died and you rose  
again.

By means of the humble  
approach we are about to  
follow, we wish to entrust  
our dearly departed with  
you, together with people  
agonizing, and people  
grieving.

By the power of your Holy  
Spirit, grant consolation and  
healing of heart and soul.  
Increase our faith in  
eternal life, help us turn  
our gaze towards Heaven,  
and grow in hope, faith and  
charity, so as to prepare  
ourselves to meet with  
you, Mary, the saints and  
all our deceased.

Towards the 1<sup>st</sup> Station:

**"Hail Mary"**

# 1<sup>st</sup> Station

## The Resurrection

### Hymn

Christ, whose glory fills the  
skies,  
Christ, the true, the only  
Light,  
Sun of Righteousness, arise,  
Triumph o'er the shades of  
night;  
Dayspring from on high, be  
near;  
Daystar, in my heart appear. \*

### Scripture reading

(Confer on opposite page)

### Facilitator:

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

### All:

Through your death  
and resurrection, you  
have redeemed the  
world.

\* Christ, whose glory fills the skies,  
Charles Wesley

### Meditation:

After the Sabbath, a few women went to the tomb, overwhelmed with despair and grief. Yet that dawn was a new beginning, glowing with a different radiance, that day would rejuvenate the universe through and through. The women stepped into the light, and they saw an angel who told them soothing words. And their hearts leaped with joy! They left in haste to bring the good news to Peter and his brothers.

### Let us pray:

Lord, we entrust our beloved deceased with you; may our petitioning for them endure forever. Enfold them with your mercy. Console the broken hearted who mourn their loved ones. Grant us hope of being one day reunited with our dear departed, along with you, in your Kingdom.

**Scripture reading:  
according to Matthew (28,  
1-8)**

After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb.

And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it.

His appearance was like lightning and his clothing was white as snow.

The guards were shaken with fear of him and became like dead men.

Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay.

Then go quickly and tell his disciples, 'He has been raised from the dead, and he is going before you to Galilee; there you will see him.' Behold, I have told you."

Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples.

Proceed to the 2<sup>nd</sup> Station:  
**"Hail Mary..."**

## 2<sup>nd</sup> Station

# Peter and John at the tomb

### Hymn

Up from the grave He arose,  
With a mighty triumph o'er  
His foes,  
He arose a Victor from the  
dark domain,  
And He lives forever, with His  
saints to reign.  
He arose! He arose!  
Alleluia! Christ arose!

### Scripture reading

(Confer on opposite page)

### Facilitator:

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

### All:

Through your death and  
resurrection, you **have**  
redeemed the world.

### Meditation:

Peter sets off and run, John,  
younger, overtakes him. Once  
at the tomb, Peter is first to  
enter; he sees the burial  
cloths left there, and the  
linen, used to cover the  
Lord's face, rolled apart.  
Where is the angel, where is  
the light that the women  
saw? No other sign than the  
burial cloths. John enters,  
sees, and believes. The light  
of faith surged in his heart.

### Let us pray

Lord, we commend our faith  
with you, often so fragile with  
regards to death and its  
painful reality. Help us to  
propagate hope in eternal  
life, especially among people  
who are disheartened.



**Scripture reading:  
according to John (20, 5-10)**

So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in.

When Simon-Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place.

Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and he believed.

For they did not yet understand the scripture that he had to rise from the dead. Then the disciples returned home.

Proceed to the 3<sup>rd</sup> Station:  
**"Hail Mary"**

# 3<sup>rd</sup> Station

## Jesus appears to Mary of Magdala

### Hymn

Visit this soul of mine;  
Pierce the gloom of sin and  
grief;  
Fill me, radiance divine;  
Scatter all my unbelief;  
More and more

### Scripture reading

(Confer on opposite page)

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

### All:

Through your death  
and resurrection, you  
have redeemed the  
world.

### Meditation:

Mary of Magdala stood in tears,  
heartbroken; oblivious to all in  
her grieving. Jesus spoke and  
called "Mary!", only then was  
she able to answer: "Rabbi!"

Hearing her name called by  
Jesus was like lightning  
shooting through her inner  
gloom. From then on, she  
was called to entertain a  
new kind of relation with  
Jesus, and become his  
familiar from a spiritual  
standpoint. We alike are  
invited to establish one with  
him. For, indeed, it is by  
faith that we truly connect  
with the Son of God.

### Let us pray

Lord, we entrust you with  
people in agony, especially  
those dying without the  
support of family or friends.  
May your holy angels,  
together with St. Joseph  
and your Holy Mother, come  
to their aid at this specially  
trying time for our nature.

**Scripture reading  
according to John (20, 11-18)**

But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been. And they said to her, "Woman, why are you weeping?"

She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus.

Jesus said to her, "Woman, why are you weeping? Who are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him."

Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbi," which means Teacher. Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.

Proceed to the 4<sup>th</sup> Station:  
**"Hail Mary..."**

# 4<sup>th</sup> Station

## On the road to Emmaus

### Hymn

The strife is over,  
the battle done,  
The victory of life is won,  
The song of triumph has  
begun: Alleluia!\*

### Scripture reading

(Confer on opposite page)

### Facilitator:

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

### All:

Through your death and  
resurrection, you have  
redeemed the world.

### Meditation:

As far as Cleopas and his  
companion are concerned,  
the week full of torture,  
blows, and humiliations that  
led to the death of Jesus,  
blighted all their hopes. Yet,  
without warning, their  
disconsolate heart is set on  
fire. Jesus visits them in a  
most delicate manner. His  
Word touches their spirit,  
stirring their faith and hope  
to trust Him, Jesus, the  
Risen Redeemer.

### Let us pray

Lord, increase our faith in  
your manifest Eucharistic  
presence. Make us thirst  
after it, so that its power of  
resurrection may pervade  
us ever more.

\* Francis Pott, 1861

## Scripture reading according to Luke (24, 13-27)

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning; they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah 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.

Proceed to the 5<sup>th</sup> Station:  
**"Hail Mary..."**

# 5<sup>th</sup> Station

## Jesus appears in the upper room

### Hymn

Come Holy Spirit  
Fall on us  
Burn like a fire  
Living flame of love  
Come Holy Spirit  
Fall on us  
Burn like a fire  
Living flame of love.

### Scripture reading

(Confer on opposite page)

### Facilitator:

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

### All:

Through your death and  
resurrection, you have  
redeemed the world.

### Meditation:

The Risen Christ meets his  
Apostles, entrenched in the  
Upper Room. The Blessed  
Virgin Mary is also there.  
Jesus' salutation illustrates his  
mercy and consideration.  
"Peace be with you!"  
By his blood and water sprung  
forth from his side, Jesus  
poured out grace onto the  
world so as to redeem each  
soul. Only he can give us true  
inner peace, which comes  
when we accept his mercy.

### Let us pray

Lord, we entrust our death into  
your hands. We neither know  
when nor how we shall die, yet  
we wish to remit you with our  
life.  
Help us grow in charity, for it  
will be the measure of our  
participation to your glory.

## **Scripture according to John (20, 24-29)**

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord."

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

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and

stood in their midst 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 and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

Proceed to the 6<sup>th</sup> Station :  
**"Hail Mary..."**

# 6<sup>th</sup> Station

## Jesus appears at the lake

### Hymn

Alleluia, alleluia,  
O joy to all creation!  
Alleluia, alleluia,  
The Lord comes forth in  
glory.

### Scripture reading

(Confer on opposite page)

### Facilitator:

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

### All:

Through your death and  
resurrection, you have  
redeemed the world.

### Meditation:

Shadowing the despondent  
hours, the Apostles resumed  
their usual life. As they were  
busy fishing, Jesus appeared  
and invited them to cast their  
nets at a different spot,  
assuring them: "You will find."  
Yet despite their weariness,

the catch was indeed  
abundant.

Our union to Jesus, the  
Risen Christ, imparts  
fertility to all we undertake  
in our daily life, no matter  
how difficult it might be at  
times. "Without me, you can  
do nothing."

### Let us pray

Lord, we commend to you  
families touched by violent  
loss, suicide or accidental  
death, altogether with  
parents who have lost a  
child. May your soothing  
grace heal the grieving,  
and may your mercy be  
with all departed souls.



## Scripture reading according to John (21, 1-13)

After this, Jesus revealed himself again to his disciples at the Sea of Tiberias. He revealed himself in this way. Together were Simon Peter, Thomas called Didymus, Nathanael from Cana in Galilee, Zebedee's sons, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We also will come with you." So they went out and got into the boat, but that night they caught nothing. When it was already dawn, Jesus was standing on the shore; but the disciples did not realize that it was Jesus. Jesus said to them, "Children, have you caught anything to eat?" They answered him, "No." So he said to them, "Cast the net over the right side of the boat and you will find something." So they cast it, and were not able to pull it in because of the number of fish. So the disciple whom Jesus loved

said to Peter, "It is the Lord." When Simon Peter heard that it was the Lord, he tucked in his garment, for he was lightly clad, and jumped into the sea. The other disciples came in the boat, for they were not far from shore, only about a hundred yards, dragging the net with the fish. When they climbed out on shore, they saw a charcoal fire with fish on it and bread. Jesus said to them, "Bring some of the fish you just caught." So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus said to them, "Come, have breakfast." And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. Jesus came over and took the bread and gave it to them, and in like manner the fish.

# Ending prayers

(facing the statue of

**Christ Jesus, the Redeemer)**

## Let us pray:

Thank you, O Lord, for responding with such generosity when we confidently turn to you.

We commit our deceased to your infinite mercy. Impart them with eternal rest, and may your everlasting light shine upon them.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace.  
Amen!

Our Lady of Montligeon, pray for souls in Purgatory!

## Chorus

Hail, Holy Queen enthroned above, O Maria!

Hail, Mother of mercy and of love, O Maria!

Triumph all ye cherubim!

Sing with us ye seraphim!

Heaven and earth resound the hymn!

Salve, salve, salve, Regina!

Our life, our sweetness here below, O Maria!

Our hope in sorrow and in woe, O Maria!

Triumph all ye cherubim!

Sing with us ye seraphim!

Heaven and earth resound the hymn!

Salve, salve, salve, Regina!

***Conclude by a visit and a prayer to Our Lady of Deliverance, within the basilica.***

# Divine office & counselling schedules

	Sundays & Solemnities	Saturdays	Week
Morning Prayers	09:00	07:30	07:30
Mass	11:00	08:00 & 11:30	08:00 & 11:30
Rosary	14:30	17:15	17h15
Eucharistic Adoration	15:15	-	17:45
Evening Prayers	15:00	17:45	18:45
Confessions	15:15 to 16:00	15:30 to 17:30	17:45 to 18:45

Reception desk: 00 33 2 33 85 17 00

[reception@montligeon.org](mailto:reception@montligeon.org)

[www.montligeon.org](http://www.montligeon.org) > agenda

Mon-Sat.: 09:00-12:00 & 14:00-18:00

Sundays: 09:00-11.00/12:00-13:00/14:00-17:30

Leaflet to be downloaded on

<https://montligeon.org/en/telechargements/>



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Our-Lady of Montligeon, pray for the souls in Purgatory!