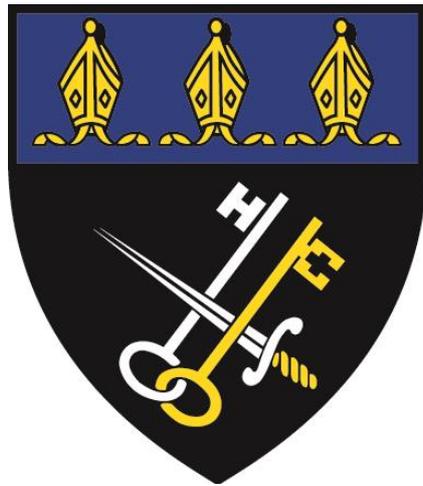


**LLANDAFF CATHEDRAL
EGLWYS GADEIRIOL
LLANDAF**



**MEDITATIONS on
STATIONS OF THE CROSS**

WEDNESDAY 8TH APRIL 2020



Thank you for joining us for this evening's online worship from Llandaff Cathedral. We hope you will be able to take part at home, following the service in this booklet and joining in the spoken parts in bold.

The service is led by the Reverend Canon Mark Preece, Precentor. The Organ Meditations are played by Stephen Moore, Director of Music, and were recorded in March 2019.

The Stations of the Cross – John Hosking

The composer writes:

There is nothing pleasant about the 14 Stations of the Cross; indeed one must recall, suffering, grief and torture throughout.

My overall aim has been to depict each station as graphically and colourfully as possible, with a constant feeling of unsettlement and not quite knowing what will come next. In this sense, even though the opening theme does appear at various points throughout the work, it has been my intention not to develop any thematic material fully. Rather, one should leave the performance in a state of shock and feeling confused – just as those close to Jesus must have not quite known what was happening or even why. In some cases, a whirlwind of different moods and senses are exploited in a very short space of time; in others, the listener is left wondering what just happened. It wasn't even in the space of a week that the crowd were cheering Jesus and then shouting "Crucify". I hope that some of this feeling is depicted throughout the work.

This work is inspired by the various colours the organ can produce, a Stations of the Cross that I improvised in 2012, a walk through the Stations of the Cross at Pantasaph Monastery and some fragments of plainsong.

The Preparation

Priest In the name of the Father, and of the Son, and of the Holy Spirit.

Pilgrims **Amen.**

O Lord Jesus, have mercy upon us and upon your whole Church living and departed. As we trace and meditate on the Way of the Cross, may we share in the merits of your Passion and may our hearts be troubled with sorrow and repentance that we may be ready to embrace with joy the sufferings and humiliations in our lives and pilgrimage.

O Lord come to us,
And help us.

Glory be to the Father, and to the Son,
and to the Holy Spirit.

**As it was in the beginning is now and ever shall be,
world without end. Amen.**

Please sit

The First Station

Jesus is condemned to death

Priest He who dwells under the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord,

***Pilgrims* My refuge and my fortress;
my God, in whom I trust.**

O Jesu, with wonderful submission for our sake,
you were condemned to die for our deceits,
our blasphemies and evil deeds.

We adore you, O Christ, and we bless you;
**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

The movement begins with a forlorn motif played low down on a reed stop. A series of frantic pedal notes start to convey the horror felt at being condemned to death and the restlessness of the crowd in the Praetorium. As the movement starts to get louder, the figurations in the manual part quicken and become more intense. The concluding few bars, on Full Organ, convey the shock and final judgement having sunk in.

A short period of silence follows

Priest Deliver me, O Lord, from evil doers;

***Pilgrims* Preserve me from violent people,
who plan evil things in their heart,
and stir up wars continually.**

They make their tongue as a serpent's,
And under their lips is the poison of vipers.

The Second Station

Jesus receives the Cross

Priest For he will deliver you from the snare of the enemy,
and from the deadly pestilence;

***Pilgrims* He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.**

O Jesu, by virtue of your Cross and Passion
grant that we may cheerfully accept the trials
and difficulties of our earthly pilgrimage.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

The theme of the first movement is played on slightly gentler reed stops, accompanied by dark, deep chords which depict the nervous, yet quiet anticipation of the events soon to come. Some brief, quiet chords on a Flute call to mind the dreadful grief of those close to Jesus, with the final short chords portraying the heaviness of the cross in the first steps Jesus takes.

A short period of silence follows.

Priest Guard me, O Lord, from the hands of the wicked;

***Pilgrims* Preserve me from violent people,
who have planned to trip up my feet.
The arrogant have hidden a trap for me,
and with cords they have spread a net,
By the wayside they have set snares for me.**

The Third Station

Jesus falls for the first time

Priest You will not fear the terror by night,
Pilgrims **Nor the arrow that flies by day,**
Nor the pestilence that stalks in the darkness,
Nor the destruction that wastes at noonday.

O Jesu, for our sins you have the burden of the Cross and fall under its weight. May thoughts of your sufferings make us watchful against temptation.

We adore you, O Christ, and we bless you;
Because by your Cross and precious Blood
you have redeemed the world.

ORGAN MEDITATION

The steps of Jesus are portrayed by a repeated, staccato, bass line which becomes more detached and jagged as the movement goes on. This movement contains very unexpected rhythmic figurations which rise and fall and signify the gruelling pain that must have been felt. The entire movement signifies something completely out of control with the final chords depicting Jesus falling.

A short period of silence follows.

Priest I pray to the Lord and I say to the Lord, Thou art my God;
Pilgrims **Give ear to the voice of my supplications, O Lord!**
O Lord, my strong deliverer,
Thou hast covered my head in the day of battle.
Grant not, O Lord, the desires of the wicked;
Do not further his evil plot!

The Fourth Station

Jesus meets his mother

Priest A thousand may fall at your side,
ten thousand at your right hand;

***Pilgrims* But it will not come near you.**

You will only look with your eyes

And see the recompense of the wicked.

Because you have made the Lord your refuge,
the Most High your habitation,

No evil shall befall you,

no scourge come near your tent.

O Jesu, you embraced and blessed your mother on your way to Golgotha;
grant that we too may embrace her and always remember her
steadfastness.

We adore you, O Christ, and we bless you;

Because by your Cross and precious Blood

you have redeemed the world.

ORGAN MEDITATION

The Bible tells us just how much Jesus loved his mother, and so this movement gives a short break from the tortuous journey. The bubbling figurations represent Mary as a tender, loving mother, and are accompanied by snippets of the plainsong 'Ave Maris Stella'.

A short period of silence follows.

Priest Those who surround me lift up their head,

***Pilgrims* Let the mischief of their lips overwhelm them!**

Let the burning coals fall upon them!

Let them be cast into pits, no more to rise!

Let not the slanderer be established in the land;

Let evil hunt down the violent man speedily!

The Fifth Station

Jesus is assisted by Simon the Cyrene

Priest For he will give his angels charge of you to guard you in all your ways.

Pilgrims **On their hands they will bear you up,
lest you dash your foot against a stone.**

O Jesu, you were assisted with your burden so that we might learn to bear the burdens of others in this life.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

The opening discords, coloured by Vox Humana and Oboe stops, depict Jesus struggling, bleeding, sweating, and finding it hard to continue. Just as one thinks this introduction is coming to an end it continues – the seemingly never-ending walk with the cross. Simon coming to help is depicted by a high melody on flutes and strings. The opening introduction reappears at the end, as a flashback to the initial struggle and a reminder of the difficult journey ahead.

A short period of silence follows.

Priest I know that the Lord maintains the cause of the afflicted,

Pilgrims **And executes justice for the needy.**

Surely the righteous shall give thanks to thy name;

And the upright shall dwell in thy presence.

The Sixth Station

Jesus meets Veronica

Priest You will tread on the lion and the adder,
Pilgrims **The young lion and the serpent you will trample under foot.**
Because he cleaves to me in love, I will deliver him;
I will protect him, because he knows my name.

O Jesu, you accepted the ministrations of Veronica, help us always to be gracious and humble enough to accept what others do for us.
We adore you, O Christ, and we bless you;
**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

The rich chords played on string stops signify both the brief comfort felt by Jesus and the compassionate heart of the woman. The dripping blood and sweat is depicted by staccato figurations. Towards the end of this movement, Jesus continues his lone journey which is signified by a sustained line played on a lone flute stop, accompanied by the dripping of blood from his wounds.

A short period of silence follows.

Priest I call upon thee, O Lord; make haste to me!
Pilgrims **Give ear to my voice, when I call to thee!**
Let my prayer be counted as incense before thee,
**And the lifting up of my hands
as an evening sacrifice!**

The Seventh Station

Jesus falls for the second time

Priest When he calls to me I will answer him;

***Pilgrims* I will be with him in trouble,
I will rescue him and honour him.**

With long life will I satisfy him,
And show him my salvation.

O Jesu, you fall again under the weight of our sin, grant that we may ever strive to do the will of the Heavenly Father no matter the difficulties.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

This Station begins with a staggered depiction of the pedal theme in the third movement. There are traces of dripping blood and sweat from the previous movement. A stronger registration follows, depicting a second wind; Jesus pushes harder, his body beginning to give up. The footsteps theme returns but can't complete its sequence and Jesus falls in a flurry of demi-semi-quavers, his body out of control.

A short period of silence follows.

Priest Set a guard over my mouth,

***Pilgrims* O Lord, keep watch over the door of my lips!**

Incline not my heart to do any evil,
to busy myself with wicked deeds in company with those who work
iniquity;

And let me not eat of their pleasures.

The Eighth Station

Jesus comforts the women of Jerusalem

Priest Rise up, O judge of the earth;
Pilgrims **Render to the proud their deserts!**
O Lord, how long shall the wicked,
How long shall the wicked exult?

O Jesu, you strengthened the women of Jerusalem; may we not be blinded from the truth and significance of your Cross and Passion by sentiment and superficiality.

We adore you, O Christ, and we bless you;
**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

Here a meandering flute line depicts the gentleness of the women watching the unfolding events. There are a lot of chromatic shifts to symbolise the suffering of Jesus; the unsettled feeling created by sometimes having very conventional harmony, and sometimes not. Mary's devotion to her son are reflected in the colourful statement of the plainsong 'Stabat Mater'.

A short period of silence follows.

Priest Let a good person strike me or rebuke me in kindness.
Pilgrims **But let the oil of the wicked never anoint my head;
for my prayer is continually against
their wicked deeds.**

The Ninth Station

Jesus falls for the third time

Priest They pour out their arrogant words,
they boast, all the evildoers.

Pilgrims **They crush thy people, O Lord,
and afflict thy heritage.**

O Jesu, you fall yet again as the burden of your mission crushes your weakened body despite the help from Simon. May we have the foresight to realize the likely consequences of our sin.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

This Station begins loudly, with energy-driven writing. This symbolises the strong inner-determination to keep going. The scene changes to the perspective of the watching crowd; the steps are slow, and the pattern of them is rather random. Jesus stumbles slightly, the crowd hold their breath, and then he falls again.

A short period of silence follows.

Priest When they are given over to those who shall condemn them,

Pilgrims **Then they shall learn that the word of the Lord is true.**

The Tenth Station

Jesus is stripped of his clothes

Priest They shall slay the widow and the sojourner,
and murder the fatherless;

Pilgrims **And they shall say, 'The Lord does not see;
the God of Jacob does not perceive.'**

O Jesu, you were humiliated for us and made as naked as you were at Bethlehem. May we not clothe ourselves with the distractions of this life as we fulfil our vocation to follow you.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

This movement is very slow and reflective, using only three stops which are amongst the thinnest and barest on the Organ. They depict a vulnerability and a complete loss of dignity as Jesus has his clothes taken from him. The slightly jaunty last two motifs on the Oboe stop signify the jeering of the guards as they cast lots.

A short period of silence follows.

Priest But my eyes are toward thee, O Lord God;

Pilgrims **In thee I seek refuge; leave me not defenceless!
Keep me from the trap, which they have laid for me,
And from the snare of the evildoers!**

The Eleventh Station

Jesus is nailed to the Cross

Priest Understand, O dullest of the people!

Pilgrims **Fools, when will you be wise?**

He who planted the ear, does he not hear?

He who formed the eye, does he not see?

He who chastened the nations,

Does he not chastise?

O Jesu, you were crucified for our salvation yet our sin continues to pierce your hands and feet and side.

We adore you, O Christ, and we bless you;

Because by your Cross and precious Blood

you have redeemed the world.

ORGAN MEDITATION

This movement has fast, manic writing for left hand and feet throughout, representing the malice of those striking the hammer blows as Jesus is attached to the cross and the lack of remorse from the crowd. In amidst this hostile atmosphere staccato chords depict the nails being struck in.

A short period of silence follows.

Priest I cry with my voice to the Lord,

Pilgrims **With my voice I make supplication to the Lord.**

I pour out my complaint before him.

I tell my trouble before him.

When my spirit is faint,

Thou knowest my way.

The Twelfth Station

Jesus dies upon the Cross

Priest He who teaches men knowledge,
Pilgrims **The Lord, knows the thoughts of man
that they are but a breath.**
If the Lord had not been my help,
**My soul would soon have dwelt
in the land of silence.**

O Jesu, you embraced humanity as you hung on the Cross; may we always devoutly embrace that honoured Cross.
We adore you, O Christ, and we bless you;
**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

This movement is based on the Graduale Incipit from the plainsong Requiem Mass. It begins and ends very sparsely, building up to a gentle climax with textures gradually thickening before receding again.

A short period of silence follows.

Priest I look to the right and watch, but there is none that takes notice of me;
Pilgrims **No refuge remains to me, no man cares for me.**
I cry to thee, O Lord;
**I say, thou art my refuge,
my portion in the land of the living.**
Give heed to my cry;
For I am brought very low!

The Thirteenth Station

The body of Jesus is taken down from the Cross

Priest When I thought, 'My foot slips',
Pilgrims **Thy steadfast love, O Lord, held me up.**
When the cares of my heart are many,
Thy consolations cheer my soul.

O Jesu, you were taken from the Cross only after you had remained there in order to complete your mission. May we too be resolute in order to fulfil our vocation.

We adore you, O Christ, and we bless you;
**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

In this movement the sadness of the people watching Jesus' body being removed from the Cross is depicted. It uses very simply harmonies with some slightly more chromatic moments portraying an increasing intensity of grief.

A short period of silence follows.

Priest Deliver me from my persecutors;
Pilgrims **For they are too strong for me!**
Bring me out of prison that I may give thanks to thy name!
The righteous will surround me;
for thou wilt deal bountifully with me.

The Fourteenth Station **The body of Jesus is laid in the tomb and is covered in incense**

Priest They band together against the life of the righteous,

Pilgrims **And condemn the innocent to death.**

But the Lord has become my stronghold.

And my God the rock of my refuge.

O Jesu, as your body was enclosed in the Holy Sepulchre, may we enclose you within our hearts so that others may see you revealed in our daily life.

We adore you, O Christ, and we bless you;

**Because by your Cross and precious Blood
you have redeemed the world.**

ORGAN MEDITATION

The final Station focuses on the incense; the Vox Humana with Tremulant evokes the ethereal. The richness of the harmony also reminds us of the smell of incense after it has been used in worship and evokes thoughts of the sealing of Jesus' tomb.

A short period of silence follows.

The Conclusion

Priest O Risen Lord, secure in us the knowledge of your forgiving mercy, the comfort of your redeeming love, and the joy of your all-powerful Resurrection from the dead.

Give us the strength to take up our crosses and follow you to the heavenly realms where you reign in glory with the Father and the Holy Spirit throughout all ages.

Pilgrims **Amen.**

The Lord be with you
And also with you.

May God bless us,
that in us may be found love and humility,
obedience and thanksgiving,
discipline, gentleness and peace.
Amen.



Worship during Holy Week

Further worship resources for the remainder of Holy Week and Easter will be available via the Cathedral website:

www.llandaffcathedral.org.uk

We hope that you will join us