

The Stations of the Cross

In our churches there are 14 images around the walls that depict the last journey of Jesus from his trial before Pilate to his burial in the tomb.

This year we will be following those stations **each evening at 6pm** – taking 3 evenings to pause and reflect on each one and how we discern it in our daily lives.

To help you join us in this reflection here is a summary of each Station and the days we will reflect. If you have any reflections or images you would like to share please send them to Fr Bob.

Sunday Feb 21st, 22nd and 23rd

1st Station Pilate judges Jesus

Where do we witness unfair judgements, how often do we hide in the crowd in the face of injustice?

Weds Feb 24th, 25th and 26th.

2nd Station The Soldiers mock Jesus

How do we mock others or mistreat them with our words and actions?

Sat Feb 27th, 28th and March 1st.

3rd Station Jesus falls

What can cause us to stumble or turn from Good?

Tues March 2nd, 3rd and 4th

4th Station Jesus meets Mary

How can we show compassion in our prayers and presence?

Fri March 5th, 6th and 7th

5th Station Simon shares the cross

How can we share others burdens and journeys?

Mon March 8th, 9th and 10th

6th Station Veronica wipes Jesus' face

How can we reach out and reflect Jesus love in our lives?

Thurs March 11th, 12th and 13th.

7th Station Jesus falls

How do we find the strength and courage to rise when we have fallen?

Sun March 14th, 15th and 16th.

8th Station Jesus and the weeping women

How often do we shed ‘crocodile tears’ – how do we turn our emotion into action?

Weds March 17th, 18th and 19th

9th Station Jesus falls a third time

How do we place our Father’s will before our own?

Sat March 20th, 21st and 22nd

10th Station Jesus’ garments are taken

What are the material things we hide behind or over rely on?

Tues March 23rd, 24th and 25th

11th Station Jesus is nailed to the cross

How do we utter and show forgiveness even when we are hurt?

Fri March 26th, 27th and 28th

12th Station Jesus dies

How does this moment shape who and what we are?

Mon March 29th, 30th and 31st

13th Station Jesus body is taken down

How do we support those who grieve and mourn?

Good Friday and Holy Saturday April 2nd and 3rd

14th Station Jesus is buried

How often do we ‘bury’ Jesus and how can we help bring his life into the world?



Prayer Box.

During the recent online 'Prayer Breakfast' Father Bob wished he could deliver a Prayer Box to everyone needing help with prayer, whilst knowing any such item would have to be different for each individual: impossible!

But each of us can make our own Prayer Box, bespoken, I thought!

Containing symbols of our hopes and dreams; fears and worries; requests and questions; of our needs, to be heard, for strength and for preservation; symbols of our will to learn God's ways; of our grateful joys in, and humble respect for, God.

To be a way for God to reveal Himself to us.

By His grace.

- Choose a disposable cardboard box, or a sturdy wooden box, or a metal casket, or a pot – any container with a lid.
- Decorate it with paint, or seashells, or shiny sweet wrappers, or leave it plain.
- Line it with glued-on leftover wrapping paper, or printed-off psalms, or spare fabric, or copies of favourite photographs.

Make it your own.

- Place in it a leaf, or a lucky penny, or a feather, perhaps found on a walk. Change what's inside daily, or weekly, or not at all.

My first item for the shoebox I've chosen for my own Prayer Box, is this cross, (pictured above) cut from the bough from my garden bay tree I used for our Christmas tree.

When I take off the lid, at 9am while our church is in prayer, or at any time I wish,

I think of the freedom prayer gives us from lockdowns, from cabin fever, from the mundane.

The space inside the box reminds me of the physical church.

Please do share your Prayer Box ideas (or images) if this idea appeals to you.

Elaine Hamilton

CENTERING PRAYER

“‘Centering Prayer’ is a term used by Thomas Keating, an American Cistercian abbot, for his method of renewing an ancient Christian practice that goes back to the Desert fathers of the fourth century: repeating a prayer word in order to hold the mind still and let the deep inner silence where God dwells open up in the heart.” Cynthia Bourgeault

You begin by sitting down in your chair, eyes closed, body relaxed with your back straight.

Closing your eyes is a symbol of letting go of what is going on around and within you.

If you wish, you can start with a short prayer such as

“Into your hands I commend my spirit”.

But Centering Prayer actually begins when you start to say a sacred word, repeating it silently, gently.

The sacred word expresses your consent to God's presence and action within. The sacred word can be Jesus, Abba, love, listen, let go, faith, trust or any word that speaks to you in the present time.

If you cannot think of an appropriate word ask the Holy Spirit's guidance. Once the sacred word is chosen it is not changed during the prayer session as that would involve being engaged in thoughts.

Keep gently saying the sacred word.

You will find that thoughts, distractions, start to occur.

These are an integral, inevitable and normal part of Centering Prayer.

Just return to the sacred word.

By returning ever so gently to the sacred word a minimum of effort is needed. This is the only activity that is initiated during the prayer session.

You may find that in time the sacred word becomes vague or disappears which is positive gift.

It is recommended that each prayer session lasts for 20 minutes and that you enter into Centering Prayer each day.

At the end of the prayer time remain in silence with eyes closed for a couple of minutes, This additional 2 minutes enables you to bring the atmosphere of silence into everyday life.

If you have some kind of timer to set before you begin the prayer time it prevents you from interrupting this silence by looking at the time!

Cis Delmege