

MORNING MEDITATION

Mother of Compassion

Serenity is found in the acceptance of what is and the release of what was.

Hebrews 5:7-9

The author of this letter was writing to a people who were becoming tired of the sufferings and struggles of Christian living. He invited them to regard their struggles as opportunities for fidelity and obedience to God. He challenged them to look to Jesus as their model.

In this excerpt, the author describes Jesus as praying “with loud cries and tears” to God. In faithfulness and obedience, Jesus accepted suffering and eventual death on the cross for the sake of sinful, guilty and ungrateful people. In this self-gift, unlike the priests before him, Jesus became the “source of salvation”.

Jesus is the center and the “source” of our life and our salvation. Reflect on where your life is centered. Is your life Christ-centered?

John 19:25-27

This is a beautiful and inspiring story of how Jesus, even as he hung on the cross, was thinking of other’s pain rather than his own. He stepped into the sorrow of others around him. The same chapter also tells us how those who loved him remained faithful and loyal to the one they loved as he suffered and eventually died on the cross. They stepped into and shared each other’s sorrow.

This is what the sorrowful mother did. She stepped into the pain, rejection, loneliness, anguish, and passion of her son and that of his disciples, without going under. She stood strong and steadfast for her son and for his disciples. She became strength for the suffering, lonely, rejected and the sorrowful. She emerged from her pain and sorrow to become for us a fearless, powerful, courageous and moving figure.

Let us be inspired by the example of the sorrowful mother and learn to be present to each other in times of disappointment, pain, suffering and sorrow.

Saint of the Day, September 15 - Our Lady of Sorrows and 18 other saints are remembered this day.

Today the Church remembers Our Lady of Sorrows. Mary, the sorrowful mother, stood fearlessly at the cross while others fled. She stood strong seeing her son beaten, bruised, and

placed under the burden of the cross. She was courageous and unafraid to stand by the cross as her son hung on the cross and welcomed her son's lifeless body into her arms. In all these, she saw the redemption of humanity and found peace.

The image of the sorrowful mother reflects the wisdom of Jesus as he proclaimed it in the beginning of his ministry: "Blessed are those who mourn: God will comfort them" (Mt. 5:4); Be Compassionate as your father is compassionate (Lk.6:36).

It is a good day to remember many mothers who have to carry heavy burdens.....make an effort to ease up someone's burden today!

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