

*Jesus carries his Cross.*

In the Name of the Father and of the Son and of the Holy Spirit. Amen

Lord Jesus, as you carried the Cross you were mocked, spat on, rebuked, and humiliated. You were exhausted in every possible way. You met Simon of Cyrene along the way. The gospels tell us that the soldiers made him carry the cross with you as you neared Calvary. Simon of Cyrene's encounter with you, although reluctant at first, brought about his conversion. Let us pray, that when we experience our own personal crosses that you are there with us carrying us through each day. May we also have the confidence and care to reach out to those in need within our families, parishes, and communities. Like Simon of Cyrene, let us see the opportunities to do good and to help where we can. Let us open our hearts to your saving love so that we can experience a true conversion in our own lives. By being conformed to you, let us bring your love to others who may need support and help at this time. We ask this through Christ, Our Lord. Amen

Gospel Reading - Luke 23:26-32

As they were leading him away they seized on a man, Simon from Cyrene, who was coming in from the country and made him shoulder the cross and carry it behind Jesus. Large numbers of people followed him, and women too, who mourned and lamented for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children. For look, the days are surely coming when people will say, "Blessed are those who are barren, the wombs that have never borne children, the breasts that have never suckled!" Then they will begin to say to the mountains, "Fall on us!"; to the hills, "Cover us!" For if this is what is done to green wood, what will be done when the wood is dry?'

As Christ's body weakens on the journey to the cross Simon of Cyrene is brought in to support Jesus in the final stages of his journey to Golgotha. Simon's sharing of the weight of the cross is a witness of his holiness.

In this time of pandemic, there have been many witnesses to Holiness through their countless acts of generosity, kindness, and selflessness. These acts are a beacon of hope across all nations and those who carry them out "share also in Christ's prophetic office, spreading abroad a living witness to him, especially by means of a life of faith and charity". (12, Lumen Gentium )

Like Simon of Cyrene we are invited to shoulder the weight of the crosses carried by our brothers and sisters. When we do this we too become witnesses of holiness on life's journey.

*Christ has no body but yours.  
St Teresa of Avila*

Christ has no body now but yours.  
No hands, no feet on earth but yours.

Yours are the eyes through which he looks compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands through which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes, you are his body.

Christ has no body now on earth but yours.