

# The Stations of our Lives



During this time of Lent and especially during Holy Week, many of us would have joined together to pray the Stations of the Cross. A little over a month ago, before we found ourselves so isolated from each other, I was asked to give a reflection at a gathering of married couples as they pondered the Stations of the Cross together. As I prepared my sharing it occurred to me that each of us really has our own Life Stations.

In most churches the fourteen stations are fixed on the church walls with an image that brings to mind the story of that station: such as an image of Veronica wiping the face of Jesus; Jesus falling beneath the cross, etc. In reality, the Stations in a church do not need these images. The only requirement for the Stations is a plain cross mounted for each of the 14 Stations.

As I prepared for the group reflection it was as if I could see the inside of a huge church. Its walls were adorned with many, many plain crosses waiting for my Life Stations to be hung. Yet these Stations were not to be just of sadness or suffering, but of all the things of my life: the people, places, decisions, events, etc. and a cross was to be above each of them. The Cross represented, as the Cross always does, the Mark, the Sign, of Love, of Blessing, of Redemption, of Forgiveness, Healing, Salvation, and final Joy.

I invite you, as I now do, whenever my life's Stations, my life's memories, come to mind, to place above those mental pictures the Cross of Christ. Mark that memory, that "station" with the Cross.

Does this Life Station stir bitterness? Mark it with the Sign of Christ's Forgiveness. Does the memory stir a deep sadness, a recurring hurt? Mark it with the Sign of Christ's Healing. Does the memory stir love, gratitude? Mark it and pray for a deepening of love, a deepening of thankfulness.



**This is a time of having time. A time when we can “travel back” and pray the Stations of our Life: a time to remember the people, places, decisions, events, of our own Stations and ponder how they have influenced and shaped our life. Now we have the time to stop at each Station and pray. And ... when our Journey through these, our own Stations, reveal patterns that are not of God, may we ask the Lord’s Kindness and Mercy and seek with great gratitude the graces of the Sacrament of Reconciliation. May we end these, our Stations, as the first Stations have their end: in the Joy of Resurrection, the Joy of a Resurrected Life.**

*S. Mary Ann*