

A Coffee with Alessio



The Eighth Station: Jesus Consoles the Women of Jerusalem

This week we continue our meditation on the Stations of the Cross with the eighth station.

Christ speaks:

"But now these women weep for me
and my heart mourns for them-
mourns for their sorrows that will come."

The people finish their reply to this station by saying:

"May gentleness become my cloak.
Lord, make me kind like you."

Jesus never had a pity party for himself on the Cross. He could have come down from there when he was stirred by crowd: "He saved others; let him save himself if he is the Christ of God, the Chosen One" (Luke 23:35);

by the soldiers, who, after the crowd stirred Jesus, said: "If you are the king of the Jews, save yourself" (Luke 23:37);

and then by one of the criminals who hung either side of Jesus: "Are you not the Christ? Save yourself and us as well." (Luke 23:39-40)

Jesus was in complete control of his passion and death. Yes, He could have come down from the Cross - but then he would not have been true to his mission - to come down and live on earth for our salvation. Those women from Jerusalem were weeping for Jesus, but he told them to weep for themselves and for the sorrows that would come. Jesus models perfectly the attitude we should have, which is

summarised beautifully in the last two lines of the people's response to the eighth station:

"May we always be gentle and may we be kind like the Lord."

In our music rehearsals, we all don't get everything right all of the time. That's the whole point of a rehearsal. Many choir rehearsals happen at night time, after people have rushed home from work, maybe they have had dinner or maybe they haven't. Most of these people are volunteers. So we need to remember these factors as the context for our choir rehearsals, so that gentleness will be our cloak and that we will be kind to our fellow musicians just as the Lord would be.

Now, the verse of the hymn "At the Cross her station keeping" that follows the eighth station is as follows:

"O sweet Mother, font of love,
touch my spirit from above.
Make my heart with yours accord."

Yes, Mary's heart was a font of love, and just as she accepted God's will for her in her life, we must do the same. At the moment there is a lot of uncertainty in the world, health-wise and economically - we continue to feel the flow-on effects of the bush fires during the summer and we are in the midst of the Coronavirus outbreak. Just as Jesus consoled the women of Jerusalem we too can be a source of consolation for our neighbour. The best medicine is laughter, and sometimes a smiling face can make a world of difference to a person who is feeling "the weight of the world on their shoulders". So, this week, let's be that source of consolation to others.

Now for a coffee this week - Cafe 2 Twenty Four on Belmont Avenue (next to the Belmont Forum) is a good place for a coffee this week. It's very homely there and they do a good job.

So, as we continue our Lenten journey, may Christ be your guide in all things. Till next week - enjoy your coffee!

Alessio Loiacono
Music Field Officer

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