



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

MEMORIAL OF OUR LADY OF SORROWS

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading and Today's Gospel

I am grateful to him who has strengthened me, Christ Jesus our Lord, because he considered me trustworthy in appointing me to the ministry. I was once a blasphemer and a persecutor and an arrogant man, but I have been mercifully treated because I acted out of ignorance in my unbelief. Indeed, the grace of our Lord has been abundant, along with the faith and love that are in Christ Jesus.

1 TIMOTHY 1:12-14

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple there whom he loved he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

Reflection

On this Memorial of Our Lady of Sorrows, the readings speak to the tender compassion of Jesus and his care for all. In the First Reading from 1 Timothy, St. Paul speaks of his gratitude for Jesus providing him the strength he needs for his ministry. He further notes that he has been treated mercifully even though he, Paul, acted out of ignorance. He closes this passage with recognizing the abundance of grace he has received from God.

In the Gospel from John, we once again see Jesus' compassion and concern for his loved ones, specifically, his mother, Mary. He entrusted her protection and care to his beloved friend and disciple, John. Even though in great agony, Jesus was thinking of others, and most especially, his mother.

These passages speak to us in so many ways. They call us to compassion, thinking of others and serving others. They call us to turn from ways that are destructive and harmful, that go against the grain of our call to discipleship. And most of all, they call us to be merciful as Jesus was merciful to St. Paul, his disciples, and his Mother, Mary.



Lourdes, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What does being "merciful" look like in your life today? How might these readings nudge you into increasing the mercy you show to others and yourself?

- What happens within you as you reflect on Our Lady of Sorrows?

For Prayer

*Loving and merciful God,
we bring before you all the men, women, and children
experiencing violence, war, poverty, starvation,
and indignities of all kinds.
May we be generous in providing a merciful presence
to those whom we encounter this day.
We ask this in your name.
Amen.*

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