

### **Fifth Station: Simon of Cyrene helps Jesus to carry his cross**

Recall I mentioned that in In 2007, Pope Benedict XVI approved another distinct set of stations for meditation and public celebration. In that alignment Simon of Cyrene is the Eight station. But here in the traditional alignment it is the fifth.

Have you ever been a bystander and suddenly thrust into an event. Simon was just watching what was happening, but suddenly he was grabbed by the soldiers and ordered to carry the cross.

When you see people who need my help. what do you do? Lend a hand. Slink into the crowd. Reach out? Or just ignore them. Even when asked to help, do you willingly assist or find some excuse to avoid getting involved?

Use this Station as your compass, know that there are times when you simply must get involved, must lend a hand. Sometimes when simple advice is enough, It may be a minor interruption to your planned routine, and sometimes, hopefully rarely it may mean taking the cross of another and carrying it for them, until they are well enough to endure it once more.

This was not Simon's cross, but he did help to bear it. Blest are those who will help another by patiently accepting their burden. Use this station to reflect upon your actions when you have the opportunity to help others.