

Lenten Meditations Podcast Ep. 4 Transcript

The Three O'Clock Prayer (with Gabby Bibeau and Bro. Tom Redmond, SM)

00:10 - Gabby Bibeau

Welcome to our final Lenten meditation. We are now in Holy Week. And we walk with Jesus on the road to Calvary. Today's meditation will be centered on the *Three O'Clock Prayer*. We now invite you to open your hearts to enter into this meditation.

00:50 - Bro. Tom Redmond, SM

"Lord Jesus, we gather in spirit at the foot of the cross..."

00:59 - Gabby Bibeau

We imagine ourselves gathered at the cross of Jesus. We gather. We do not stand alone. We do not let Jesus die alone. In your imagination, look up at Jesus on the Cross. What do you see? What do you hear?

[Soft music 01:26 - 02:06]

02:06 - Bro. Tom Redmond, SM

"With your Mother..."

02:10 - Gabby Bibeau

Mary is here. Of course, she does not abandon her child in his greatest hour of need. Nor does she abandon us. Mary stands with us. She gathers with us. Look at Mary standing beside you at the cross. What do you see? What do you hear?

[Soft music 02:38 - 03:00]

03:00 - Bro. Tom Redmond, SM

"And with the disciple whom you loved."

03:06 - Gabby Bibeau

The disciple Jesus loved, that's us. That's all of us. We are his beloved disciples. How does it feel to call yourself "Christ's beloved?"

[Soft music 03:20 - 04:00]

04:00 - Bro. Tom Redmond, SM

"We ask your pardon for our sins, which are the cause of your death."

04:07 - Gabby Bibeau

Every day Christ is crucified over and over again. Our sins, our apathy, our privileges contribute to systems that cause others to suffer. But Mary shows us that at this moment, there is no better place to be than in the shadow of the cross, standing with Jesus as he suffers. In your life right now, who is the suffering Jesus you are standing with? Who do you see crucified with Jesus on the Cross?

[Soft music 04:46 - 05:42]

05:42 - Bro. Tom Redmond, SM

“We thank you for remembering us in that hour of salvation, and for giving us Mary as our Mother.”

05:52 - Gabby Bibeau

In that moment of redemption, Jesus didn't just die. He shared his life with us by giving us his Mother. He knew that she would be a model of courage and strength. She would show us how to grieve but not despair.

06:14 - Bro. Tom Redmond, SM

“Holy Virgin, take us under your protection and open us to the action of the Holy Spirit.”

06:24 - Gabby Bibeau

Mary's openness to the Spirit began at the angel's message decades before this Calvary day. The Spirit moved Mary to intercede for the newly married couple at Cana. And now, at the foot of the cross, Mary teaches us how to be open to the movement of the Spirit even in this difficult time. She trusts that in this pain and suffering, the Spirit is moving, transforming, giving birth to this Church, this community of disciples. Take a moment and ask yourself, what is the Spirit giving birth to in my life?

[Soft music 07:11 - 07:33]

07:33 - Bro. Tom Redmond, SM

“Saint John, obtain for us the grace of taking Mary into our lives, as you did...”

07:43 - Gabby Bibeau

After the crucifixion, John didn't just take Mary into his life, he took her into his home as Mother and friend. He accompanied Mary, following her example until the day he died.

08:04 - Bro. Tom Redmond, SM

“And of assisting her in her mission.”

08:17 - Gabby Bibeau

Now in our minds, we, too, accompany Mary during the last moments of her son's earthly life. We look again at Jesus on the Cross and watch as he takes his last breath.

08:40 - Gabby Bibeau

It feels like all is lost. We're tempted to despair. After carrying Jesus's body to the tomb, you find yourself walking with Mary away from Golgotha. Suddenly, she turns to you and says, "This is only the beginning. There is much work to be done." As you continue walking home with Mary by your side, take some time to talk to her about what's on your heart right now. Ask her, "Where am I called to be? How do I carry your mission forward?"

[Soft music 09:32 - 10:29]

10:29 - Gabby Bibeau

And so, we pray together: *"May the Father and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen."*

10:48 - Gabby Bibeau

Thank you for listening to our final Lenten meditation. All of us at NACMS wish you a very Blessed Holy Week and a Happy Easter.