

# **MORNING MEDITATION**

## **Friday, Eleventh Week in Ordinary Time**

**Serenity is when you face reality as it is, gently and peacefully.**

### **2 Kings 11:1-4, 9-18, 20**

This excerpt tells us about how the temples as well as the priests of Baal were destroyed. The people rejoiced, crowned a descendant of David as king and renewed their covenant with the Lord and became once again the Lord's chosen people.

### **Psalm 132**

**The Lord swore to David,  
A firm promise from which he will not withdraw:  
"Your own offspring,  
I will set upon your throne."**

### **Mathew 6:19-23**

**"Make it your practice to store up heavenly treasure....."** Jesus used simple examples from the common, every day experience to explain the transitory nature of the riches of the world. Moths/termites get into barns full of grains, Expensive garments wear out (corrode) and go out of fashion and thieves get into the saved up money. Nothing of what the world considers wealth will last...learn to focus on gathering in lasting wealth.

**Instead of gathering grains into barns and food into the freezers, gather in food that will satisfy lasting hunger, food that will feed the spirit, food for the soul.....**

**Instead of wearing expensive garments, wear the garment of noble and virtuous character.....**

**Instead of gathering money into the bank, gather in friends, build lasting, enduring relationships.....**

**"If your eyes are good, your body will be filled with light....."** The amount of light that gets into a room depends on the state of the window.....the amount of light that get into the body depends on the state of the eyes.....

**Check your vision! Your attitudes toward the world around you depend on your vision, on how you see God, yourself and the world around you!**

## **Saint of the day, June 19 – St. Romuald and 12 other saints are remembered this day.**

Romuald was born into an aristocratic family around the year 950. He grew up in a luxurious and worldly environment, where he learned little in the way of self-restraint or religious devotion. When Romuald was 20 years old, he watched his father, Sergius, kill a relative in a duel over property. Disgusted by the crime he had witnessed, Romuald went to the Monastery of St. Apollinaris to do 40 days of penance for his father.

These 40 days confirmed Romuald's monastic calling, as they became the foundation for an entire life of penance. But his strict asceticism brought him into conflict with some of the other monks. He left the area near Ravenna and went to Venice, where he became the disciple of the hermit Marinus. Both men went on to encourage the monastic vocation of Peter Urseolus, a Venetian political leader who would later be canonized as a saint. When Peter joined a French Benedictine monastery, Romuald followed him and lived for five years in a nearby hermitage. In the meantime, Romuald's father Sergius had followed his son's course, repenting of his sins and becoming a monk himself. Romuald returned to Italy to help his father, after learning that Sergius was struggling in his vocation. Through his son's guidance, Sergius found the strength to persist in religious life.

After guiding his penitent father in the way of salvation, Romuald traveled throughout Italy serving the Church. By 1012 he had helped to establish or reform almost 100 hermitages and monasteries. The most famous of the monasteries Romuald founded was that of the Camaldoli in Tuscany. Here began the Order of the Camaldolese Benedictines, uniting the monastic and eremitical lives. The foundations of the Camaldolese order were not laid until 1012 when a piece of land called the "Camaldoli," located in the Diocese of Arezzo, was granted to Romuald. It became the site of five hermits' quarters, and a full monastery soon after. St. Romuald of Ravenna died in his monastic cell on June 19, 1027. Pope Gregory XIII canonized him in 1582

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