

# **MORNING MEDITATION**

## **Monday, Fifth Week in Ordinary Time**

**Let purposefulness define your character  
and let it become your way of being, of living and of acting.**

### **Genesis 1:1-19**

This excerpt tells us the story of creation. God gives a “form” to that which didn’t have a form.

God separated light from darkness.... God gathers the waters that will continue to bless the earth.

Wise men and women continue to reflect on the Creative activity of God and God’s word of wisdom which brings everything into being.

God saw everything created as GOOD and God blessed them.

**May God’s creation bless you and may your presence bless God’s creation!**

### **Psalm 104**

**Bless the Lord, Oh my soul!  
O Lord, my God, you are great indeed!  
You are clothed with majesty and glory,  
robed in light as with a cloak.**

### **Mark 6:53-56**

Mark tells us that People came from all over to touch and be touched by Jesus.

All kinds of people found the power of healing in that touch - the healing touch.

Mark tells us that all who touched Jesus got well.

**May your touch be affirming, compassionate, encouraging, gentle, healing, kind,  
loving, sensitive, supportive, transforming!**

**Saint of the Day, February 10 - St. Scholastica and 104 other saints are remembered this day.**

Scholastica and her twin brother were born around 480 in Nursia, Umbria, Italy of wealthy parents. She and her brother Benedict were brought up together until the time he left to pursue studies in Rome. Twins often share the same interests and ideas with an equal intensity. Scholastica and her twin brother, Benedict, established religious communities within a few miles from each other. Little is known of Scholastica's early life. She founded a religious community for women near Monte Cassino at Plombariola, five miles from where her brother governed a monastery.

The twins visited each other once a year in a farmhouse because Scholastica was not permitted inside the monastery. They spent these times discussing spiritual matters. According to the Dialogues of St. Gregory the Great, the brother and sister spent their last day together in prayer and conversation. Scholastica sensed her death was close at hand and she begged Benedict to stay with her until the next day. He refused her request because he did not want to spend a night outside the monastery, thus breaking his own Rule. Scholastica asked God to let her brother remain and a severe thunderstorm broke out, preventing Benedict and his monks from returning to the abbey.

Benedict cried out, "God forgive you, Sister. What have you done?" Scholastica replied, "I asked a favor of you and you refused. I asked it of God, and he granted it." Brother and sister parted the next morning after their long discussion. Three days later, February 10, 543, Benedict was praying in his monastery and saw the soul of his sister rising heavenward in the form of a white dove. Benedict then announced the death of his sister to the monks and later buried her in the tomb he had prepared for himself.

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