

MORNING MEDITATION

Thursday, Second Week in Ordinary Time

**Peace is not a relationship of nations.
It is a condition of mind brought about by a serenity of soul.**
(Jawaharlal Nehru)

1 Samuel 18:6-9; 19:1-7

When David returned after slaying the philistine, women danced and sang joyful songs in his honor. Saul became jealous and tried to persuade Jonathan, his son to kill David. Jonathan spoke favorably of David and persuaded his father to give up his plan. Saul had a change of heart and he reinstated David into his service.

This excerpt teaches us that radical conversion is possible.... change of attitude is possible, broken relationships can be healed.... we can challenge and support one another in an ongoing process of conversion.

Psalm 56

**Now I know that God is with me.
In God, in whose promise I glory,
In God I trust without fear;
What can flesh do against me?**

Mark 3:7-12

Mark gives us the details of towns and cities from which people came. Sick people didn't wait for him to touch them, they rushed to touch him. Mark tells us that evil spirits called him "Son of God". And Jesus demanded silence from them. In few verses Mark tells us much about the movement of Jesus and how people recognized in Jesus' "Sonship", an identity with the Father, an intimacy, a union, a communion with the Father. No other word than the word "Son" could describe this relationship. Reflect on "sonship", on identity, intimacy, communion with God!

Mark also tells us that Jesus didn't want publicity – called for silence. People expected a political messiah. Jesus thought of Messiahship in terms of sacrificial Love; the people thought of it in terms of Jewish nationalism. Jesus had to educate them into the true idea of the Messiah. Jesus had to wait patiently to educate his followers. Reflect on your own vision of Jesus. Reflect over the possibility of deepening your knowledge and experience of Jesus!

Saint of the Day, January 22 – St Vincent of Zaragoza and 19 others are remembered this day.

Vincent was born at Huesca, near Saragossa, Spain during the latter part of the 3rd century, the actual date is not known. He spent most of his life in the city of Saragossa, where he was educated and ordained to the diaconate by Bishop Valerius of Saragossa, who commissioned Vincent to preach throughout the diocese. Because Valerius suffered from a speech impediment, Vincent acted as his spokesman.

When the Roman Emperor Diocletian began persecuting Christians in Spain, both were brought before the Roman governor, Dacian in Valencia. Vincent and his bishop Valerius were confined to the prison of Valencia. Though he was finally offered release if he would consign Scripture to the fire, Vincent refused. Speaking on behalf of his bishop, he informed the judge that they were ready to suffer everything for their faith, and that they could pay no heed either to threats or promises.

His outspoken manner so angered the governor that Vincent was inflicted every sort of torture on him. He was stretched on the rack and his flesh torn with iron hooks. Then his wounds were rubbed with salt and he was burned alive upon a red-hot gridiron. Finally, he was cast into prison and laid on a floor scattered with broken pottery, where he died. During his martyrdom he preserved such peace and tranquility that it astonished his jailer, who repented from his sins and was converted. Vincent's dead body was thrown into the sea in a sack, but was later recovered by the Christians and his veneration immediately spread throughout the Church. The aged bishop Valerius was exiled.

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