

MORNING MEDITATION

Monday, Fourteenth Week in Ordinary Time

Simplify your life by reducing your dependance on the modern gadgets.

Hosea 2:16-18, 21-22

Hosea shares his vision of Yahweh leading his people to the desert to reestablish the covenant. Yahweh will espouse Israel in justice, in love, in mercy and in fidelity. Israel will once again know God as the Lord of everlasting Love and Faithfulness.

Pray: Father, teach me to trust in your everlasting love and leave my life in your hands.

Psalm 145

**Every day will I bless you,
And I will praise your name forever and ever.
Great is the Lord and highly to be praised;
His greatness is unsearchable.**

Mathew 9:18-26

There are two miracles in this excerpt from the Gospel of Mathew: the healing of the ruler's daughter and the healing of the woman with hemorrhage. Each of them came with a different quality of faith: the ruler came desperate, having tried everything and the woman, came believing that even touching the garment of Jesus would bring healing. The amazing thing is: they were accepted, with the kind of faith with which they came - with what they brought, just the way they were, without conditions.

Turn to the Lord with whatever faith you have...inadequate faith, little faith, lots of faith...size of a mustard seed.....Pray: Lord, increase my faith!

No matter, how imperfectly we come, His love and his arms are open to us in welcome embrace.

We do not wait until our motivations, our faith and our theology are perfect. We come just as we are.

Saint of the day, July 4 - St. Elizabeth of Portugal and 21 other saints are remembered this day.

Elizabeth was born into the royal house of Aragon on January 4, 1271 in Zaragoza,

Spain. She was the daughter of Infante Peter (later King Peter III) and his wife Constance of Sicily and the sister of three kings: Alfonso II and James II of Aragon and Frederick III of Sicily. Elizabeth showed an early enthusiasm for her faith. She prayed the full Divine Office daily, fasted and did other penance, as well as attended twice-daily choral Masses. Her marriage to King Denis of Portugal was arranged in 1281 when she was 10 years old, receiving the towns of Óbidos, Abrantes and Porto de Mós as part of her dowry. It was only in 1288 that the wedding was celebrated, when Denis was 26 years old, while Elizabeth was 17.

Elizabeth quietly pursued the regular religious practices of her youth and was devoted to the poor and sick. Her prayer and patience succeeded in converting her husband, who had been leading what she considered a sinful life. She had two children: a daughter and a son.

After the death of her husband Denis in 1325, Elizabeth retired to the monastery of the Poor Clare, which she had founded in 1314 in Coimbra. She joined the Third Order of St. Francis, devoting the rest of her life to the poor and sick in obscurity. During the great famine in 1293, she donated flour from her cellars to the starving in Coimbra. She was also known for being modest in her dress and humble in conversation, for providing lodging for pilgrims, distributing small gifts, paying the dowries of poor girls, and educating the children of poor nobles.

After completing a peacemaking mission, she took to her bed with a fever from which she died on July 4, 1336 in Portugal. She earned the title of Peacemaker on account of her efficacy in solving disputes. She was canonized by Pope Urban VIII on May 25, 1625

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