

MORNING MEDITATION

Friday, Twenty Fourth Week in Ordinary Time

**Serenity is found when you let go of expectations
and find peace in the moment.**

I Corinthians 15:12-20

Paul taught the Corinthians that belief in the resurrection of Jesus was essential. If there is no resurrection, Christian life has no meaning. The resurrection of Jesus is the sign of the ultimate victory of good over evil, love over hatred and life over death. The whole Christian message is grounded in the belief in the resurrection of Jesus.

Psalm 17

**Hear, O Lord, a just suit;
attend to my outcry;
hearken to my prayer from lips without deceit.**

Luke 8:1-3

This excerpt remembers women who ministered to Jesus. They are remembered as women who received the gift of love that their master, Jesus offered, and followed him and supported him out of the generosity of their hearts. Their hearts were opened, and they opened their hearts in turn.

This kind of opening is at the heart of the Christian story, the story of God's life and love, the story of our salvation. It began with the openness of a woman full of Grace, a woman of faith, of great love and compassion - a woman who opened her heart and said, "YES", "may your will happen". In this excerpt, we read about other women who opened their hearts and minds and ministered to Jesus out of their means. After the death of Jesus, we find these women of compassion standing beside the tomb, listening to the messenger of God inviting them to open their minds and encouraging them not to be afraid. They opened their hearts to the great news, welcomed the word of the resurrection like thirsty soil and hurried away to share the wonderful news with others because they were open, ready, receptive, docile.....

Your spirit must be opened for God's goodness and love to grow there. Open minds and hearts are ready to receive the abundant life and love and grace which God constantly offers.....

Saint of the Day, September 18 - St. Joseph of Cupertino and 11 other saints are remembered this day

Joseph Cupertino was born in the village of Cupertino, in the Kingdom of Naples on June 17, 1603. His father died before his birth. The family home was seized to settle the large debts that his father had left, and his mother was forced to give birth to him in a stable.

Joseph began to experience ecstatic visions as a child, which were to continue throughout his life, and made him the object of scorn. His life was not helped by his frequent outbursts of anger. He was soon apprenticed by his uncle to a shoemaker. Feeling drawn to religious life, in 1620 he applied to the Conventual Franciscan friars, but was rejected due to his lack of education. He then applied to the Capuchin friars in Martino, near Taranto and got accepted in 1620 as a lay brother. He was dismissed as his continued ecstasies made him unfit for the duties required of him.

After Joseph returned to the scorn of his family, he pleaded with the Conventual friars near Cupertino to be allowed to serve in their stables. After several years of working there, he had so impressed the friars with the devotion and simplicity of his life that he was admitted to their Order and was ordained a priest on March 28, 1628.

After this point, the occasions of ecstasy in Joseph's life began to multiply. It was claimed that he began to levitate while participating at Mass or joining the community for the Divine Office, thereby gaining a widespread reputation of holiness among the people of the region and beyond. He was deemed disruptive by his religious superiors and Church authorities, however, and eventually was confined to a small cell, forbidden from joining in any public gathering of the community.

As the phenomenon of flying or levitation was widely believed to be connected with witchcraft, Joseph was denounced to the Inquisition. At their command, he was transferred from one Franciscan friary in the region to another for observation, where he lived under the supervision of the Capuchin friars. He practiced a severe asceticism throughout his life, usually eating solid food only twice a week, and adding bitter powders to his meals. He passed 35 years of his life following this regimen.

Finally, on July 9, 1657, Joseph was allowed to return to a Conventual community in Osimo, where he died on September 18, 1663. He was canonized in 1767.

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