

MORNING MEDITATION

Thursday, Sixteenth Week in Ordinary Time

The law of tranquility: where there is no resistance, there is no conflict.
(Zen)

Jeremiah 2:1-3; 7-8; 12-13

Jeremiah recalls the original dignity of Israel as God's special people. Israel was chosen by the Lord and so loved by God. But they have left the Lord and his ways...even the priests have abandoned the Lord's ways. Israel has dug for themselves "broken cisterns which hold no water", forsaking the Lord, the source of living water".

Psalm 36

**O Lord, your kindness reaches to heaven;
your faithfulness, to the clouds.
Your justice is like the mountain of God;
Your judgments, like the mighty deep.**

Mathew 13:10-17

Jesus spoke to his disciples about the law of increase. To the man who has, more will be given and from the man who has not, even what he has, will be taken away. The more you know, the more you are capable of knowing; the more you train the body, the more able it becomes; the more the effort, the more the result; the more responsibility one shoulders, the more one is able to accept responsibility; the more you work with a skill, the more developed the skill becomes; the diligent and the hard-working may get more and more while the lazy and careless may lose even what he has..... This is the law of increase. When we overcome one weakness or problem, our capacity to overcome other weaknesses and problems increases.

Every good thing we do, every act of sacrifice, kindness we show, etc. make us better persons.....Keep doing the good you can do!

Jesus called the disciples to remember how blessed they were. They have seen what many in history only dreamed of.

Remember, with gratitude, how blessed you are: to see what you see; to know what you know; to touch what you touch; to feel what you feel.....Be grateful!!! How Blessed!!! How Graced!!!!

Saint of the Day, July 23 - St. Bridget of Sweden and 10 other saints are remembered this day.

St. Bridget of Sweden was born as Birgitta Birgersdotter in 1303 in Uppland, Sweden. She was the daughter of the governor and provincial judge of Uppland, and of Ingeborg Bengtsdotter. From the time she was a child, she had a great devotion to the passion of Jesus. When she was 14, Bridget married an 18-year old man named Ulf. Like Bridget, Ulf had set his heart on serving God. They had eight children, of whom one was St. Catherine of Sweden. Bridget and Ulf also served the Swedish court, Bridget as the queen's personal maid.

All her life, Bridget had marvelous visions and received special messages from God. In response to these messages, she visited many rulers and important people in the Church. She explained humbly what God expected of them. After her husband died, Bridget put away her rich clothes and lived as a poor nun. In 1346, she began the order of the Most Holy Savior, also known as Bridgettines.

In 1350, a year of jubilee, Bridget braved a plague-stricken Europe to make a pilgrimage to Rome. Although she never returned to Sweden, her years in Rome were far from happy, being hounded by debts and by opposition to her work against Church abuses. Shortly before her death, she went on a pilgrimage to the Holy Land. At the shrines there, she had visions of what Jesus had said and done in each place. All St. Bridget's revelations on the sufferings of Jesus were published after her death. St. Bridget died in Rome on July 23, 1373 and was canonized by Pope Boniface IX in 1391.

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