

MORNING MEDITATION

Saturday, Twenty Eighth Week in Ordinary Time

Serenity requires forgiving yourself, healing your hurt, cleansing your guilt, and letting go of self-condemnation for past mistakes.

Ephesians 1:15-23

The author of this letter has a prayer for us that we will enjoy the knowledge of God here and now, that we will be empowered with Holy Spirit, that we will be enlightened, that we will know God as God is, that we will be blessed with wisdom and understanding.....

Make this passage from Ephesians your prayer for the week.

Psalm 8

**O God, our God,
how glorious is your name over all the earth!
Your glory is praised in the heavens.
Out of the mouths of children and babes
you have fashioned praise because of your foes,
to silence the enemy and the rebellious.**

Luke 12:8-12

Jesus promised the disciples His Holy Spirit. The Spirit, he said, would teach them what they needed to know and what they had not understood yet.

For the listeners of Jesus the Holy Spirit was someone who revealed the truth, helped the person to understand the truth as it was revealed to him and helped the person to live the truth that he had come to know. This is the Spirit that Jesus promised. His own Spirit would come and teach the disciples His truth, His wisdom and give them words to proclaim the truth that he revealed. St. Paul would eventually teach his followers that the Holy Spirit would help them to pray and that the Holy Spirit would even pray in them when they did not know how to pray.

Keep listening to the Holy Spirit...Be docile.... Let the Holy Spirit help you come to know the truth and live the truth and proclaim the truth.

Saint of the day, October 17 - Saint Ignatius of Antioch and 23 other saints are remembered this day

Ignatius was born in Syria in the middle of the first century C.E. He is said to have been personally instructed, along with another future martyr, Saint Polycarp, by the Apostle Saint John. When Ignatius became the Bishop of Antioch around the year 70, he assumed leadership of a local church that was, according to tradition, first led by Saint Peter before his move to Rome

In the year 107, Emperor Trajan visited Antioch and forced the Christians there to choose between death and apostasy. Ignatius would not deny Christ and thus was condemned to be put to death in Rome.

Ignatius is well known for the seven letters he wrote on the long journey from Antioch to Rome. Five of these letters are to churches in Asia Minor; they urge the Christians there to remain faithful to God and to obey their superiors. He warns them against heretical doctrines, providing them with the solid truths of the Christian faith.

The sixth letter was to Polycarp, bishop of Smyrna, who was later martyred for the faith. The final letter begs the Christians in Rome not to try to stop his martyrdom. "The only thing I ask of you is to allow me to offer the libation of my blood to God. I am the wheat of the Lord; may I be ground by the teeth of the beasts to become the immaculate bread of Christ." Ignatius bravely met the lions in the Circus Maximus on July 6, 108.

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