

CELEBRATE EASTER

Tuesday, Third Week of Easter

**Serenity is the ability to stay centered,
no matter what life throws at you.**

Acts 7:51-8:1

Stephen appealed to the conscience and heart of the elders and scribes and called them to listen to the Holy Spirit and not oppose the work of the Spirit as their fathers did. They became angry and stoned him. Stephen, filled with Spirit and power, praised God and prayed for forgiveness for his persecutors and died.

Most of us do not experience the kind of persecution that Stephen experienced. However, we do experience criticisms, rejections, prejudices and other such slings and arrows from time to time. We are challenged to bless those who do not bless us and pray for those who burden us and inconvenience us!

Psalm 31

**Into your hands Lord, I commend my spirit;
You will redeem me, O Lord, O faithful God.
My trust is in the Lord;
I will rejoice and be glad of your kindness.**

John 6:30-35

The context of this conversation is that Jesus, after feeding the crowd, had asked them to begin to work for imperishable bread rather than perishable ones. He asked them to trust him whom the father sent.

The crowd asked for a sign as a proof of his claim to have come from the Father so that they may put their trust in him. They recalled how their ancestors were fed with manna in the desert. Jesus used this opportunity to reveal a new wisdom, hard for them to understand. They had to take him in as their bread of life, the imperishable bread.

Jesus said, “no one who comes to me shall ever be hungry, no one who believes in me shall thirst again”. Jesus satisfies the hunger and thirst of our hearts!

We are called again, today, to take in Jesus as our bread of life, our imperishable bread, the bread that brings us to life eternal.

Saint of the Day, April 21 – St. Anselm of Canterbury and 11 other saints are remembered this day.

Anselm was born in or around Aosta in Upper Burgundy, now part of Italy, sometime around 1033. At the age of fifteen, Anselm wanted to enter a monastery, but was refused acceptance because of his father's opposition. Twelve years later, after careless disinterest in religion and years of worldly living, he finally fulfilled his desire to be a monk. He entered the monastery of Bec in Normandy, was elected prior three years later, and 15 years later, was unanimously chosen abbot.

Considered an original and independent thinker, Anselm was admired for his patience, gentleness, and teaching skill. Under his leadership, the Abbey of Bec became a monastic school, influential in philosophical and theological studies. During these years, at the community's request, Anselm began publishing his theological works, comparable to those of Saint Augustine. His best-known work is the book *Cur Deus Homo* ("Why God Became Man").

Against his will, Anselm was appointed archbishop of Canterbury in 1093, at the age of 60. His appointment was opposed at first by England's King William Rufus and later accepted. Rufus persistently refused to cooperate with efforts to reform the Church. Anselm finally went into voluntary exile until Rufus died in 1100. He was then recalled to England by Rufus' brother and successor, Henry I. Disagreeing fearlessly with Henry over the king's insistence on investing England's bishops, Anselm spent another three years in exile in Rome. His care and concern extended to the very poorest people. Opposing the slave trade, Anselm obtained from the national council at Westminster the passage of a resolution prohibiting the sale of human beings.

Indifferent toward religion as a young man, Anselm became one of the Church's greatest theologians and leaders. He received the title "Father of Scholasticism" for his attempt to analyze and illumine the truths of faith through the aid of reason.

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