

# **MORNING MEDITATION**

## **Saturday, Sixth Week of Easter**

**You are not experiencing peace and serenity at this present moment because you are focusing on what you don't have.**

### **Acts 18:23-28**

Paul continued his travels encouraging and reassuring his disciples in the many towns that he had preached. In this excerpt, we read about Apollos, a very spiritual man who knew the teachings of John the Baptist and had sound knowledge of Scriptures, teaching people about Jesus. "Aquila and Priscilla took him home and explained to him God's new way in great detail". This is another example of the "welcoming character" of the early church and the sense of hospitality that strengthened the early Church.

**Be encouraging and supportive...Be hospitable and welcoming!**

### **Psalm 47**

**All you peoples, clap your hands,  
Shout to God with cries of gladness,  
For the Lord, the most high, the awesome,  
Is the great king over all the earth.**

### **John 16:23-28**

In this excerpt, we read about Jesus teaching the disciples to pray and pray with confidence... "Ask and you shall receive, that your joy may be full". We read about Jesus assuring his disciples that the Father loves them and that the Father would give them anything they ask in his name..... Jesus said, "I do not say that I will ask the Father for you, because the Father himself loves you....." You can go to God because he loves....you can ask God because he loves you....God will respond to you because he loves you.....

**Asking God is an act of trust that God has power over our lives - that God loves us so much that we can trust him with our lives - our lives' concerns, needs, etc. We place ourselves in the hands of Our Father who loves us and knows our needs more than we know ourselves.**

**We stand before him with open arms to receive or to let go. We surrender ourselves to him and remain open to receive His Gifts. God has more ways to answer our prayers than simply saying "Yes" and granting our wish.**

## **Saint of the Day, May 16 - St. Simon Stock and 19 other saints are remembered this day**

Simon Stock was born and raised in England. Although little is known about his early life, legend has it that the name Stock, meaning "tree trunk," derives from the fact that, beginning at age twelve, he lived as a hermit in a hollow tree trunk of an oak tree in complete solitude and continual prayer. He had visions of the Blessed Virgin Mary who urged him to carry on in his life of sacrifice and love. During one vision, she told him that there would be Carmelite hermits coming to England from the Holy Land and that he should join them, and Simon joined them in 1212. In 1254 he was elected Superior-General of his Order at London.

The Carmelites themselves were struggling to become established in England, but through fervent prayer to Our Lady, the order persevered, and the Carmelites spread throughout England and southern and western Europe under Simon's leadership. In 1251, in a vision, the Blessed Virgin Mary appeared to Simon holding the brown scapular in one hand. Her words were: "Receive, my beloved son, this scapular of thy Order; it is the special sign of my favor, which I have obtained for thee and for thy children of Mount Carmel. He who dies clothed with this habit shall be preserved from eternal fire. It is the badge of salvation, a shield in time of danger, and a pledge of special peace and protection." Through Saint Simon Stock, devotion to the scapular spread throughout the world. He lived an ascetic life, followed a diet of herbs, roots and wild apples and drank only water. He died on May 16, 1265 in Bordeaux, France.

Fr. Gus Tharappel, msfs