

MORNING MEDITATION

Saints Ann and Joachim

Want to simplify? Eliminate the things that are not in line with your priorities and focus on what's important.

Sirach 44:1, 10-15

Sirach praises the virtues of Israel's ancestors and remembers their wisdom.

Remember with gratitude: how blessed you are to be part of such a great faith tradition and an ancient culture of spirituality.

Psalm 103

**The Lord secures justice ,
and the rights of all the oppressed.
He has made known his ways to Moses,
and his deeds to the children of Israel.**

Mathew 13:16-17

Jesus called the disciples to remember how blessed they were. They have seen what many in history, many prophets and saints, 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.....

Saint of the day, July 26 - Saints Joachim and Anne and 8 other saints are remembered this day.

Saints Joachim and Anne are the parents of Mary and the grandparents of Jesus. Nothing is mentioned about them in the Gospels, not even their names. We also know nothing factual about them except that they existed. Even the names Joachim and Anne come from a legendary source written more than a century after Jesus died. All we know from tradition is that Anne and Joachim were devout, god-fearing people. The name Ann is the English form of the Biblical name Hannah, which means "grace". St. Ann is the patroness of Christian mothers.

The heroism and holiness of these people, however, is inferred from the whole family atmosphere around Mary in the Scriptures. The strong character of Mary in making decisions, her continuous practice of prayer, her devotion to the laws of her faith, her steadiness at moments of crisis, and her devotion to her relatives—all indicate a close-

knit, loving family that looked forward to the next generation even while retaining the best of the past.

Joachim and Anne, whether these are their real names or not, represent that entire quiet series of generations who faithfully perform their duties, practice their faith, and establish an atmosphere for the coming of the Messiah, but remain obscure.

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