

MORNING MEDITATION

Monday, Sixth Week of Easter

Nature is the best medicine for peace and serenity.

Acts 16:11-15

We continue to read about the good news being announced to many people in leading cities and districts. Hospitality continues to be one of the greatest virtues among those who came into the early Christian community.

Be hospitable! May you be a welcoming person and may your home be a welcoming and safe place!

Psalm 149

**Sing to the Lord a new song
Of praise in the assembly of the faithful,
Let Israel be glad in their maker,
Let the children of Zion rejoice in their king.**

John 15:26 – 16:4

This excerpt tells us that Jesus promised his disciples to send them his Holy Spirit. He told them that the Holy Spirit would give witness to the good news and would give them courage to stand up and witness to him in the face of difficulties...

It is the Holy Spirit within us who moves us to respond to God. Our witness to Christ is inspired and sustained by the Holy Spirit from within. The spirit brings us into this fellowship with Christ and sustains that relationship.

Our witness comes from long, lasting fellowship and intimacy with Christ. The disciples were witnesses because they have been with him. We can witness Christ only when we have been with him. The witness comes from inner, personal conviction. There can be no effective witness without personal conviction. The Spirit empowers, strengthens and sustains our conviction.

The witness flows into outward testimony. A Christian witness is a person who not only knows Christ but wants others to know Christ. He is prepared to speak what is in his heart. The Spirit empowers the person to speak the truth that is in the heart. The Spirit gives courage to stand up and witness to him in the face of difficulties.

Saint of the Day, May 11 - St. Ignatius of Laconi and 19 other saints are remembered this day.

Vincenzo Peis was born on December 10, 1701 into a poor peasant family in Sardinia. He was baptized as "Francesco Ignazio Vincenzo" since he was born out of a difficult pregnancy in which his mother invoked the intercession of Francis of Assisi. Vincenzo worked in the fields to support his parents. He suffered a serious illness at the age of seventeen that made him vow that he would consecrate himself to God and join the Order of Friars Minor Capuchin if he managed to recover from it. He did recover but put off the fulfilment of his vow after his father convinced him to wait because he depended on Vincenzo for support in the fields.

In 1721 he was in danger once more when the horse he was riding panicked. He could have been thrown off, but he called upon the assistance of Francis of Assisi and renewed the vow he had made during his illness. This time his parents did not raise objections to his becoming a friar and granted him their blessing.

He was accepted into the Franciscan novitiate on November 10, 1721 and made his profession on November 10, 1722 and took the name Ignatius. Ignatius's reputation for self-denial and charity led to his appointment as the official beggar for the friars in Cagliari. He fulfilled that task for 40 years, despite being blind for the last two years. He died on May 11, 1781 in Cagliari and was canonized in 1951.

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