

MORNING MEDITATION

Monday, Sixteenth Week in Ordinary Time

We will find peace and serenity when we recognize that our worries can't do much and surrender ourselves to God and God's way.

Micah 6:1-4, 6-8

Micah recalls the various sacrifices and offerings his people made and tells his people that what the Lord requires is not such sacrifices and offerings. What God requires is: "to do the right and to love goodness and to walk humbly with your God".

Take a moment...reflect on walking justly and humble before God!

Psalms 50

**He that offers praise as a sacrifice glorifies me;
And to him that goes the right way,
I will show the salvation of God.**

Matthew 12:38-42

This excerpt tells us about the Scribes and the Pharisees asking Jesus for a sign to prove his claims. The Scribes and Pharisees looked for God in the abnormal - in extraordinary happenings. Jesus refused their demands for extraordinary signs and challenged them to find God in the ordinary things of everyday.

Jesus presented himself as the sign, God's sign - not what he does, but himself.

Jesus is God's sign for all, just as Jonah was God's sign to the Ninevites and Solomon God's sign to the Queen of Sheba.

The disciple must become a sign of the Master. The world must meet the master in the disciple.

We can't all be shining examples, but we can, at least, twinkle a little.

Saint of the Day, July 20 - St. Apollinaris and 14 other saints are remembered this day

We do not have any historical information about St. Apollinaris. According to traditions and legends, Appollinaris was a native of Antioch in the Roman Province of Syria. Saint Peter sent Apollinaris to Ravenna, Italy, as its first bishop. As the first Bishop of Ravenna, he faced nearly constant persecution under Emperor Vespasian (Nero, according to some tradition). His preaching of the Good News was so successful that the pagans there beat him and drove him from the city. He returned, however, and was exiled a second time. After preaching in the area surrounding Ravenna, he entered the city again. After being cruelly tortured, he was put on a ship heading to Greece. Pagans there caused him to be expelled to Italy, where he went to Ravenna for a fourth time. He died from wounds received during a savage beating at Classis, a suburb of Ravenna. A beautiful basilica honoring him was built there in the sixth century.

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