

# **MORNING MEDITATION**

## **Saturday, Twenty-third Week in Ordinary Time**

**Forbearance is patience with our own imperfection and those of others!**

### **I Corinthians 10:14-22**

Paul lays down the norm: "You cannot drink the cup of the Lord and also the cup of demons. You cannot partake of the table of the Lord and likewise the table of demons". This is another way of saying that a person who has handled sacred things, cannot soil his hands with mean and unworthy things. You cannot choose the way of grace and at the same time the way of sin.

### **Psalm 116**

**How shall I make return to the Lord  
for all the goods he has done for me?  
The cup of salvation I will take up,  
and I will call upon the name of the Lord.**

### **Luke 6:43-49**

**This excerpt from Luke offers us several important teachings of Jesus:**

Your fruitfulness reflects your character. True character of a person is reflected in his actions. Fine words do not take the place of fine deeds. Fine words can never be a substitute for fine deeds. Proclaiming (teaching, preaching) truth and values happens through your personality.

Faith without practice is a contradiction in terms. It is not difficult to recite the creed, but it could be difficult to live a Christian life.

There is only one proof of love - Obedience, faithfulness. Love without obedience is an impossibility. Love without surrender is not love, yet.

Response must follow the listening. Hearing is not enough - obedience to what is heard is just as important. Knowledge becomes relevant only when it is translated into action.

Knowledge must become action. Theory must become practice. Theology must become life. Spirituality must become incarnation.

Only a house whose foundations are strong can withstand the storm - only a life whose foundations are solid can survive the testing times. Be strong! Be grounded in faith!

## **Saint of the Day, September 14 - Exaltation of the Holy Cross and 8 other saints are remembered this day**

The Feast of the Exaltation of the Holy Cross, celebrated every year on September 14, recalls three events:

- 1.The finding of the True Cross by Saint Helena.
- 2.The dedication of churches built by Constantine on the site of the Holy Sepulchre and Mount Calvary.
- 3.The restoration of the True Cross to Jerusalem in AD 629 by the Byzantine emperor Heraclius, after it had fallen into the hands of the Persian Emperor Chosroes II in the AD 614 Sasanian conquest of Jerusalem.

Early in the fourth century, Saint Helena, mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life. She razed the second-century Temple of Aphrodite, which tradition held was built over the Savior's tomb, and her son built the Basilica of the Holy Sepulcher on that spot. During the excavation, workers found three crosses. Legend has it that the one on which Jesus died was identified when its touch healed a dying woman.

The cross immediately became an object of veneration. At a Good Friday celebration in Jerusalem toward the end of the fourth century, according to an eyewitness, the wood was taken out of its silver container and placed on a table together with the inscription Pilate ordered placed above Jesus' head: Then "all the people pass through one by one; all of them bow down, touching the cross and the inscription, first with their foreheads, then with their eyes; and, after kissing the cross, they move on."

To this day, the Eastern Churches, Catholic and Orthodox alike, celebrate the Exaltation of the Holy Cross on the September anniversary of the basilica's dedication. The feast entered the Western calendar in the seventh century after Emperor Heraclius recovered the cross from the Persians, who had carried it off in 614, 15 years earlier. According to the story, the emperor intended to carry the cross back into Jerusalem himself but was unable to move forward until he took off his imperial garb and became a barefoot pilgrim.

Fr. Gus Tharappel, msfs