

# **MORNING MEDITATION**

**Monday, Third Week of Lent**

**A moment of silence, even very brief, is like a minute vacation, a truce from worries, a moment of stillness and serenity.**

## **2 Kings 5:1-15**

Naaman, a good man and effective military leader had to surrender to something that he considered "less than" himself to overcome the problems (obstacles) in his life. He had to learn to humble himself before he was freed from his problems. Naaman had two problems in his life: he was a leper and a Syrian. Leprosy was looked on with fear, causing hostility, isolation and separation from the community. Syrians were looked upon with suspicion and fear. Naaman was an outsider, not part of God's chosen people, a man to be feared, to be suspicious of and kept apart from the community. Naaman had to listen to his servant girl, then to more servants and give up his pride in order to be healed. The unclean foreigner was cleansed, and he gave testimony to God and God's power.

**Learn to be humble in your ways. Listen and learn to surrender to the Lord. Welcome God's ways with real faith and learn to attempt what seems impossible!**

## **Psalm 42**

**As the hind longs for running waters,  
so my soul longs for you, O God.  
Athirst is my soul for God, the living God,  
when shall I go and behold the face of God.**

## **Luke 4:24-30**

Being a Prophet meant many things to many people such as, calling people to purification, a cleansing of life, a conversion of attitude and real repentance; Proclaiming truth; Standing for God and God's law; Calling forth justice; Proclaiming righteousness, God's righteousness; Teaching values; Calling forth virtuous living; Proclaiming unconditional love.....And that is why a Prophet is not acceptable in his own native place.

**Learn to listen to the Prophetic voice coming from unexpected sources. Remember, Naaman had to listen to his servants; Abraham had to listen to strangers; Moses had to listen to a burning bush; Mary had to listen to an angel; Joseph had to listen to his dream; John the Baptist had to listen to a voice from the sky...Let us learn to listen and listen with faith...**

## **Saint of the Day, March 9 - St. Frances of Rome and 5 other saints are remembered this day.**

Frances was born in 1384 in Rome to a wealthy and aristocratic couple. When she was eleven years old, she wanted to be a nun, but, at about the age of twelve, her parents forced her to marry Lorenzo Ponziani, commander of the papal troops of Rome and member of an extremely wealthy family. Although the marriage had been arranged, it was a happy one, lasting for forty years, partly because Lorenzo admired his wife, and partly because he was frequently away at war.

With her sister-in-law Vannozza, Frances visited the poor and took care of the sick, inspiring other wealthy women of the city to do the same. When her mother-in-law died, Frances became mistress of the household. During a time of flood and famine, she turned part of the family's country estate into a hospital and distributed food and clothing to the poor. Frances used all her money and sold her possessions to buy whatever the sick might possibly need. When all the resources had been exhausted, Frances and Vannozza went door to door begging. Later, Frances' daughter died, and the saint opened a section of her house as a hospital.

Frances' life combines aspects of secular and religious life. A devoted and loving wife, she longed for a lifestyle of prayer and service, so she organized a group of women to minister to the needs of Rome's poor, bound by no vows. They simply offered themselves to God and to the service of the poor. Once the society was established, Frances chose not to live at the community residence, but rather at home with her husband. She did this for seven years, until her husband passed away, and then came to live the remainder of her life with the society—serving the poorest of the poor. She died on March 9, 1440.

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