

MORNING MEDITATION

Tuesday, Sixth Week of Easter

Understanding God's generous forbearance can help us forbear those who offend us and hurt us.

Acts 16:22-34

Paul and Silas were arrested, flogged, chained to a stake, and kept under maximum security. The two kept praying through the night. They and the jailer experienced a tremendous miracle as Paul and Silas were freed and led out of prison through a wide-open gate. The Jailer accepted Jesus, welcomed Paul and Silas into his home and his whole household was baptized.

Be open to the good news. And take the good news home and share it with others!

Psalm 138

**I will give thanks to you O Lord, with all my heart,
For you have heard the words of my mouth;
In the presence of the angels I will sing your praise;
I will worship at your holy temple,
And give thanks to your name.**

John 16:5-11

The disciples of Jesus were confused, surprised, bewildered and grief-stricken at hearing that their master was going to leave them. Jesus comforted them saying that it was for the best. He had to go so that he could send the Holy Spirit as a gift from the Father.

Be sensitive! Be compassionate! Reflect on the compassion of Jesus for the bewildered, confused disciples!

Jesus said that this gift of the Spirit, which he would send from the father, would do many things for his disciples that they themselves would be unable to do. The Spirit will convict them of sin, convince them of righteousness and convince them of judgment. It is the Spirit that helps us to know when we are wrong and when we have sinned. It is the spirit that helps us become convinced of what is good and right and just. And it is the spirit that helps us judge and condemn and defeat evil in the world.

Be open to the Holy Spirit! Be docile to the Holy Spirit! Listen to the Spirit whispering from within!

Saint of the Day, May 7 - St. Willibald and 21 other saints are remembered this day.

Willibald was born in Wessex around the year 700. His mother, Saint Wuna of Wessex, was reportedly a sister of Saint Boniface. His father, Saint Richard the Pilgrim, was a chieftain of Wessex. At the age of three, Willibald suffered from a violent illness. His parents prayed to God, vowing to commit Willibald to a monastic life if he was to be spared. Willibald survived and at the age of five entered the Benedictine monastery at Waldheim and was educated by Abbot Egwald.

In 721 Willibald set out on a pilgrimage to Rome with his father and brother, Winibald. After departing by ship the group arrived in Rouen, France visiting shrines and spending much of their time in prayer. Eventually they arrived in Lucca, a city in northern Italy where Willibald's father became gravely ill and died. After burying their father Willibald and Winibald continued their journey, travelling through Italy until they reached Rome. They spent some time in Italy, strengthening in devotion and discipline, but soon the two brothers became ill with the Black Plague.

Willibald left Rome in 724 and continued his pilgrimage through Naples, Ephesus, Cyprus, Nazareth, Bethlehem, Cana, Capharnaum, and Jerusalem and back to Naples approximately seven years after he had left Italy. Willibald and his remaining companion, Tidbercht, joined the Benedictine community at Monte Cassino. Here Willibald taught the community about his travels. He would spend over ten years at Monte Cassino and another local Benedictine monastery where he served roles as, "sacristan, dean, and porter.

In 738 Saint Boniface requested Pope Gregory III to send Willibald to assist him in his missions in Germany. The pope granted the request. Upon arriving at Eichstätt, Willibald was ordained a priest by Boniface on July 22, 741 and asked to begin missionary work in the area. In 742 he and his brother Winibald, founded the double monastery of Heidenheim. In 746 Boniface consecrated Willibald bishop of Eichstätt. Willibald served as the bishop of the region for over four decades, living in the monastery and entertaining visitors throughout Europe who would come to hear of his journey and monasticism. He died in 787 and was canonized in 938 by Pope Leo VII

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