

MORNING MEDITATION

Saturday, First Week of Lent

**Serenity comes from focusing on the present moment
and not on the anxieties, doubts and fears of the future.**

Deuteronomy 26:16-19

Obeying God's law is what makes us the "People of God". Moses tells his people that they are a people of the covenant, that they have an "agreement" with God and that God has an "agreement with them. Therefore, they must learn to "listen" to God's voice and remain faithful just as God is faithful.

Learn to walk in God's ways! You are a people sacred to the Lord.

Psalm 119

**Happy the person whose way is blameless,
who walks in the law of the Lord.**

**Happy are they, who observe his decrees,
who seek him with all their heart.**

Mathew 5:43-48

Mathew continues to bring us very high ideals that Jesus placed before his disciples. Your spirituality must rise above that of the scribes and Pharisees. Your life must be more virtuous than the pagans and do more than the pagans do.

Learn to lead noble and virtuous lives. Let your character reflect virtue.

Your love will prove that you are "sons of the heavenly Father". The heavenly Father is impartial to those who love him and to those who do not love him.

Let your love embrace all people – even those who do not love you!

Be perfect as your heavenly Father is perfect! To be perfect is to be what God made you to be, do what God wants you to do and fulfill the plan, "the will" God has for you.

Listen and keep searching for God's will for you! Be and become discerning people!

Saint of the Day, February 28 - St. Hilary (Pope) and 7 other saints are remembered this day.

Hilarius (Hilary) was born in Sardinia, Italy. No much is known about his early life. He was Pope from 461-468 and guardian of Church unity. As archdeacon under Pope Leo I, he fought vigorously for the rights of the Roman See.

In 449, Hilarius served as a legate for Pope Leo I at the Second Council of Ephesus. His opposition to the condemnation of Flavian of Constantinople incurred the enmity of Dioscurus of Alexandria, who attempted to prevent him from leaving the city. Hilarius was able to make his escape and returned to Rome by an indirect route. He later erected an oratory at the Lateran in honor of John the Evangelist, to whom he attributed his safe passage.

Much of his pontificate was spent in maintaining ecclesiastical discipline in conformity with canon law, and in settling jurisdictional disputes among the bishops of both Gaul and Spain. Hilary was used by Pope St. Leo I the Great on many assignments. When Leo died, Hilary was elected pope and consecrated on November 19, 461. He worked diligently to strengthen the Church in France and Spain, calling councils in 462 and 465. Hilary also rebuilt many Roman churches and erected the chapel of St. John Lateran. He also publicly rebuked Emperor Anthemius in St. Peter's for supporting the Macedonian heresy and sent a decree to the Eastern bishops validating the decisions of the General Councils of Nicaea, Ephesus, and Chalcedon. Hilary consolidated the Church in Sandi, Africa, and Gaul. He died in Rome on February 28, 468.

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