

MORNING MEDITATION

Monday, Eleventh Week in Ordinary Time

**Radiate an energy of serenity and peace so
that you have an uplifting effect on those you come into contact with.**

(Wayne Dyer)

1 Kings 21:1-16

In this excerpt, we read about how Jezebel persuaded Ahab to permit her to secure the Vineyard of Naboth for him and accomplished this by the judicial murder of Naboth. Jezebel was a strong-willed woman who had a powerful influence on Ahab.

This is a story that teaches us about how we are abused and taken advantage of by strong-willed persons if we are not strong and are not able to stand our ground.

Be strong! Stand your ground! Be men and women of noble character! Be strong for the weak...never abuse or take advantage of the weak!

Psalm 5

**Hearken to my words, O Lord, attend to my sighing
Heed my call for help, my king and my God.
At dawn I bring my plea expectantly before you.**

Mathew 5:38-42

Jesus called his disciples to a very high standard of living.

Jesus reminded them of the ancient, three-thousand-year-old law: an eye for an eye and a tooth for a tooth. This law had become part of the Old Testament morality. Originally, this law was meant to limit vengeance.....in that sense, it was a law of mercy rather than vengeance. This law demanded that only a man who committed the crime may be punished and the punishment should not be more than the equivalent of the injury that the person had caused. This was meant to control and restrict retaliation.

Jesus called the disciples to go far beyond limited retaliation and restricted vengeance to no retaliation and no vengeance.

Using very simple examples from ordinary life situation, Jesus taught the disciples to be gracious and generous in their relationship with others.

Be gracious and be generous in all your relationships.

Saint of the day, June 15 - St. Germaine Cousin and 20 other saints are remembered this day

Germaine was born in 1579 to poor parents. Her father was a farmer, and her mother died when she was still an infant. She was born with a deformed right arm and hand, as well as the disease of scrofula, a tubercular condition.

Her father remarried soon after the death of her mother, but his new wife was filled with disgust by Germaine's condition. She tormented and neglected Germaine and taught her siblings to do so as well. Starving and sick, Germaine was eventually kicked out of the house and forced to sleep under the stairway in the barn, on a pile of leaves and twigs, because of her stepmother's dislike of her and disgust of her condition. She tended to the family's flock of sheep every day

Despite her hardships, she lived each day full of thanksgiving and joy, and spent much of her time praying the Rosary and teaching the village children about the love of God. She was barely fed and had an emaciated figure, yet despite this she shared the little bread that she had with the poor of the village.

From her simple faith grew a deep holiness and profound trust in God. She went to Mass every day, leaving her sheep in the care of her guardian angel, who never failed her. Germaine's deep piety was looked upon with ridicule by the villagers, but not by the children, who were drawn to her holiness.

Eventually, the adults of the village began to realize the special holiness of this poor, crippled shepherdess. Germaine's parents eventually offered her a place back in their house, but she chose to remain in her humble place outside.

Just as the villagers were realizing the beauty of her life, God called her to Himself in 1601. Her father found her body on her bed of leaves one morning in her 22nd year of life. St. Germaine was canonized by Pope Pius IX in 1867.

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