

MORNING MEDITATIONS

Saturday, Fourteenth Week in Ordinary Time

**Decide that where you are is the best place to be
and you will find peace and serenity.**

Isaiah 6:1-8

In this excerpt, Isaiah tells us of his overwhelming experience of God. He was in the sanctuary where he heard the angels singing "Holy, Holy, Holy..." He became overcome with his own sense of unworthiness in the presence of the Holy and cried out "Woe is me.... I am a man of unclean lips...." At this point, once again, he had an amazing experience of being cleansed and being called by God and he accepted that call in faith.

Listen to the Lord calling you. Reflect on what he is calling you to be and to do today. Be generous in your response. The Lord will make you worthy of his call and empower you to fulfill your mission.

Psalms 93

**The Lord is king in splendor robed;
Robed is the Lord and girt about with strength,
And he has made the world firm, not to be moved.
Your throne stands firm from of old;
From everlasting you are, O Lord.**

Matthew 10:24-33

Matthew gives us a few disconnected sayings of Jesus and we need to reflect on them one by one and not search for connections.

First, Jesus warned the disciples of the problems they will face. The disciple cannot expect any more favors than the Master.... they have to be prepared to face testing times like their master. He encouraged them to be fearless!

Truth is meant to be seen, not concealed. We try to hide certain things from ourselves, certain things from others and certain things, even from God! Jesus calls us to be honest, sincere - not hypocritical! Jesus calls us to be fearless - not reckless.

God's care is very personal. We are not lost in the crowd - God takes personal care of us. "Are not five sparrows sold for a few pennies? Yet not one of them is neglected by God." God personally cares for you. So be fearless. You are worth more.....

Saint of the Day, July 11 - St. Benedict and 15 other saints are remembered this day.

Saint Benedict was born into a noble family in Norcia on March 2, 480. After attending primary schools in Norcia, Benedict went to Rome to broaden his knowledge of literature and law. However, since he was probably disgusted by the dissolute lifestyle of his peers and by Rome's difficult political situation, he retired to Affile with a group of priests.

At Affile, Benedict withdrew from social life and took shelter in a cave in the ruins of Nero's village, near Subiaco, where he began to live as a hermit. Immersed in solitude, his only contact with the outside world was with a monk called Romanus, whose monastery was nearby. He gave Benedict a monk's habit and provided for his spiritual and material needs. Three solitary years followed. Some shepherds befriended Benedict. They began to follow his teachings and the pastoral and apostolic principles of the Benedictine Order took root. Benedict is considered the father of western monasticism.

Benedict moved from a noble family to a hermitage and from the hermitage to a monastery – from an affluent life to the quiet life of the hermitage and from hermitage to life in a community. He taught people a way to use prayer and Christ-like attitudes to overcome their fears and mistrust of each other. He taught his followers, nuns and monks, to live a life of prayer and solitude and to see hospitality as the quality of their community life.

Benedict died on March 21, 547. He foresaw his coming death, informing his close and faraway disciples that the end was near. Six days before dying, he had the grave which he was to share with his deceased sister Saint Scholastica, opened. Then, completely exhausted, he asked to be taken into his oratory where, after taking his last Holy Communion, he died supported by his monks. He was Canonized in 1220 by Pope Honorius III

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