

# **MORNING MEDITATION**

## **Thursday, Thirtieth Week in Ordinary Time**

**Forbearance unburdens us from the burden that we carry  
and brings us peace.**

### **Ephesians 6:10-20**

Paul encouraged the Ephesians to draw strength from the Lord and stand firm against evil designs. The struggle is not with human forces, but with the powers of darkness. So, he says, “stand fast with truth as the belt around your waist and justice as the breastplate and zeal as your footgear”. Let your faith be your shield in all circumstances. And pray at every opportunity.

**Stand your ground and let your faith carry you through all testing and trying moments.**

### **Psalm 144**

**Blessed be the Lord, my rock,  
Who trains my hands for battle, my fingers for war,  
My refuge and my fortress, my stronghold, my deliverer,  
My shield in whom I trust.**

### **Luke 13:31-35**

The Pharisees were hostile to Jesus. But some of them came to warn him about how Herod was trying to kill him. This shows us that all Pharisees were not hostile and unsympathetic to Jesus. We tend to put all people together into one category and pass judgments about them.

**Be open and non-judgmental. Look beyond what you see and hear! Each person is unique. Learn to know, appreciate and respect each person as he/she is!**

This excerpt is one of the passages that show how little we know about Jesus and how little even the Gospels tell us about him. Here, we find him deeply disturbed, distressed, disappointed, sad, hurt, even angry.....and pouring out from what is deeply inside of him.....we find his courage, compassion and tenderness...all expressed in real lament for Jerusalem.

**Be in touch with your passions! Listen to your heart! Discern your passions!**

## **Saint of the Day, October 31 – St. Wolfgang of Regensburg and 8 Other saints are remembered this day.**

Wolfgang was born in Swabia, Germany, and was educated at a school located at the abbey of Reichenau. There he encountered Henry, a young noble who went on to become Archbishop of Trier. Meanwhile, Wolfgang remained in close contact with the archbishop, teaching in his cathedral school and supporting his efforts to reform the clergy.

At the death of the archbishop, Wolfgang chose to become a Benedictine monk and moved to an abbey in Einsiedeln, now part of Switzerland. Ordained a priest, he was appointed director of the monastery school there. Later he was sent to Hungary as a missionary, though his zeal and good will yielded limited results.

Emperor Otto II appointed him Bishop of Regensburg, near Munich. Wolfgang immediately initiated reform of the clergy and of religious life, preaching with vigor and effectiveness and always demonstrating special concern for the poor. He wore the habit of a monk and lived an austere life.

The desire for a life of solitude and monastic life never left him. At one point he left his diocese so that he could devote himself to prayer, but his responsibilities as bishop called him back. In 994, Wolfgang became ill while on a journey; he died in Puppingen near Linz, Austria. He was canonized in 1052. His feast day is celebrated widely in much of central Europe.

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