

MORNING MEDITATION

Friday, Seventh Week in Ordinary Time

Forbearance is bringing our best when others bring their worst.

James 5:9-12

James continues to advise his readers to patiently endure hardships and learn to stand strong in difficult times like the prophets and other men of holiness. He calls them to be honest, open and steadfast without grumbling and complaining.

Be patient with all, especially with yourself.

Psalm 103

**Blessed the Lord, O my soul;
and all my being, bless his holy name.
Bless the Lord, O my soul,
and forget not all his benefits.**

Mark 10:1-12

In his response to the question about divorce, Jesus sets before us very high ideals of marriage and family. He sets intimacy, “communion of persons”, as the ideal to strive for.

Intimacy is not a “fusion’ of individuals but a “communion” of persons.

The secret of intimacy/communion/unity is the “sacredness’ of relationship, the “unconditional” presence in love.

This is the “sacred secret” of communion of persons in a family or in a community. Not a fusion of individuals, but a communion of persons..... Persons living in communion without losing or crushing individuality, personality.

This intimacy or communion calls forth Simplicity, Fidelity and Purity which makes unconditional love and personal surrender possible.

Saint of the day, May 24 - Feast of Mary Help of Christians and 16 other saints are remembered this day.

Saint John Chrysostom was the first person to use this Marian title in the year 345 as a devotion to the Virgin Mary. In 1572, during the expansion of the Islamic Ottoman Empire intended to invade Christian Europe, Pope Pius V invoked Christian armies and its victory achieved was consequently attributed to the intercession of Mary under this title.

Saint Don Bosco and Saint Vincent Pallotti also promoted Marian devotion under this title. Don Bosco built a huge basilica in her honor in 1868 and founded a religious congregation for women, under the title of, "The Daughters of Mary, Help of Christians". The title of Mary Help of Christians is associated with the defense of Christian Europe, the north of Africa and the Middle East from non-Christian peoples during the Middle Ages.

The feast of Our Lady, Help of Christians as we have it today, was instituted by Pope Pius VII. When Napoleon returned to Paris and Murat became king of Naples in March 1815, Pope Pius VII fled to Savona. After the Congress of Vienna and the battle of Waterloo, the pope returned to Rome in July 1815. To give thanks to God and Our Lady, he declared May 24, the anniversary of his return to be henceforth the feast of Our Lady, Help of Christians.

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