

MORNING MEDITATION

Tuesday, Fifth Week of Easter

**Being simple isn't about getting rid of everything you own.
It is about being content with what is essential.**

Acts 14:19-28

Some Jews from Antioch and Iconium stoned Paul and dragged him out of the town. Paul's disciples formed a circle around him and protected him. Paul and Barnabas continued their missionary journey, instructing people and encouraging them to stand strong in the face of difficulties.

Be strong and be faithful even in the face of difficulties!

Psalm 145

**Let all your works give you thanks, O Lord,
And let your faithful ones bless you.
Let them discourse of the glory of your kingdom
And speak of your might.**

John 14:27-31

Jesus gave his disciples his farewell gift: PEACE. He said that this was not the kind of peace the world would give. It is enduring peace, lasting peace, eternal peace. The word for peace used in this context is "shalom" and shalom means "total well-being", "the highest good", "that which befits God". It is not the absence or the end of war or conflict. It is the presence of shalom, even in the midst of tension. This is the kind of peace, shalom that Jesus experienced in loving and fulfilling the Father's will.

Pray for:

- **respect for the individual**
- **respect for all persons; unity in families; fellowship in communities; communion of cultures; respect for diversity and tolerance of differences**
- **hunger for brotherhood, justice, righteousness and peace in the world.**
- **recognition of the hunger of people and the willingness to share from the abundance we have received, food for the body as well as food for the spirit.**

Saint of the Day, May 17 - Saint Paschal Baylon and 10 other saints are remembered this day.

Paschal Baylón was born into a poor and devout family on May 16, 1540 at Torrehermosa, in the Kingdom of Aragon, Spain. He spent his childhood and adolescence as a shepherd. He carried a book with him into the fields where he watched the sheep, and asked those that he met to teach him the letters, and so, in a short time, he learned to read. He was honest, prayerful, and generous to the poor giving a good part of his dinner to the poor. Some of his companions were much inclined to cursing, quarrelling, and fighting; but learnt to hold their tongue in his presence since they respected his pious nature and his virtue.

In 1564 he joined the Reformed Franciscans as a religious brother and made his religious profession on February 2, 1565 and spent most of his life as a humble doorkeeper. He was encouraged to become an ordained priest, but he felt that was not the path for him. He lived his vow of poverty to its extreme possessing only one habit, walking without sandals in the snow and rough roads, content with little and cheerful in all situations.

His jobs included serving as a cook and porter as well as the gardener and the official beggar who went around asking for alms. He lived his life in contemplation and silent meditation and often did this as he worked. He would spend the whole night before the altar in silence to commune with God and to meditate on the faith. He died on May 17, 1592 and was canonized on October 16, 1690.

Fr. Gus Tharappel, msfs