

MORNING MEDITATION

Monday, Thirtieth Week in Ordinary Time

**What really matters most in a purposeful life is investing
all your energy to fulfill your purpose.**

Romans 8:12-17

Paul tells the Christians in Rome that they are sons of God and so they cannot live according to the flesh but must live in the spirit. The spirit empowers us to call God, "Abba" (Father). We are children of God. New life, as children, has come to us in Jesus and we must live that new life. If we do not live in the spirit, we die. The spirit helps us to put to death evil desires and tendencies.

We are sons of God, led by the spirit. Listen and learn to live in the spirit.

Psalm 68

**Blessed day by day be the Lord,
who bears our burdens; God who is our salvation.
God is a saving God for us;
The Lord, my Lord, controls the passageways of death.**

Luke 13:10-17

Jesus healed a woman who, for eighteen years, could not straighten her body. This was done on a Sabbath. Jesus broke the law. The president of the Synagogue protested. There are six days to work, and healing was work!!! Let the Sabbath be kept holy without working.

Most of us don't consider our work a personal form of worship. But could there be a more beautiful way to honor our God than by contributing to the re-creation of the world through our gifts?

Jesus asked them: "Which of you does not let his ox or ass out of the stall on the Sabbath to water it....." What Jesus said was that if kindness may be shown to animals on Sabbath, much more should be shown to human beings.

Celebrate Sabbath and honor God! But let not the Sabbath prevent you from showing compassion and kindness to the needy and the suffering.

Often, we become preoccupied with our rules, customs, and traditions, we forget basic human needs. We love our system. Our system has a way of taking over us and controlling us and our system often gains priority over persons. Be watchful!

Saint of the Day, October 27 - St. Emiliana Boulancourt and 15 other saints are remembered this day

Emiliana was born around the year 1115. She lived as a solitary lay sister in the Cistercian Abbey of Boulancourt, located in the commune of Longeville, in Haute-Marne, North East France. She led a life of great penitence: fasting from food and liquids three days a week, wearing a hair shirt and a pointed iron chain, and going barefoot both in winter and in summer. she also led a wondrous life of prayer, constantly communing with God and frequently reciting the Psalms.

The fame of her sanctity spread quickly and people came to consult her from all around, especially when they heard of her gift of prophecy. The saint received them with patience and humility, counseling them wisely and bringing about the conversion of many. Finally, worn out by her life-long labors and penances, the saintly woman died in 1178. Such was her renown that an eternal light was placed at her grave.

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