

MORNING MEDITATION

The Immaculate Heart of the Blessed Virgin Mary

**Having simple needs and few desires
enables you to be free to work with available resources.**

Isaiah 61: 9-11

This is one of the most frequently quoted texts from the post-exilic prophet whom we know as Trito-Isaiah or third Isaiah. The prophet saw his vocation as inspired, moved and driven by the spirit of God to bring the good news of liberation to the brokenhearted and the lowly people who had just returned from exile in Babylon. Our prophet proclaimed “a year of favor”, a Jubilee year for a people who had lived in shame and oppression and had not yet been healed from their brokenness after their return home. God had forgiven them and liberated them from captivity. Now they are to offer one another the favor that God had offered them. In the conclusion of this excerpt, our prophet proclaims good news to all nations of the earth.

Reflect on your own call to proclaim the good news of forgiveness, healing and grace to all people today.

Psalm 16

**Keep me, O God, for in you I take refuge;
I say to the Lord, “My Lord are you.”
O Lord, my allotted portion and cup,
You it is who hold fast my lot.**

Luke 2:41-52

This excerpt from Luke’s Gospel is about the parents of Jesus finding him in the temple after a search for three days. Joseph and Mary anxiously searched for their lost son, found him in the temple, took him to the safety of their home where he grew in wisdom and knowledge and age. It is in the safety of an ordinary home, in a safe and loving environment that children have an opportunity to grow up to be mature, free, joyful, faith-filled, virtuous and wise men and women.

Be Safe. And be a safe person to be with. May your home be safe. Make your home a safe place, a sanctuary for yourself, for your spouse, for your children, for your parents, for your neighbors. Be safe! And look out for each other’s safety!

Be grateful.... grateful for your family, however imperfect or broken it may be, be grateful. Be grateful for your spouse, for your children, for your parents.....just be grateful!

Saint of the Day, June 25 - St. William of Vercelli and 10 other saints are remembered this day

William was born in 1085 into a noble family of Vercelli in northwest Italy. He was orphaned as an infant and raised by relatives. At the young age of 14, he made a pilgrimage to Santiago de Compostela in Spain, and decided to devote his life to God as a hermit. After he returned to Italy, he intended to go to Jerusalem and for this purpose he reached Southern Italy, but he was beaten up and robbed by thieves. William considered this misfortune a sign of God's will to stay in Southern Italy and spread the message of Christ.

He lived as a hermit for two years at Monte Solicoli, where he was credited with healing a blind man. At Monte Vergiliano, his reputation for holiness attracted many disciples, and in 1119, he established a monastery with a Rule based on the Benedictines.

He left Monte Vergiliano in 1128 because the hermit life that he sought was compromised because of the demands of ministry. Moreover, his confreres did not tolerate that lifestyle because it was too austere and full of privations. He settled on the plains in Goletto where he began a new monastic experience, a double monastery built mostly by women.

Subsequently, he founded several other monasteries of the same rule during his lifetime, but only the original survives today. He died on June 25, 1142 of natural causes.

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