

MORNING MEDITATION

Friday, Twenty-third Week in Ordinary Time

The virtue of hope nurtures forbearance and enables us to wait patiently.

I Corinthians 9:16-19, 22-27

In this excerpt, Paul speaks of himself as a servant of all. He says that he has been serving the community out of an inner urge and not from compulsion from anyone else and not for profit or prestige. The only thing that he has to boast about is the Gospel of Jesus. He also says that he had disciplined himself to be faithful to what he preaches.

Be faithful to who you are and to what you preach and teach.

Psalm 84

**My soul yearns and pines
for the courts of the Lord.
My heart and my flesh
cry out for the living God.**

Luke 6: 39-42

Jesus taught his disciples to keep their eyes open, not to be blind to their own weaknesses and shortcomings, not to be misled and not to mislead....

Try to deepen your vision of yourself. Have a clearer vision of who you are, what your strengths and weaknesses are.

It is not difficult to find fault with others, to criticize others, to point out other's mistakes. But remember: "there is so much bad in the best of us and so much good in the worst of us that it ill becomes any of us to find fault with the rest of us" (Francis Bacon)

Jesus calls us to be compassionate, to develop a non-blaming, non-judgmental attitude, to have a generous heart, to be sensitive to others feelings and needs, to be mindful of others in their weaknesses and limitations and failures.....and not be judgmental of others.

Saint of the Day, September 13 - St. John Chrysostom and 10 other saints are remembered this day.

John was born in Antioch in 347 to Greek parents from Syria. John's father died soon after his birth and he was raised by his mother. As a result of his mother's influential connections in the

city, John began his education under the pagan teacher Libanius. From Libanius, John acquired the skills for a career in rhetoric, as well as a love of the Greek language and literature. As he grew older, however, John became more deeply committed to Christianity and went on to study theology.

John lived in extreme asceticism and became a hermit in about 375; he spent the next two years continually standing, scarcely sleeping, and committing the Bible to memory. As a consequence of these practices, his stomach and kidneys were permanently damaged and poor health forced him to return to Antioch.

John was ordained as a deacon in 381 and a priest in 386. In Antioch, over the course of twelve years (386–397), John gained popularity because of the eloquence of his public speaking at the Golden Church, Antioch's cathedral, especially his insightful expositions of Bible passages and moral teaching.

In the autumn of 397, John was appointed Archbishop of Constantinople. He had to leave Antioch in secret due to fears that the departure of such a popular figure would cause civil unrest. During his time as Archbishop he refused to host lavish social gatherings, which made him popular with the common people, but unpopular with wealthy citizens and the clergy. His reforms of the clergy were also unpopular. He told visiting regional preachers to return to the churches they were meant to be serving. Also, he founded a number of hospitals in Constantinople.

John's enemies held a synod in 403 which resulted in his deposition and banishment. The causes of John's exile are not clear. He never reached this destination, as he died at on September 14, 407 during the journey.

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