

MORNING MEDITATION

Friday, Eighteenth Week in Ordinary Time

**Be still when you are about to react harshly or unkindly
and you will find peace and serenity and bring them to others as well.**

Nahum 2:1, 3; 3:1-3, 6-7

Nahum calls his people to rejoice and celebrate and fulfill their vows to Yahweh because the Lord, Yahweh is restoring his people and renewing his covenant. He encouraged his people to trust in the word of Yahweh. The greatest of earth's glories, if not built on the foundation of God's word, will surely pass away.

Deuteronomy 32:35-41

**Learn then that I alone am God,
And there is no God beside me.
It is I who bring both death and life,
I who inflict wounds and heal them.**

Mathew 16:24-28

Intimate relationship calls forth commitment which involves suffering, pain, self-sacrifice, self-surrender and total giving in death...Yet there is always "resurrection", newness, new life, new growth, new possibilities.....each person being graced, blessed and rewarded according to "his conduct", according the way he/she lived!

The Jews waited for the Messiah, conqueror, and King. To them, Jesus spoke of the terrible experience he would go through, the experience of the cross which his disciples would also have to take up. How different from the idea of conqueror King! Jesus came not with avenging armies but giving His life and he called his disciples to do the same.

The cost of being a disciple of Jesus is great...deny self, take up the cross and follow the master.....but the reward is greater still....welcome into the kingdom of the Father, into the eternal presence of steadfast love and grace!

Saint of the Day, August 7 - St. Cajetan and 24 other saints are remembered this day.

St. Cajetan was born on October 1, 1480, into a noble family of Vicenza, Italy. His father died when he was two years of age. He studied law in Padua, receiving his degree as

doctor in civil and canon law at age 24. In 1506 he worked as a diplomat for Pope Julius II, with whom he helped reconcile the Republic of Venice. But he was not ordained a priest until the year 1516.

In 1522 Cajetan founded a hospital for incurables in Vicenza. By 1523 he had established a hospital in Venice, as well. His interests were as much or more devoted to spiritual healing than the physical kind, and he joined a confraternity in Rome called the "Oratory of Divine Love". He intended to form a group that would combine the spirit of monasticism with the exercises of the active ministry

In 1523, the Church was in sad shape. People could not get the spiritual nourishment they needed from the large numbers of uneducated and even immoral priests who took their money but returned nothing. When good priests and laypeople turned to the hierarchy for help, they found leaders at best apathetic and indifferent to their concerns.

Cajetan went to Rome, not to talk to the pope or the hierarchy, but to consult with members of the Oratory of the Divine Love. Cajetan and three friends decided that the best road to reformation lay in reviving the spirit and zeal of the clergy. Together they founded a congregation known as the Theatines, from Teate where their first superior bishop had his see. One of the friends later became Pope Paul IV.

They managed to escape to Venice after their house in Rome was wrecked when Emperor Charles V's troops sacked Rome in 1527. The Theatines were outstanding among the Catholic reform movements that took shape before the Protestant Reformation. Cajetan founded a monte de pieta— "mountain or fund of piety" in Naples, one of many charitable, nonprofit credit organizations that lent money on the security of pawned objects. The purpose was to help the poor and protect them against usurers. Cajetan's little organization ultimately became the Bank of Naples, with great changes in policy. Cajetan died in Naples on August 7, 1547 and was canonized On 12 April 1671.

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