

# **MORNING MEDITATION**

## **Friday, Eighth Week in Ordinary Time**

**Want to be serene? Nurture peacefulness.**

### **1 Peter 4:7-13**

Peter advises his readers to remain calm and prayerful. Let your love be constant, he says. He encourages us, his readers to live noble, generous and self-sacrificing lives and give glory to God.

### **Psalm 96**

**Let the heavens be glad and earth rejoice;  
Let the sea and what fills it resound;  
Let the plains be joyful and all that is in them!  
Then shall all the trees of the forest exult!**

### **Mark 11:11-26**

In this excerpt Mark tells us about the fruitless fig tree that met with disaster. The tree with leaves promises fruit. This excerpt speaks of promise without fulfillment and profession without practice, which brings disaster. Be faithful. Fulfill your promise.

Jesus cleanses the temple which had been turned into a market place. Place of worship had become place of abuse and exploitation, especially of the poor and the marginalized in the community. The house of God was being used to exploit the worshippers. Jesus was moved with a passion for justice, honor, respect - for real worship, which means giving God God's worth and giving God's people their worth.

**Reflect on being called to deeply respect and revere the temple of God – all that we know as the temple, the house of God; all that we know as God's dwelling place.**

**You are the temple of...so is your brother and your sister - respect and honor yourself and your brother and your sister and that's a sure way of honoring God!**

**Saint of the day, May 29 - St. Madeleine Sophie Barat and 28 other saints are remembered this day.**

Madeleine Sophie was born on December 12, 1779, in Joigny, France, next door to a house on fire. The stress and terror of the fire caused Sophie's mother, Madame

Madeleine Fouffé Barat then pregnant with her third child, to go into labour. Born two months premature, Madeleine Sophie was considered so fragile that she was baptised early the next morning. Although her parents had arranged godparents in advance, there was no time to call them to the church and so, at five o'clock on the morning of December 13, 1779, Louise-Sophie Cédor, a local woman on her way to early Mass, and Sophie's older brother, Louis, stood in as her godparents.

Madeleine Sophie was born into a financially comfortable family. Her father, Jacques Barat, was a cooper and vine-grower. The Barats were Jansenist Catholics, and Jansenism is often said to have shaped Sophie's spirituality profoundly. She was always willing to help people in need and to pray for others.

Sophie was brought up in strict but loving home. Her older brother Louis, a seminarian, homeschooled Sophie and brought her to Paris with him when she was 16. He was overbearing and made all decisions for her for the next five years. Sophie became emotionally lost and anxious, but it was during this time that God awakened her to the truth of his divine love.

In 1800, Sophie met Father Joseph Varin who asked her to head an order of teaching nuns dedicated to the Sacred Heart of Jesus. She accepted and professed her vows that same year. The number of convents and schools of the Society of the Sacred Heart grew quickly. Her leadership was centered on the love of God, a life of prayer, and reflection. Sophie was elected Superior General for life in 1806. By 1857, the Society had spread from France to 13 other countries in Europe, Africa, and North and South America. At the time of her death, her community consisted of 3,359 women. Today, there are over 2000 schools operated by the Society of the Sacred Heart in 41 countries. Madeleine Sophie Barat died on May 25, 1865 in Paris, France and was canonized in 1925 by Pope Pius XI.

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