

MORNING MEDITATIONS

Friday, Fourteenth Week in Ordinary Time

**Serenity is the state of acceptance of the things
that we cannot change.**

Hosea 14:2-10

Hosea called his people to return to the Lord. He promised that God would forgive his people because of His love. He promised healing and wholeness for God's people because God loves. God would make them fruitful again. He encouraged his people to be wise, to be prudent, to walk in the way of the Lord and become just in their ways.

Be wise and prudent and learn to walk in the way of the Lord in justice and truth.

Psalm 51

Have mercy on me God in your kindness;
in the greatness of your compassion,
wipe out my offense.
Thoroughly ask me from my guilt
and of my sin cleanse me.

Mathew 10:16-23

Jesus instructed his disciples to be cautious and discerning in the way they live and fulfill the mission which he had given them.

They must keep proclaiming the Kingdom. They must also be prepared to face adversities. Adversities may come from family, from the state, even from the Synagogue.

Jesus encouraged them not to be afraid, but always remain confident.

They were not to be worried about what to say or how they should say what had to be said. Because they will not be the speakers, "the spirit of the father will be speaking" in them.

Do not be afraid! The Spirit of the Father will be speaking in you!

Be prudent! Be discerning in taking risks! Unnecessary risks could bring disaster!

Saint of the Day, July 10 - St. Veronica Giuliani and 14 other saints are remembered this day.

Veronica was born Ursula Giuliani at Mercatelli, Italy on December 27, 1660. She was the youngest of seven sisters, three of whom embraced the monastic life. At the age of three years Giuliani supposedly began to show great compassion for the poor. She would set apart a portion of her food for them, and even part with her clothes when she met a poor child scantily clad. Her mother died when Ursula was seven years of age. It is said that when her mother was dying she called her five daughters to her bedside and entrusted each of them to one of the five wounds of Jesus. Veronica was entrusted to the wound below Christ's heart.

At the age of 17, Veronica joined the Poor Clares directed by the Capuchins. Her father had wanted her to marry, but she convinced him to allow her to become a nun. In her first years in the monastery, she worked in the kitchen, infirmary, sacristy, and also served as portress. At the age of 34, she was made novice mistress, a position she held for 22 years. When she was 37, Veronica received the stigmata. Life was not the same after that.

Church authorities in Rome wanted to test Veronica's authenticity and so conducted an investigation. She lost the office of novice mistress temporarily and was not allowed to attend Mass except on Sundays or holy days. Through all of this Veronica did not become bitter, and the investigation eventually restored her as novice mistress. Though she protested against it, at the age of 56 she was elected abbess, an office she held for 11 years until her death. Veronica was very devoted to the Eucharist and to the Sacred Heart. She offered her sufferings for the missions, died in 1727, and was canonized in 1839.

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