

MORNING MEDITATION

Thursday, Fifth Week of Easter

The purpose of human life is to serve, and to show compassion and the will to help others. (Albert Einstein)

Acts 15:7-21

The apostles discerned that the regulations of the Old Testament were meant to be a preparation for Christ and that the Old had passed away giving way to the New. At the close of the discernment process, James encouraged them to be patient and considerate to all converts and not to make the new life difficult for them.

Be open to the movement of the Holy Spirit. Be open to new ways, opportunities and possibilities.

Psalm 96

**Sing to the Lord a new song,
Sing to the Lord all you lands,
Sing to the Lord, bless his name.....**

John 15:9-11

“As the Father has loved me, so I have loved you.....Abide in my love.....that my joy may be yours and your joy may be complete.”

The secret of the life of Jesus was his contact with the Father. Again, and again, he withdrew to quiet places to be alone with the father. He knew what it meant to “abide” in the Father’s Love. His disciples must do the same.

**To “abide” is: to be in close contact, to be in touch;
to be intimate;
to live an intense, personal relationship;
to surrender in fidelity;
to surrender in obedience.**

**Stay focused on developing a personal, intense, intimate relationship with the Lord.
Stay close...stay connected...be in touch.....**

Abide in the presence of the Lord, in silence and in solitude.....Speak to the Lord from the depth of your heart.....

Saint of the Day, May 22 – St. Rita of Cascia and 23 other saints are remembered this day.

Rita was born in 1386 in Roccaparena, Umbria, Italy. She was married at the age of 12 to a violent and ill-tempered husband. He was murdered 18 years later and she forgave his murderers, praying that her twin sons, who had sworn to avenge their father's death may also forgive. She was granted this grace, and her sons, who died young, died reconciled to God.

After the death of her husband and sons, Rita tried to join the Augustinian nuns in Cascia. She was refused at first because she was a widow, but eventually allowed to enter the convent where she lived the last 40 years of her life in prayer, mortification and service to the people of Cascia. Rita was bedridden for the last four years of her life, consuming almost nothing except for the Eucharist. She died of tuberculosis at the age of 70 on May 22, 1456 and was canonized in 1900 by Pope Leo XIII.

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