

MORNING MEDITATION

Friday within the Octave of Easter

**A calm mind brings inner strength and self-confidence
And that is very important for good health.**
(Dalai Lama)

Acts 4:1-12

Peter and John were arrested and put in jail for proclaiming the resurrection of Jesus. They were brought before the elders and the scribes and high priests and questioned about the source of their authority and power for teaching and healing. Peter, filled with the Holy Spirit, boldly proclaimed that the preaching and healing were done in the name of Jesus and that salvation has come through Jesus.

Be strong! Be courageous! Stand your ground!

Psalm 118

**Give thanks to the Lord for he is good,
for his mercy endures for ever.
Let the house of Israel say,
His mercy endures forever.**

John 21:1-14

Peter and his friends fished all night without success. At daybreak, they found Jesus on the shore. At the word of Jesus, they cast their nets again and had a great catch.

The unsuccessful and disappointing night is turned into joy because they listened to the word of Jesus. Trust in the word of Jesus helps us rise above failures, disappointments, etc.

The disciples, who worked hard all night without success, were asked to try again and take different approach, "cast your net off to the starboard side". They tried again without complaint, they were open to try something different and they had a great catch.

Try again....and again! Take a different approach.....a new approach....try something that has not been tried before..... Never give up!

They came ashore and found that Jesus had prepared breakfast for them, fish and bread. They break bread again and recognized Jesus for the third time after the resurrection.

He met them again and again bringing them comfort and deepening their faith in the resurrection. Jesus did not give up on the disciples who had difficulty understanding the Scriptures and understanding all that he had told them while he was alive.

Reflect on the compassion and patience of Jesus. Be compassionate! Be patient!

Saint of the Day, April 10 - St. Magdalen of Canossa and 10 other saints are remembered this day

Magdalene of Canossa was born on March 1, 1774 in Verona, Northern Italy. When her parents died, she and her siblings were placed under the care of their uncle. At age 15 she announced that she wished to become a nun. She spent ten months in a Carmelite convent but discerned that this was not her vocation and so returned home and undertook the running of her large estate. In 1797 Napoleon was a guest at their palace where she received him; he returned as a guest twice more in 1805 and 1807.

Canossa saw her town as one in which the poor suffered and desired to serve their needs. Wealth and privilege did not prevent her from serving Christ in the poor. Nor did the protests of her relatives, concerned that such work was beneath her. For years she worked among the poor and sick in hospitals and in their homes, as well as among delinquent and abandoned girls.

In her mid-20s, Magdalen began offering lodging to poor girls in her own home. In time she opened a school, which offered practical training and religious instruction. As other women joined her in the work, the new Congregation of the Canossian Daughters of Charity (Canossian Sisters) emerged. Over time, houses were opened throughout Italy. Members of the new religious congregation focused on the educational and spiritual needs of women. Magdalen also founded a smaller congregation for priests and brothers. She died on April 10, 1835. Pope John Paul II canonized her in 1988.

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