

MORNING MEDITATION

Saturday, Twenty Fifth Week in Ordinary Time

Serenity is the quiet strength that comes from within.

Ecclesiastes 11:9-12:8

This excerpt contains a series of advice for the youth. The youth are advised to follow their heart, be faithful to their vision and be happy. The author ends with a reminder that all things as we know pass away and so search for enduring values.

Psalms 90

**You turn man back to dust,
Saying, "return, O Children of men"
For a thousand years in your sight
are as yesterday, now that it is past,
or as a watch of the night.**

Luke 9:43-45

Luke tells us about how Jesus tried to correct the disciples' vision of his mission. They expected a political, conquering, messiah king who would restore their nation and save them from the Romans.

To the Jews who waited for the Messiah, conqueror and King, Jesus spoke of the terrible experience he would go through, the experience of being delivered into the hands of men to be killed. How different it is from the idea of a conqueror King! Jesus came not with avenging armies but giving His life and he called his disciples to do the same. The disciples did not grasp the meaning of his sayings. Luke tells us that they were even afraid to ask him any questions about what he said.

Pray for courage and strength to accept the hardships and inconveniences that come with being a disciple of Jesus.

Saint of the Day, September 26 - Sts. Cosmas and Damian and 15 other saints are remembered this day

Nothing is known of their lives except that they suffered martyrdom in Syria during the

persecution of the Emperor Diocletian. According to traditions, the twin brothers were born in Arabia and became skilled doctors.

Saladino d'Ascoli, a 15th century Italian physician, claims that the medieval electuary, a pasty mass consisting of a drug mixed with sugar and water or honey suitable for oral administration, known as opopira, a complex compound medicine used to treat diverse maladies including paralysis, was invented by Cosmas and Damian.

During the persecution under Diocletian, Cosmas and Damian were arrested by order of the Prefect of Cilicia, who ordered them under torture to recant. However, according to legend they stayed true to their faith, enduring being hung on a cross, stoned and shot by arrows and finally suffered execution by beheading. Anthimus, Leontius and Euprepus, their younger brothers, who were inseparable from them throughout life, shared in their martyrdom.

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