

MORNING MEDITATION

The Most Sacred Heart of Jesus

Want serenity and peace? Let go off attachments and desires.

1 John 4:7-16

John tells us today, "Love is of God who is love...love consists in this that God has loved us..." It is in this love, this excerpt says, that we can respond to the command to "love one another". The source of our love is God...the place where we learn to love is God and God's love...The opposite also is true, says this excerpt...one who does not love knows nothing of God...he/she is not in God and so has not learned to love...

Send your roots deep into the mystery God's life and love! Abide in His Love!

Psalm 103

**Bless the Lord O my soul;
And all my being, bless his holy name.
Bless the Lord O, My soul;
And forget not all his benefits.**

Mathew 11:25-30

Jesus thanked his Father for revealing himself to the simple and humble. The intellectuals had no time or use for him. The humble welcomed him. Intellectual pride blocks us from coming to know the truth as the truth unfolds for us.

Be humble and simple and welcome the Lord into your heart.

Jesus invited all who were searching for God and God's ways to turn to him. He invited his listeners and invites us today to accept his "yoke", his discipline, his way and his truth which is made to fit us well. He invites us to learn from him and his ways because he is humble of heart. The heart of Jesus is a refuge for all who are overcome by life's struggles and troubles.

The way of Jesus is the way the heart, the way of love. Make it your way.

Saint of the day, June 12 - St. John of Sahagun and 127 other saints are remembered this day

John González was born in 1430 of a well-to-do family in Sahagún de Campos, Spain. He studied under the Benedictines in his native city. In 1454 he was ordained priest by the bishop of Burgos and held the office of chaplain at the church of Saint Gadea. When his bishop died in 1456, John resigned as chaplain and moved to Salamanca to pursue further studies in canon law and theology, obtaining degrees in both. He was named preacher of the city of Salamanca and a member of the University College of Saint Bartholomew. As preacher, he drew large crowds due to his clarity, eloquence, and sincerity, while also incurring opposition and criticism for his denunciation of the sins of both nobles and commoners.

On June 18, 1463, John renounced all his offices in order to join the Augustinian Order in Salamanca. He was professed the following year on August 28, and thereafter continued his preaching ministry while exercising various responsibilities in the Order as prior and delegate to various provincial chapters. Because of his renown in the city he became a principle agent of reconciliation between rival groups, thus bring peace to Salamanca. He was also respected as a defender of the rights of workers and the common folk. Characteristic of his personal life was his great devotion to the Eucharist, his humility and simplicity. John died on June 11, 1479 at the age of 49 and was canonized in 1691 by Pope Innocent XII.

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