

# **MORNING MEDITATION**

## **Monday, First Week in Ordinary Time**

**We are created and ordained to participate in God's creative, redeeming and sustaining activity where we are placed in the universe.**

### **Hebrews 1:1-6**

The author of this letter presents Jesus as the reflection of the Father's image. The disciples of Jesus must reflect this image.

### **Psalm 97**

The Lord is king; let the earth rejoice;  
Let the many isles be glad.  
Justice and judgments are the foundation of his throne.

### **Mark 1:14-20**

John the Baptist had prepared the way for Jesus. John was arrested and in prison. Now Jesus begins to get on the "Way" that John had prepared. Eventually, we know that Jesus would become the "WAY". Jesus began his ministry in Galilee by proclaiming "GOOD NEWS": "now is the time...the reign of God is at hand...repent and believe the good news". It is good news that Jesus came to bring and it is the same good news that we are called to proclaim with our lives: Good News of forgiveness, of healing, of hope, of peace, of promise, of salvation, of God's unconditional love, of everlasting life.....

**This Good News calls us to "repentance". The Greek word "metanoia" literally means "a change of mind". It refers, therefore, to a change of attitude, to a change of mentality, to a change of heart. It is not about feeling sorry for the consequences one's sins. It is "change of sinfulness", sinful attitudes, sinful ways, sinful relationships, sinful behavior patterns, sinful presence.....**

Belief in the good news means that we take in the good news Jesus proclaimed. We can not welcome (take in) good news without real repentance, without a change of heart, of mind, of attitude.....

The men Jesus called were simple folks. Jesus called them while they were doing their day's work. The call of God comes not only in the house of God, not only in secret places, but in the middle of the day's work. We live in a world that is "full of God" and we hear his call if we listen. The simple folks that Jesus called responded and now it is up to us to respond to God's call and proclaim the "good news".

## **Saint of the day, January 13 - St. Hilary and 14 other saints are remembered this day.**

Hilary of Poitiers was Bishop of Poitiers and is a Doctor of the Church. He was sometimes referred to as the "Hammer of the Arians" and the "Athanasius of the West." His name comes from the Latin word, "hilarius" for happy or cheerful.

Hilary was born around 310 C.E. in Poitiers, France. His parents were pagans who gave him a good pagan education, which included a high level of Greek. He studied, later on, the Old and New Testament writings and consequently, abandoned his Neo-Platonism for Christianity, and with his wife and his daughter (traditionally named Saint Abra), was baptized and received into the Church.

The Christians of Poitiers so respected Hilary that around the year 350, they unanimously elected him their bishop. At that time Arianism threatened to overrun the Western Church. Hilary began battling Arianism, which denied the divinity of Christ. The heresy, Arianism, spread rapidly. When Emperor Constantius ordered all the bishops of the West to sign a condemnation of Athanasius, the great defender of the faith in the East, Hilary refused and was banished from France to far off Phrygia.

Hilary spent nearly four years in exile, all the while defending the doctrine of the Church. While in exile, Hilary sought public debate with the heretical bishop who had exiled him. The Arians, dreading the meeting and its outcome, pleaded with the emperor to send this troublemaker back home. Hilary was welcomed back by his people. He died around the year 368 in Poitiers, France

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