

# **MORNING MEDITATION**

**Friday, Fifth Week of Easter**

**Serenity is not merely the absence of stress,  
but the powerful presence of peace.**

## **Acts 15:22-31**

The apostles and the elders came to the following decision regarding the Mosaic Law, "It is the decision of the Holy Spirit and ours too, not to lay on you any burden beyond that which is strictly necessary....." They sent representatives to the different communities with a letter announcing the decision and the people accepted it with delight. Great respect was paid to the apostles and the elders and their decisions.

**Be docile to the Holy Spirit! Listen and be obedient to the Spirit's promptings! Do not let your standards, plans and projects get in the way of the movement of the Holy Spirit!**

## **Psalm 57**

**My heart is steadfast, O Lord, my heart is steadfast;  
I will sing and chant praise.  
Awake, O my soul; awake, lyre and harp!  
I will awake the dawn.**

## **John 15:12-17**

It is a challenge to reach out to others in love - "not to withhold" our love from others. We are called to give what we have received as gifts from the Lord. Jesus calls us his friends, not slaves....it was his choice, not ours. Now it is up to us to respond. It is never sufficient to abstain from wrong-doing or sin or evil. We are called to be good and to do good - a good word and a good deed proclaim who we are. We have many opportunities to share God's gift of Love and life.

**The standard of love is NOT an eye for an eye or love others as they love us or love others as we love ourselves...it is "Love one another as I have loved you". The standard is to love as God loves us, as Jesus loves us....it is joyful, unconditional, unconquerable, invincible, non-possessive, self-sacrificing, enduring, steadfast love!**

**May your love transcend competition and control...May your love transcend ill feelings, jealousies, hatred, etc....May you reach out in selfless and generous service!**

## **Saint of the Day, May 8 - St. Peter of Tarantaise and 12 other saints are remembered this day.**

There are two men named Peter of Tarentaise who lived one century apart. The man we honor today is the younger Peter, born in France in 1102, not far from the Cistercian Bonnevaux Abbey. His father often offered hospitality to the monks when they had to leave the monastery on business. The other man with the same name became Pope Innocent the Fifth.

In 1122, Peter, our saint of the day, joined the Cistercians at Bonnevaux and was soon followed by his father and his brothers Lambert and Andrew. His mother and sister joined the Cistercian nuns. At age thirty he was sent to serve as the first abbot of Tamie, in the Tarantaise Mountains, between Geneva and Savoy. There he built a hospice for travelers.

In 1142, he was named the archbishop of Tarantaise against his wishes, replacing a bishop who had been deposed because of corruption. Peter brought reform into his diocese, replaced lax clergy, reached out to the poor and promoted education. He is also credited with starting the custom of distributing bread and soup, the so-called May Bread, just before the harvest, a custom which endured throughout France until the French Revolution.

After thirteen years as bishop, Peter suddenly disappeared. Eventually he was discovered serving as a lay brother in a Cistercian abbey in Switzerland and was persuaded to return to Tarantaise and resume his episcopal duties. Peter died in 1175 on his way home from an unsuccessful papal assignment to reconcile the kings of France and England. Peter was canonized in 1191.

Fr. Gus Tharappel, msfs