

MORNING MEDITATION

Wednesday, First Week of Lent

Purpose transforms routine into ritual, making the mundane sacred.

Jonah 3:1-10

The people of Nineveh, king and common folks, repented, changed their ways and turned to God at the preaching of Jonah. God had compassion on the Ninevites.

The season of Lent calls us to conversion, to a change of heart. Reflect on the need for your own personal conversion!

Psalm 51

**Have mercy on me, God, in your goodness;
In your abundant compassion, blot out my offense.
Wash away all my guilt; from my sin, cleanse me.**

What offense, in your life, needs cleansing, healing and transformation?

Luke 11:29-32

They (Scribes and Pharisees) looked for God in the abnormal - in the extraordinary. Jesus constantly called people to recognize God and God's presence in the ordinary everyday experiences...in little children, in the widow's mite, in the lilies of the field, in the birds of the air.....

Jesus refused to give extraordinary signs and called the scribes and Pharisees and all his followers to find God in the ordinary things of everyday life.

Jesus presented himself, not what he did, as the sign, God's sign. Jesus is God's sign for us just as Jonah was God's sign for the Ninevites and Solomon God's sign for the Queen of Sheba.

The disciple must now become a sign of the Master.....perhaps imperfect, but still a sign that carries the message of the master..... The world must meet the Master in the disciple.

Saint of the Day, March 12 - St Seraphina/Fina and 13 other saints are remembered this day.

St Seraphina/Fina was born into a very poor family in the year 1238 in Italy. Her father died when she was very young. As a little girl she learned to sew and spin, spending most of her time at home. After her father's death, she was struck with a strange and paralyzing illness. She became misshapen and ugly, in constant pain, unable to get out of bed or even to move. Her mother took care of her but had to leave her for hours at a time to attend to her work. Seraphina's only consolation was the crucifix and she realized that she was called to imitate the suffering Christ. So, she never complained.

Her mother died and she was left completely destitute. Her neighbors were disgusted by her appearance and her sickness. Her only friend was a girl named Beldia who visited her and brought her food. She had read about the great sufferings of Pope St. Gregory the Great and he became her special saint. She prayed to him, drew strength from the sufferings that he had to endure and prayed that he would obtain for her the patience she needed to bear her own sufferings. She died on March 12, 1253 at the age of fifteen on the feast of St. Gregory (at that time, the feast was on March 12). The whole city attended her funeral and from that moment everyone began to pray to her. On the place where she had lain, her neighbors found white violets growing and even today in the village of San Geminiano where she lived, the white violets that bloom in March are called Santa Fina flowers.

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