

MORNING MEDITATION

Friday, Thirtieth week in Ordinary Time

Joyfulness nurtures serenity and serenity nurtures joyfulness.

Philippians 1:1-11

Paul was a good pastor. He recognized, acknowledged and thanked his converts for their growth in faith. In this excerpt, he praises them for their faith and affirms his confidence that God who began a good work in them would bring it to completion. He encouraged them to let their love mature, “ripen”. He prayed for them, “that your love may increase ever more..... that you may be pure and blameless....filled with the fruits of righteousness.....”

Pray for each other: “may your love increase ever more.... may you live blameless lives and be filled with fruits of justice”.

Psalm 111

**I will give thanks to the Lord with all my heart,
in the company and assembly of the just.
Great are the works of the Lord,
exquisite in all their delights.**

Luke 14:1-6

Jesus had differences with the Pharisees. This excerpt tells us about Jesus, despite his differences, accepting the hospitality of a leading Pharisee.

Learn to accept the differences, be tolerant and appreciate and respect diversity!

When Jesus came to this Pharisees house, there was a man who suffered from dropsy. Jesus asked them whether it was alright to cure on the Sabbath. Then he added, “If it is alright to help an animal on the Sabbath, why would it not be alright to help a person in need?” An animal that fell into an open well could be saved on a Sabbath. If an animal can be redeemed from a well, why would it not be alright to redeem a person who fell ill? Jesus healed the man, who suffered from dropsy, on the Sabbath.

Be good and do good. Any time is a good time to be and to do good.

Saint of the Day, October 30 - St. Alphonsus Rodriguez and 18 other saints are remembered this day.

Born in Spain in 1533, Alphonsus inherited the family textile business at 23. Within the space of three years, his wife, daughter, and mother died; meanwhile, business was poor. Alphonsus stepped back and reassessed his life. He sold the business, and with his young son, moved into his sister's home. There he learned the discipline of prayer and meditation.

At the death of his son years later, Alphonsus, almost 40 by then, sought to join the Jesuits. He was not helped by his poor education. He applied twice before being admitted. For 45 years he served as doorkeeper at the Jesuits' college in Majorca. When not at his post, he was almost always at prayer, though he often encountered difficulties and temptations.

His holiness and prayerfulness attracted many to him, including Saint Peter Claver, then a Jesuit seminarian. Alphonsus' life as doorkeeper may have been humdrum, but centuries later he caught the attention of poet and fellow-Jesuit Gerard Manley Hopkins, who made him the subject of one of his poems. Alphonsus died in 1617.

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