

## **MORNING MEDITATION**

**Tuesday, Sixteenth Week in Ordinary Time**

**Strive to nurture forbearance as your virtue and let it form and shape and transform your character as a disciple of Jesus.**

### **Micah 7:14-15 & 18-20**

Micah asks God to “shepherd” his people just as he did when he brought them from the land of Egypt. He speaks of God as a God of kindness and compassion and expresses his confidence in God’s faithfulness to his people.

### **Psalm 85**

**You have favored, O Lord, your land;  
You have restored the well-being of Jacob,  
You have forgiven the guilt of your people;  
You have covered all their sins.**

### **Mathew 12:46-50**

Jesus was addressing the crowd when his mother and relatives came to speak with him. When someone told Jesus about it, he said, “who is my mother and who are my brothers.....whoever does the will of my Father is brother and sister and mother to me”.

Jesus spoke of a new kind of relationship...one that goes far beyond blood relationships. Nothing can break the “blood connection” and yet we know that “blood ties” don’t necessarily create a bond of love or dedication or affection. History has shown that often a man’s enemies were those with whom he had “blood ties”.

**Real relationships, true connections, bonds of love are established around shared goals, shared ideals, shared conflicts and pains, shared cause, shared obedience/fidelity.....“covenantal bond”.**

**Jesus calls us to enter into a relationship of love and obedience....an obedience that binds us together as brothers and sisters of Jesus, sons and daughters of the heavenly Father. Our common obedience makes us true brothers and sisters.**

**Saint of the day, July 23 - St. Bridget of Sweden and 10 other saints are remembered this day.**

St. Bridget of Sweden was born as Birgitta Birgersdotter in 1303 in Uppland, Sweden. She was the daughter of the governor and provincial judge of Uppland, and of Ingeborg Bengtsdotter. From the time she was a child, she had a great devotion to the passion of Jesus. When she was 14, Bridget married an 18-year old man named Ulf. Like Bridget, Ulf had set his heart on serving God. They had eight children, of whom one was St. Catherine of Sweden. Bridget and Ulf also served the Swedish court, Bridget as the queen's personal maid.

All her life, Bridget had marvelous visions and received special messages from God. In response to these messages, she visited many rulers and important people in the Church. She explained humbly what God expected of them. After her husband died, Bridget put away her rich clothes and lived as a poor nun. In 1346, she began the order of the Most Holy Savior, also known as Bridgettines.

In 1350, a year of jubilee, Bridget braved a plague-stricken Europe to make a pilgrimage to Rome. Although she never returned to Sweden, her years in Rome were far from happy, being hounded by debts and by opposition to her work against Church abuses. Shortly before her death, she went on a pilgrimage to the Holy Land. At the shrines there, she had visions of what Jesus had said and done in each place. All St. Bridget's revelations on the sufferings of Jesus were published after her death. St. Bridget died in Rome on July 23, 1373 and was canonized by Pope Boniface IX in 1391.

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