

MORNING MEDITATION

Saint Francis of Assisi

Forbearance doesn't just happen. We must choose, be deliberate, intentional and steadfast in cultivating this virtue.

Francis was born at Assisi in Italy in 1182. A man who loved pleasure, fine clothes and all that wealth could bring, renounced his wealth and became one of the most extraordinary saints of the Middle Ages. Francis listened to the voice that called and said, "repair my house, which is falling into ruin". Francis ended up repairing (renewing) not a small chapel, but the "Church".

Francis moved from the glory of wealth to the glory of poverty. He celebrated the unity of creation, "harmony" in the universe. The beauty of creation filled him with joy. Everything that God created was brother and sister to him. He treated everything with "reverence".

Galatians 6:14-18

It means nothing whether one is circumcised or not. All that matters is that one is created anew. Peace and mercy on all who follow this rule of life.

Pray with St. Francis today: Make me a channel of your peace.

Psalm 16

**Keep me O God, for in you I take refuge;
I say to the Lord, "My Lord are you"
O Lord, my allotted portion and my cup,
You it is who hold fast my lot.....**

Mathew 11:25-30

Jesus praised his heavenly Father for revealing mysteries of the kingdom, not to the clever and the intellectual, but to the simple and humble. Heart is the home of the Gospel.

Jesus said to his listeners, 'Come to me if you find life burdensome, I will refresh you.....learn from me, I am gentle and humble of heart..... My yoke is easy and burden is light.'

The life and discipline that Jesus offers is made to fit you well - not to burden you, but to free you and keep you steady and faithful on your journey of life.

Saint of the day, October 4 - St. Francis of Assisi and 11 other saints are remembered this day.

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