

# **MORNING MEDITATION**

## **Wednesday, Fifth Week in Ordinary Time**

**I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.**

(Thomas Merton)

### **Genesis 2:4-9, 15-17**

God fashions man and gives man his own breath and man comes to life.

**Take a moment to breathe in the breath of God, the very life and love of God. Breathe in everything that is of God and from God.**

God gifted man with all that is needed for life, including the tree of knowledge. God gave him the wisdom to know what is good and what is not good. God gave man direction to live and be happy!

**Take time to discern and to surrender to the wisdom of God!**

### **Psalm 104**

**Bless the Lord Oh my soul....**

**Oh Lord, my God, how great you are...**

**You open your hand and they are filled with good things.....**

### **Mark 7:14-23**

Things are neither clean nor unclean in a religious or spiritual sense. What defiles a person is his evil design.

Jesus invites his listeners to go beyond what is done to the motivation or the intent behind what is done.

Jesus even gives a list of things that come from the heart which makes a person unclean. They all refer to inner designs from which evil actions proceed.

**Jesus calls his listeners to self examination, a soul searching – not just what is done, but the motivation behind whatever is done.**

**Saint of the Day, February 8 - St. Jerome Emiliani and 13 other saints are remembered this day.**

Jerome was born in Venice in 1486. His father died when he was a teenager and he ran away at the age of 15 to join the army. He was appointed governor of a fortress in the mountains of Treviso, and while defending his post he was taken prisoner. In prison Jerome had a lot of time to think, and he gradually learned how to pray. He had not cared about God, but he attributed his escape to the intercession of the Mother of God; and he made a pilgrimage to the shrine of Our Lady of Treviso, in fulfillment of a vow, and left his chains as an offering.

When he escaped, he returned to Venice where he took charge of the education of his nephews and began his own studies for the priesthood. In the years after his ordination, events again called Jerome to a decision and a new lifestyle.

All his spare time was devoted to the study of theology and to works of charity. In the year of plague and famine (1528), he seemed to be everywhere and showed his zeal, especially for the orphans, whose number had so greatly increased. Jerome began caring for the sick and feeding the hungry at his own expense. He rented a house for them near the church of St. Rose and, with the assistance of some pious men, ministered to their needs. In 1531 he went to Verona and persuaded the citizens to build a hospital. He opened orphanages, for boys and for girls in Brescia, Bergamo, Milan and other places in northern Italy. At Bergamo, he also founded a hostel for repentant prostitutes.

Around 1532, Jerome and two other priests established a congregation, the Clerks Regular of Somasca, dedicated to the care of orphans and the education of youth. Jerome died on February 8, 1537 from a disease he caught while tending the sick. He was canonized in 1767. In 1928, Pius XI named him the patron of orphans and abandoned children.

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