

MORNING MEDITATION

Saturday, Third Week in Ordinary Time

God is steadfast Love.

**The Psalmist muses, "If I flew to the point of sunrise or far across the sea,
your hand would still be guiding me, your right hand holding me."**

(Psalm 139)

Hebrews 11:1-2, 8-19

This excerpt expresses absolute certainty that what faith affirms is true and that what faith hopes or expects will come. It is not the hope of wistful longing, but the hope that looks forward with utter conviction. Christian hope is such that it dictates the behavior of the Christian, his conduct...he lives and dies in it. The author remembers Abraham and Sarah as examples and models of this certain faith which guided, governed, and protected them on their journey and helped them to look beyond this world, which empowered them to believe the impossible.

Luke 1:69-75

**He has raised a horn of saving strength for us
in the house of David his servant,
As he promised through the mouth so his holy ones,
the prophets of ancient times.**

Mark 4: 35-41

Mark presents Jesus asleep on a pillow in the boat with his disciples. Jesus trusted his disciples to carry him through the lake and went to sleep. This is the kind of trust that we place in those who drive our vehicles, fly our planes, do our cooking, dispense our medicines and so on. Trusting one another is a freeing experience.

Learn to trust God and learn to trust one another and learn to be trustworthy.

The disciples woke up their master when they faced the storm. They trusted him to wake up and calm the storm for them and he did. Jesus took away the fear, the anxiety, the worry, and the doubts of those who trusted him. The Psalmist says, "Even when I walk in the valley of darkness, I shall not fear, for you are at my side" (Ps.23) and again "The Lord is my light and my salvation, whom should I fear" (Ps.27).

Trust in the Lord and turn to him who is at your side. He will make you free and unafraid.

Saint of the Day, January 28 - St. Thomas Aquinas and 20 other saints are remembered this day.

Thomas was born into a wealthy family in the castle of Roccasecca in the Kingdom of Sicily, Italy, in 1225. At the age of five, he was given to the Benedictine monastery at Monte Cassino in his parents' hopes that he would choose that way of life and eventually become abbot. In 1239 he was sent to Naples to complete his studies. It was here that he was first attracted to Aristotle's philosophy. By 1243, Thomas abandoned his family's plans for him and joined the Dominicans. On his mother's order, Thomas was captured by his brother and kept at home for over a year.

Once free, he went to Paris and then to Cologne, where he finished his studies with Albert the Great. His greatest contribution to the Catholic Church is his writings. The unity, harmony and continuity of faith and reason, of revealed and natural human knowledge, pervades his writings. Unlike many others, Thomas saw reason as a divine gift to be highly cherished.

The Summa Theologica, his last and, unfortunately, uncompleted work, deals with the whole of Catholic theology. He stopped work on it after celebrating Mass on December 6, 1273. When asked why he stopped writing, he replied, "I cannot go on.... All that I have written seems to me like so much straw compared to what I have seen and what has been revealed to me." He died March 7, 1274.

In his younger days he was known as "dumb ox" because he was big, shy and didn't say much. He proved himself different. In him we find a unity of great intelligence, learning, wisdom, humility and holiness. He even died leaving his great work unfinished.

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