

# **MORNING MEDITATION**

**Tuesday, Seventeenth Week in Ordinary Time**

**It is inner stillness that will save and transform the world.**

(Eckhart Tolle)

## **Jeremiah 14:17-22**

Overwhelmed by the destruction of the nation and the suffering his people, Jeremiah laments and prays to God for deliverance. He affirms that only Yahweh, the God of Israel can do this.

## **Psalms 79**

**Help us, O God our savior,  
Because of the glory of your name;  
Deliver us and pardon our sins,  
For your name's sake.**

## **Matthew 13:36-43**

The disciples asked Jesus to explain to them the parable of the weeds in the field. Jesus used the parable to reveal to them many important truths about God and God's ways. Among them the following are important for us to reflect on and pray about.

**Take a moment.... prayerfully reflect over the following:**

- **there are negative forces in the field and so be cautious.**
- **it is often difficult to distinguish between good and bad and so turn to those who have knowledge and wisdom for guidance and direction.**
- **don't be too quick to draw conclusions or make judgments; only God can and will make the final judgment, so leave the judgment to God.**
- **pray for the gift of discernment**

**Saint of the Day, July 28 - St. Alphonsa of India and 14 other saints are remembered his day**

St Alphonsa was born as Anna Muttathupadathu in a Syro-Malabar Catholic family in Kudamalloor, near Kottayam in India on August 19, 1910. Her parents nicknamed her Annakkutty (little Anna). She had a difficult childhood and experienced loss and suffering early on in life. Anna's mother died when she was young, so her maternal aunt raised her.

Anna sacrificed her material fortune and wanted to dedicate her life to Jesus Christ. In 1923, Anna's feet were burnt when she fell into a pit of burning chaff. This accident left her partially disabled for the rest of her life. When it became possible, Anna joined the Franciscan Clarist Congregation, a religious congregation of the Third Order of St. Francis, and through them, completed her schooling. On May 19, 1930 Alphonsa entered the novitiate of the congregation at Bharananganam. On August 11, 1931 she completed the novitiate and took her first vows. And became a religious in the catholic church.

Sr. Alphonsa took her permanent vows on August 12, 1936. Two days later she returned to Bharananganam and taught high school at St. Alphonsa Girl's High School but was often sick and unable to teach. For most of her years as a Clarist Sister she endured serious illness.

On June 14, 1939 she was struck by a severe attack of pneumonia which left her weakened. On October 18, 1940, a thief entered her room in the middle of the night. This traumatic event caused her to suffer amnesia and weakened her again. Her health continued to deteriorate over a period of months.

In July 1945, she developed gastroenteritis and liver problems that caused violent convulsions and vomiting. After a series of serious health problems, she died on July 28, 1946, at a young age of 35. On Sunday, October 12, 2008, Pope Benedict XVI canonized her.

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