

## MORNING MEDITATION

### Tuesday, Second Week in Ordinary Time

**Good humor is the best antidote for anxiety and depression.  
It lightens human burdens and brings serenity and peace.**

#### **1 Samuel 16:1-13**

Samuel went through a very difficult process of choosing someone to succeed Saul as king. He went through a series of prayerful discernment with great fear and doubt. Finally, in Bethlehem, he found David as the man whom God had chosen to be king over his people and anointed him. Both David and his birthplace Bethlehem occupy a special place in the history of salvation. God chose Bethlehem, a place of no significance and David, a man of no significance to fulfill his purpose. **Be open and surrender to God's choice. Prayerfully discern God's plan for you.**

#### **Psalm 89**

**He shall say of me, "You are my father,  
My God the Rock, my savior."  
And I will make him the first-born,  
Highest of the kings of the earth.**

#### **Mark 2:23-28**

This excerpt carries the story of the disciples of Jesus plucking ears of corn on the Sabbath. The scribes and the Pharisees became more suspicious of a teacher who allowed his disciples to violate the Sabbath law. This kind of thing could not be allowed to spread unchecked. Jesus used this occasion to teach: Man is not at the service of the law. The law is at the service of man.

In this incident Jesus lays it down that the claim of human need must take precedence over all other claims. The claims of worship, the claims of ritual, and the claims of liturgy are important, but prior to any of them is the claim of human need.

**Jesus insisted that the greatest ritual service is the service that meets urgent human need.**

Jesus called his disciples to go beyond rituals service, church service, synagogue service, to the service of human need. In fact, the Gospels tell of only one synagogue service that Jesus conducted. But we have an abundance of incidence of Jesus at the service of human need.

**Christian service is involvement in the demands and problems and tragedies of the human situation.**

**Saint of the Day, January 20 - St. Sebastian and 9 other saints are remembered this day.**

We know very little about St. Sebastian with historical accuracy. We know that he was a Roman martyr, venerated in Milan at the time of Saint Ambrose and buried, probably near the present Basilica of St. Sebastian. Tradition tells us that during the persecution of Diocletian, he was tied to a post or tree and shot with arrows. He was rescued and healed by Saint Irene of Rome, which became a popular subject in 17th-century painting. In all versions of the story, shortly after his recovery he went to Diocletian to warn him about his sins, and as a result was clubbed to death. He lived and died probably between 256 – 288 C.E. He is regarded, in some parts of the world, as a saint with a special ability to intercede for protection from plague, and devotion to him increased greatly when plague was active

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