

# **MORNING MEDITATION**

**Thursday within the Octave of Easter**

**Tranquility is a certain quality of mind  
which no condition or fortune can alter.**

(Samuel Johnson)

## **Acts 3:11-26**

Peter had healed a lame man and people began to follow him. Peter told them that it was not his holiness that healed the man.....it was the power of faith in the name of Jesus whom they rejected and crucified and who rose from the dead. Peter called them to change their ways and turn from ignorance to faith in the power of Jesus who died for them and who rose again as he had promised.

**Be humble and learn to trust in the power of the risen Lord!**

## **Psalm 8**

**O Lord, Our God,  
How glorious is your name over all the earth!  
What is man that you should be mindful of him,  
Or the son of man that you should care for him?**

## **Luke 24:35-48**

Two of the disciples, who had an experience of the risen Jesus, on the road to Emmaus, returned to Jerusalem and shared their experience with the other disciples. Jesus walked into their midst and said: "Peace". This was the gift that Jesus had promised the disciples as his farewell gift. Jesus shared bread with them and helped them understand the recent events in light of the Scriptures. He explained to them the reality of the resurrection, the necessity and value of the cross and the urgency of announcing the good news of the resurrection.

The risen Jesus became real to the disciples in the breaking of the bread. The cross was not an emergency measure when all else failed. It was in the plan of God, the sign of His love, the sign of total giving in love. The disciples of Jesus, now as it was then, have an urgent mission of giving witness to the resurrection of Jesus and the meaning of the cross.

**Be humble! Learn to surrender to the plan of God! Trust that God has a plan for you! Believe that even the suffering and the cross that come your way have a meaning and purpose in God's plan.**

**Saint of the Day, April 9 - St. Casilda and 14 other saints are remembered this day.**

St. Casilda was the daughter of a Muslim king of Toledo, Spain in the 10<sup>th</sup> century. We do not have accurate information about her birth and early life. Casilda was a devout Muslim but was kind to Christian prisoners. She used to carry bread hidden in her clothes to feed them. Legend tells us that once she was stopped by Muslim soldiers and asked to reveal what she was carrying in her skirt. When she began to show them, the bread turned into a bouquet of roses.

She became ill as a young woman but did not trust that any of the local Arab doctors could cure her. So she made a pilgrimage to the shrine of San Vicenzo in northern Spain and sought the healing waters of the shrine and was healed of her illness. In response, she became a Christian and lived a life of solitude and penance not far from the miraculous spring. It's said that she lived to be 100 years old. Her death likely occurred around the year 1050.

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