

MORNING MEDITATION

Friday, Twenty Eighth Week in Ordinary Time

Conscious and intentional release of anger, hurt, guilt, resentment, shame, etc. bring emotional freedom and inner peace and serenity.

Ephesians 1:11-14

This is a beautiful prayer-hymn that centers around the theme, “God chose us in Jesus Christ and will raise us to everlasting life in Jesus Christ”. Therefore, we must live holy and blameless lives in response to this noble calling. This life must be lived in Christ. In Christ we have been brought into the mystery of the fullness of God’s life and love.

God has chosen us in Christ. Be faithful to this noble calling. Live holy and blameless lives!

Psalm 33

**Exult, you just, in the Lord;
Praise from the upright is fitting.
Give thanks to the Lord on the harp;
With the ten-stringed lyre chant his praises.**

Luke 12:1-7

In this excerpt, we hear the call of Jesus to be honest and sincere and not hypocritical and pretentious! Jesus calls us to trust in God who knows us and personally cares for us. This trust should make us fearless and courageous and not reckless.

God’s care is very personal. We are not just one in the crowd – Each one is important and precious in the sight of God. God takes personal care.

Are not five sparrows sold for a few pennies? Yet not one of them is neglected by God, said Jesus. God personally cares for you.

So be fearless. You are worth more.....

Saint of the Day, October 16 - Saint Margaret Mary Alacoque and 32 other saints are remembered this day.

Margaret Mary Alacoque was born on July 2, 1647 in Verosvres, France. She was the fifth of seven children, of Claude and Philiberte Alacoque. Her father died of pneumonia when Margaret was about eight. Her early years were marked by sickness and a painful home situation. After considering marriage for some time, Margaret Mary entered the Order of the Visitation nuns at the age of 24. On December 21, 1674, three years a nun, she received the first of her revelations. She felt “invested” with the presence of God, though always afraid of deceiving herself in such matters. The request of Christ was that his love for humankind be made evident through her.

During the next 13 months, Christ appeared to her at intervals. His human heart was to be the symbol of his divine-human love. By her own love Margaret Mary was to make up for the coldness and ingratitude of the world—by frequent and loving Holy Communion, especially on the first Friday of each month, and by an hour’s vigil of prayer every Thursday night in memory of his agony and isolation in Gethsemane. He also asked that a feast of reparation be instituted.

Like all saints, Margaret Mary had to pay for her gift of holiness. Some of her own sisters were hostile. Theologians who were called in declared her visions delusions and suggested that she eat more heartily. Later, parents of children she taught called her an impostor, an unorthodox innovator. A new confessor, the Jesuit Claude de la Colombière, recognized her genuineness and supported her.

After serving as novice mistress and assistant superior, Margaret Mary died at the age of 43 on October 17, 1690. While being anointed, she said: “I need nothing but God, and to lose myself in the heart of Jesus.” She was canonized by Pope Benedict XV in 1920.

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