

# MORNING MEDITATION

Tuesday, Fourteenth Week in Ordinary Time

**Stillness is where we find our true essence.**

(Eckhart Tolle)

## **Hosea 8:4-7 & 11-13**

Hosea speaks of Israel's break with their noble traditions. They had appointed their own kings and they had turned to idol worship. They have broken away from Davidic Kingdom and turned away from the law of Yahweh. In this excerpt, we read about Hosea condemning these practices as unacceptable to God and calling Israel to turn to the God of their Fathers.

**Be faithful to your noble traditions...be grounded in your heritage of faith.**

## **Psalm 115**

**Our God is in heaven;  
Whatever he wills, he does.  
Their idols are silver and gold,  
The handiwork of men.....**

## **Mathew 9:32-38**

Jesus healed a mute and the mute began to speak. The people were amazed and said, "nothing like this has ever been seen in Israel". But the Pharisees accused Jesus of casting out demons through the prince of demons. Some people turn to slander, gossip and the like when all else fails and that is what the Pharisees did.

**Be gracious! Accept and affirm the good that you see around you! Be open to the surprises that God sends your way!**

Where the Pharisees saw law breakers, sinners, outcasts and the like, Jesus saw "a rich harvest and the need for laborers to gather in the harvest. Jesus saw people to be welcomed and gathered in...people to be healed and reconciled....

**Be optimistic! Be positive! See the good in the world around you!**

**Saint of the Day, July 7 - St. Willibald and 21 other saints are remembered this day.**

Willibald was born in Wessex around the year 700. His mother, Saint Wuna of Wessex, was reportedly a sister of Saint Boniface. His father, Saint Richard the Pilgrim, was a chieftain of Wessex. At the age of three, Willibald suffered from a violent illness. His parents prayed to God, vowing to commit Willibald to a monastic life if he was to be spared. Willibald survived and at the age of five entered the Benedictine monastery at Waldheim and was educated by Abbot Egwald.

In 721 Willibald set out on a pilgrimage to Rome with his father and brother, Winibald. After departing by ship the group arrived in Rouen, France visiting shrines and spending much of their time in prayer. Eventually they arrived in Lucca, a city in northern Italy where Willibald's father became gravely ill and died. After burying their father Willibald and Winibald continued their journey, travelling through Italy until they reached Rome. They spent some time in Italy, strengthening in devotion and discipline, but soon the two brothers became ill with the Black Plague.

Willibald left Rome in 724 and continued his pilgrimage through Naples, Ephesus, Cyprus, Nazareth, Bethlehem, Cana, Capernaum, and Jerusalem and back to Naples approximately seven years after he had left Italy. Willibald and his remaining companion, Tidbercht, joined the Benedictine community at Monte Cassino. Here Willibald taught the community about his travels. He would spend over ten years at Monte Cassino and another local Benedictine monastery where he served roles as, "sacristan, dean, and porter.

In 738 Saint Boniface requested Pope Gregory III to send Willibald to assist him in his missions in Germany. The pope granted the request. Upon arriving at Eichstätt, Willibald was ordained a priest by Boniface on July 22, 741 and asked to begin missionary work in the area. In 742 he and his brother Winibald, founded the double monastery of Heidenheim. In 746 Boniface consecrated Willibald bishop of Eichstätt. Willibald served as the bishop of the region for over four decades, living in the monastery and entertaining visitors throughout Europe who would come to hear of his journey and monasticism. He died in 787 and was canonized in 938 by Pope Leo VII

Fr. Gus Tharappel, msfs