

MORNING MEDITATION

Thursday, Third Week of Lent

**When things don't turn around the way you planned, be still, go slow
and take time to plan a way to turn things around!**

Jeremiah 7:23-28

The well-being of a nation depends on its spiritual and moral strength more than the abundance of material wealth. There can be no liberation without walking in the ways of the Lord. Our Lenten journey is a journey of self-surrender.

We are called to walk in loving obedience to God and generous service to our neighbor.

Psalm 95

**Come, let us sing joyfully to the Lord;
Let us acclaim the rock of our salvation.
Let us greet him with thanksgiving;
Let us joyfully sing praise to him.**

Luke 11:14-23

Slander is a very cruel thing, may be, one of the worst things that you can do to others. Slander often sticks because of the tendency of many to think the worst of themselves and others and some prefer to hear the derogatory rather than the complimentary story.

Do you have a tendency to think the worst of yourself or others? Do you have a tendency to deliberately impute low motives to someone you dislike? Do you have a tendency to repeat unpleasant or slanderous or malicious stories and hurt the reputation of others?

One cannot follow Jesus in a half-hearted manner. One is either totally committed to the world or the Lord. We cannot have divided loyalties. There is no neutral position in the Kingdom of God. You have to take a stand. You are either on the way or in the way.

Is your commitment becoming more and more undivided, complete and whole?

Are you on the way? How is your journey progressing? Are you aware of anything on the way that seems to get in your way?

Saint of the day, March 12 - St Seraphina/Fina and 13 other saints are remembered this day.

St Seraphina/Fina was born into a very poor family in the year 1238 in Italy. Her father died when she was very young. As a little girl she learned to sew and spin, spending most of her time at home. After her father's death, she was struck with a strange and paralyzing illness. She became misshapen and ugly, in constant pain, unable to get out of bed or even to move. Her mother took care of her but had to leave her for hours at a time to attend to her work. Seraphina's only consolation was the crucifix and she realized that she was called to imitate the suffering Christ. So, she never complained.

Her mother died and she was left completely destitute. Her neighbors were disgusted by her appearance and her sickness. Her only friend was a girl named Beldia who visited her and brought her food. She had read about the great sufferings of Pope St. Gregory the Great and he became her special saint. She prayed to him, drew strength from the sufferings that he had to endure and prayed that he would obtain for her the patience she needed to bear her own sufferings. She died on March 12, 1253 at the age of fifteen on the feast of St. Gregory (at that time, the feast was on March 12). The whole city attended her funeral and from that moment everyone began to pray to her. On the place where she had lain, her neighbors found white violets growing and even today in the village of San Geminiano where she lived, the white violets that bloom in March are called Santa Fina flowers.

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