

MORNING MEDITATION

Thursday, Fourth Week in Ordinary Time

**Rule your mind with serenity rather than with force and manipulation.
(Lao Tzu)**

1 Kings 2:1-4, 10-12

This was the instruction that David gave his son Solomon just before dying: “Take courage and be a man. Keep the mandates of the Lord...as they are written in the Law of Moses that you may succeed in whatever you do.” David died and was buried in the city of David and Solomon was seated on the throne of his father.

This is a challenge for all of us today: Be courageous and be a man and follow the law of God.....and you will do well!

1 Chronicle 29:10-12

**Blessed may you be, O Lord,
God of Israel, our Father,
from eternity to eternity.
Yours O Lord, are grandeur and power,
Majesty, splendor, and glory!**

Mark 6:7-13

Jesus sent out the twelve to proclaim the reign of God, not to display what they had! So he instructed them to be free and take nothing with them – luggage can weigh you down. They were sent to spread “good news” everywhere. They were not to force themselves on anyone.....move free, without possessions, without attachment to place or things.

Do everything - all your service, all your ministry - to proclaim the presence of God’s Kingdom.

Do not set out to acquire, to collect, to possess - but to give. The gift you have received, give as a gift freely and joyfully.....

Stay close to and be in touch with “worthy”, good, noble people and reach out to all.

Be agents and messengers of the good news of forgiveness and healing!

Saint of the day, February 5 - St. Agatha and 11 other saints are remembered this day

Almost nothing is historically certain about saint St. Agatha. She is, however, one of the most highly venerated virgin martyrs of the Catholic Church. It is believed that she was born around 231 in either Catania or Palermo, Sicily to a rich and noble family. From her very early years, Agatha dedicated her life to God and became a consecrated virgin, giving herself wholly to Jesus and the Church in a life of prayer and service. That did not stop men from desiring her and making unwanted advances toward her. As she resisted the advances of men, she was betrayed as a Christian during the persecution of Emperor Decius. Tradition tells us that Agatha was arrested as a Christian, tortured, and sent to a house of prostitution to be mistreated. She was preserved from being violated and was later martyred in Sicily in 251. The year after her death, the stilling of an eruption of Mt. Etna was attributed to her intercession. As a result, apparently, people continued to ask her prayers for protection against fire.

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