

# **MORNING MEDITATION**

## **Monday, Nineteenth Week in Ordinary Time**

**Simplifying your life will bring balance, freedom, and joy.**

### **Ezekiel 1:2-5; 24-28**

Ezekiel, son of Buzi, served God as his prophet for twenty years during one of the most difficult period in his people's history. He was among the first group of exiles who were forced out of their homeland into Babylon in 507 B.C.E. Ezekiel had an awesome vision of the glory of the Lord. This excerpt describes the details of that vision.

### **Psalm 148**

**Praise the Lord from the heavens,  
Praise him in the heights;  
Praise him all you his angels,  
Praise him all you his hosts.**

### **Mathew 17:22-27**

To the Jews who waited for the Messiah, conqueror and King, Jesus spoke of the terrible experience he would go through, the experience of being delivered into the hands of men to be killed. How different from the idea of conqueror King! Jesus came not with avenging armies but giving His life and he called his disciples to do the same. He also told them that this death was not the end, resurrection would follow.

**Be prepared to accept the hardship that comes with being a disciple.**

Jesus taught his disciples to give God all that belongs to God. God must be honored. In the first reading of today, we read about Moses instructing his people to give God honor and to follow God's way.

Jesus also taught them to honor their responsibility to their nation..... 'go fishing and take the coin out of the fish's mouth' is a call to work and to find resources in our work to support our community, our people, our nation.

**Honor God with all you have. And honor your community, your people and your country by sharing your wealth, the gifts that come from God.**

**Saint of the day, August 8 - St. Dominic and 16 other saints are remembered this day.**

Dominic was born in Caleruega, in Old Castile, Spain. He was named after Saint Dominic of Silos. Dominic was educated in the schools of Palencia where he devoted six

years to the arts and four to theology. In 1191, when Spain was desolated by famine, young Dominic gave away his money and sold his clothes, furniture, and even precious manuscripts to feed the hungry. In 1194, around age twenty-five, Dominic joined the Canons Regular in the Cathedral of Osma, following the rule of Saint Augustine.

On a journey through France with his bishop, Dominic came face to face with the then virulent Albigensian heresy at Languedoc. The Albigensians or Cathari, "the pure ones" held that there were two principles one good and one evil in the world. All matter is evil. Hence they denied the Incarnation and the sacraments. On the same principle, they abstained from procreation and took a minimum of food and drink.

Dominic sensed the need for the Church to combat this heresy and was commissioned to be part of the preaching crusade against it. He saw immediately why the preaching crusade was not succeeding: the ordinary people admired and followed the ascetical heroes of the Albigensians. Understandably, they were not impressed by the Catholic preachers who traveled with horse and retinues, stayed at the best inns and had servants. Dominic, therefore, with three Cistercians, began itinerant preaching according to the gospel ideal. He continued this work for 10 years, being successful with the ordinary people but not with the leaders.

His fellow preachers gradually became a community, and in 1215 Dominic founded a religious house at Toulouse, the beginning of the Order of Preachers or Dominicans. Dominic saw the need for a new type of organization to address the spiritual needs of the growing cities of the era, one that would combine dedication and systematic education, with more organizational flexibility than either monastic orders or the secular clergy. He subjected himself and his companions to the monastic rules of prayer and penance; and meanwhile Bishop Foulques gave them written authority to preach throughout the territory of Toulouse. In 1215, Dominic and Foulques went to Rome to secure the approval of the Pope, Innocent III. Dominic returned to Rome a year later, and was finally granted written authority in December 1216 and January 1217 by the new pope, Honorius III for an order to be named "The Order of Preachers" ("Ordo Praedicatorum", or "O.P.," popularly known as the Dominicans or Order of Preachers.

Although he traveled extensively to maintain contact with his growing brotherhood of friars, Dominic made his headquarters in Rome. Dominic abstained from meat, observed fasts and periods of silence, selected the worst accommodations and the meanest clothes, never allowed himself the luxury of a bed and frequently traveled barefoot. Dominic died at the age of fifty-one on August 6, 1221 and was canonized in 1234.

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