

MORNING MEDITATION

Tuesday, Thirteenth Week in Ordinary Time

Simple living means a calendar that's not packed with deadlines and obligations.

Amos 3:1-8; 4:11-12

Amos challenged his people to be faithful to God's choice. God had chosen Israel over other nations and made them his special people. But his people did not turn to God. Now Amos says that his people should prepare themselves to meet their God.

This reminds us of what Jesus said: I have chosen you; you have not chosen me. Be faithful to the choice God has made for you.

Psalm 5

**Because of your abundant mercy,
I will enter your house;
I will worship at your holy temple,
In fear of you O Lord.**

Mathew 8:23-27

This is one of the rare stories in the Gospels.... very human, very ordinary, down to earth experience of Jesus and the disciples.

We meet Jesus "soundly" asleep. We meet the disciples who were afraid of the storm but unafraid to wake up their master!

The Sea of Galilee was known for sudden and violent storms. Jesus trusted his men with the boat in an unpredictable Sea and went to sleep. His men woke him up in their urgent need. He woke up to save his men.

What a wonderful relationship between master and disciples...trusting each other...being free with each other.... unafraid of each other!

The Lord trusted his men with his mission and today he trusts us with his mission. It is up to us to trust in his presence, in his being with us in all our needs and to call him in our difficult moments with confidence. Be confident, the Lord is with you!

Saint of the day, June 28 - St. Irenaeus and 13 other saints are remembered this day.

Irenaeus was a Greek from Smyrna in Asia Minor, born during the first half of the 2nd century, probably between the years 120 and 140. Unlike many of his contemporaries, he was brought up in a Christian family rather than converting as an adult.

During the persecution of Marcus Aurelius, the Roman Emperor from 161–180, Irenaeus was a priest of the Church of Lyon. The clergy of that city, many of whom were suffering imprisonment for the faith, sent him in 177 to Rome with a letter to Pope Eleutherius concerning the heresy of Montanism. While Irenaeus was in Rome, a persecution took place in Lyon. Returning to Gaul, Irenaeus succeeded the martyr Saint Pothinus and became the second bishop of Lyon.

During the religious peace which followed the persecution of Marcus Aurelius, the new bishop divided his activities between the duties of a pastor and of a missionary. Almost all his writings were directed against Gnosticism. The most famous of these writings is *Adversus haereses* (*Against Heresies*). Irenaeus alludes to coming across Gnostic writings, and holding conversations with Gnostics, and this may have taken place in Asia Minor or in Rome.

The Church is fortunate that Irenaeus was involved in many of its controversies in the second century. He was a student, well trained, no doubt, with great patience in investigating, tremendously protective of apostolic teaching. Instead of proving his opponents wrong, he tried to win them by providing greater understanding. He maintained a very positive attitude toward all and called everyone to praise God by being good and doing good: “The glory of God is man fully alive”, he says. The circumstances and details about his death, like those of his birth and early life in Asia Minor, are not at all clear.

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