MORNING MEDITATION

Tuesday, Thirty First Week in Ordinary Time

Peace and serenity are present right here and now, in ourselves and in everything we do and see. We need only to be awake, and alive in the present moment.
(Thich Nhat Hanh)

Philippians 2:5-11

We continued to read and reflect on the ancient Christian hymn which calls all Christians to empty themselves in compassion and love. Paul invited the Philippians, and he invites us today to be imitators of Christ, to nurture the mentality of Christ, to make the mind and heart of Christ our own. The mentality of Christ, the spirit with which he lived was one of total giving, emptying himself for all in total surrender to the will of his father. Ordinarily, everything in us, human beings, tend to move toward accomplishments, achievements and fulfillment and the way of the world is toward self-fulfillment. The disciples of Jesus are called to empty themselves for others in love and service.

Give yourself to each other in love and service!

Psalm 22

I will fulfill my vows before those who fear him.
The lowly shall eat their fill;
They who seek the Lord shall praise him:
May your heart be ever merry!

Luke 14:15-24

Jesus had just taught his listeners to be generous and gracious in giving and in showing hospitality. He challenged them to give generously to those who are unable to return the favor, the cripples, the lame, the beggars and the poor. Jesus told them a parable about a man who invited many to a large dinner party. Those who were invited refused to attend at the last minute because they had business interests, care of property and affairs of marriage getting in the way of participating in the banquet. Finally, only the poor and the marginalized got to participate and enjoy the dinner.

Learn to free yourself from those things that get in the way of your participation in feast of God's kingdom! Reflect on some of the modern-day (present-day) excuses people make for not participating at the Lord's "Table"? What are your personal excuses?

Saint of the Day, November 3 - St. Martin de Porres and 22 other saints are remembered this day.

Martin was born in Lima, Peru on December 9, 1579. His mother was black and his father was a wealthy Spanish noble who abandoned his wife and two children. Martin, his sister and his mother lived in poverty during the early years of their lives. At the age of 12, Martin became a barber. Barbers of those days did more than cut hair. They set broken bones, dressed wounds, prescribed healing herbs, etc. They were healers of body as well as troubled minds.

Martin won the trust of people and became a helper at the Dominican monastery. Some felt that he shouldn't be in the monastery because he was black and others encouraged him because of his knowledge and kindness. At the age of 24, he became a Dominican brother and spent his life caring for the poor, the sick, the homeless and the helpless. He had a deep reverence for birds, animals, trees and all of God's creation. He died on November 3, 1639, in Lima, Peru. Let us draw inspiration from the humble and self-sacrificing life of Martin.

Fr. Gus Tharappel, msfs