

MORNING MEDITATION

Thursday, Fifteenth Week in Ordinary Time

Nothing is more creative than a brilliant mind with a purpose.

Exodus 3:13-20

Moses had a personal encounter with God and a conversation that gave him a sense of the very personal presence of God in his life and in the life of his people. Moses was given the mission to proclaim to his people that God would save them from the Egyptians and bring them to a land of freedom and prosperity. The Lord warned Moses of the dangers he would face from Pharaoh and the Egyptians. With the assurance of God's personal presence, Moses responded to God's call.

Trust in God's personal presence in your life! God is always there to help us fulfill our mission!

Psalms 105

**Give thanks to the Lord, invoke his name;
Make known among the nations his deeds.
Recall the wondrous deeds that he has wrought, his portents,
And the judgments he has uttered.**

Matthew 11:28-30

Jesus said, Come to me all who labor and are burdened and I will give you rest.....Take my yoke upon you and learn from me.....I am meek and humble of heart.....My yoke is easy and my burden is light.....

My yoke is easy - The word "easy" should be translated "well-fitting". This simply means that the yoke is "tailor-made" to fit well. The discipline, the way, the life that Jesus offers is made to fit well, "tailor-made" for us - it won't hurt us, it won't burden us.

Jesus came proclaiming good news.....love, forgiveness, healing, peace.....not as an avenging ruler, but proclaiming the triumph of compassion..... Jesus came.....meek, humble.....inviting all to turn to him with their burdens.....

To rest in Jesus is to dwell in him.....to drink fully of his spirit.....to be refreshed and renewed for life and ministry....as St. Augustine says "our hearts are restless until they come to rest in you".

Saint of the Day, July 17 – Saint Francis Solano and 50 other saints remembered this day

Francis Solano was born on March 10, 1549 in Montilla, Spain. He was educated by the Jesuits, but felt drawn to the poverty and penitential life of the Franciscan friars. At the age of twenty, he joined the Order of Friars Minor at Montilla, entering the novitiate at St. Lawrence Friary. The community there belonged to the Reformed observance within the Order, following a very strict routine of prayer, silence and fasting. Francis followed this regimen rigorously, always going barefoot, abstaining from meat, and wearing a hairshirt throughout that entire year. As a result, however, his health was permanently affected, leaving him sick and fatigued.

Francis was solemnly professed in 1569. He was then sent to the friary of Our Lady of Loreto in Seville for his seminary studies. There he learned not only philosophy and theology but developed his musical talents. He was ordained a priest in 1576. He was then named Master of Ceremonies for the community. Still a lover of simplicity, Francis made a small cell for himself by the chapel of the friary, made of clay and reeds. After completing his final theological studies, he was assigned as an itinerant preacher to the surrounding villages of the region. He was eventually given a license as a confessor. During this period, he requested that he might be allowed to go to North Africa, with the hope of achieving martyrdom for preaching the Catholic faith. He was denied this request.

After the death of his father, Francis returned to his hometown of Montilla to care for his mother. During that time, he gained the reputation of a wonder worker, as a number of people were cured of their afflictions through his intercession. In 1583, he cared for the sick and the dying when a pestilence broke out at Granada. His care for the sick during this epidemic drew so much admiration that he became embarrassed and asked to be sent to the African missions. Instead he was sent to South America in 1589. While working in what is now Argentina, Bolivia, and Paraguay, Francis quickly learned the local languages and was well received by the indigenous peoples. His visits to the sick often included playing a song on his violin.

Around 1601, he was called to Lima, Peru, where he tried to recall the Spanish colonists to their baptismal integrity. Francis also worked to defend the indigenous peoples from oppression. He died in Lima in 1610 and was canonized a saint in 1726.

Fr. Gus Tharappel, msfs