

MORNING MEDITATION

Friday, Fourth Week of Easter

**Purposefulness inspires and moves us to find joy in working hard
and accomplishing something for the world around us.**

Acts 13:26-33

In this excerpt from Acts, we read about Paul speaking to the Jews settled in the cities of the Roman Empire. He spoke in their Synagogue about the life, death and resurrection Jesus and how this was in fulfillment of God's plan.

Psalms 2

**I myself have set up my king,
On Zion, my holy mountain.....
Serve the Lord with fear and rejoice before him;
With trembling pay homage to him.**

John 14:1-6

"Do not let your hearts be troubled.....there are many dwelling places in my father's house.....I am the way, the truth and the life....."

There is a story of a missionary who was lost in the African jungle. When, finally, he reached a primitive village, he asked one of the villagers to lead him out. After more than an hour of hacking their way through thick jungle growth, the missionary said to his guide: "Are you sure, this is the way? Where is the path? His guide responded, "Sir, in this place there is no path. I am the path." This story takes us to the words of Christ: "I am the way, the truth and the life".

The ultimate meaning of Christ's life, death and resurrection was to reveal the God who.....

- makes a way out of no way,
- turns tragedy into triumph,
- creates something new from old,
- generates light in darkness,
- brings victory out of defeat,
- generates hope where there is despair,
- brings good out of evil,
- brings life out of death

Saint of the Day, May 16 - St. Simon Stock and 19 other saints are remembered this day

Simon Stock was born and raised in England. Although little is known about his early life, legend has it that the name Stock, meaning "tree trunk," derives from the fact that, beginning at age twelve, he lived as a hermit in a hollow tree trunk of an oak tree in complete solitude and continual prayer. He had visions of the Blessed Virgin Mary who urged him to carry on in his life of sacrifice and love. During one vision, she told him that there would be Carmelite hermits coming to England from the Holy Land and that he should join them, and Simon joined them in 1212. In 1254 he was elected Superior-General of his Order at London.

The Carmelites themselves were struggling to become established in England, but through fervent prayer to Our Lady, the order persevered, and the Carmelites spread throughout England and southern and western Europe under Simon's leadership. In 1251, in a vision, the Blessed Virgin Mary appeared to Simon holding the brown scapular in one hand. Her words were: "Receive, my beloved son, this scapular of thy Order; it is the special sign of my favor, which I have obtained for thee and for thy children of Mount Carmel. He who dies clothed with this habit shall be preserved from eternal fire. It is the badge of salvation, a shield in time of danger, and a pledge of special peace and protection." Through Saint Simon Stock, devotion to the scapular spread throughout the world. He lived an ascetic life, followed a diet of herbs, roots and wild apples and drank only water. He died on May 16, 1265 in Bordeaux, France.

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