

MORNING MEDITATION

Tuesday, Twenty Ninth Week in Ordinary Time

Forgiveness heals the hurt, frees the guilt and shame, releases anger and resentment and brings peace and serenity.

Ephesians 2:12-22

Paul tells the Ephesians that formerly they were excluded from the covenant. But through the death and resurrection of Christ they are reconciled with God. This means that they are no longer strangers or aliens. They are now fellow citizens of the saints and members of the household of God; they are being built with the apostles and prophets to become a dwelling place for God.

Remember and rejoice in your calling: you are fellow citizens with the saints!

Psalms 85

**I will hear what God proclaims;
The Lord – for he proclaims peace.
Near indeed is his salvation to those who fear him,
Glory dwelling in our land.**

Luke 12:35-38

Jesus taught the disciples to be watchful, alert and awake...to be prepared. He said to them that no one knew the day or the hour when God would break into their history.

Be alert! Stay awake! Be watchful! Now is the moment of Grace!

Jesus used imageries familiar to his listeners. "Let your loins be girt" he said...in other words, pull up your sleeves; "keep your lamps burning", he said....., in other words, trim the wick and replenish the lamps with oil.... just be ready to welcome God as and when he breaks in.....you do not know the day or the hour!

How would you like God to find you when he breaks in? Your work completed? Your mission accomplished? Fulfilling the mission given to you? Your lamps burning bright?

Make sure that all is well and in good order!

Saint of the Day, October 20 - Saint Paul of the Cross and 17 other saints are remembered this day

Saint Paul of the Cross, originally named Paolo Francesco Daneii, was born on January 3, 1694, in the town of Ovada in northern Italy. Paul was the second of sixteen children, six of whom survived infancy. Paul received his early education from a priest who kept a school for boys, in Cremolino, Lombardy. In his early years he taught catechism in churches near his home. Paul experienced a conversion to a life of prayer at the age of 19. Influenced by the reading of the "Treatise on the Love of God" by Saint Francis de Sales, he became convinced that God is most easily found in the Passion of Christ.

In 1715, Paul left his work helping his father to join a crusade against the Turks who were threatening the Venetian Republic but soon realized that the life of a soldier was not his calling. He returned to help in the family business. When he was 26 years old, Paul had a series of prayer-experiences which made it clear to him that God was inviting him to form a community who would live an evangelical life and promote the love of God revealed in the Passion of Jesus. The first name Paul received for his community was "the Poor of Jesus"; later they came to be known as the Congregation of the Passion of Jesus Christ, or the Passionists.

In 1720, Paul founded the Congregation of the Passion, whose members combined devotion to Christ's passion with preaching to the poor, and rigorous penances. Known as the Passionists, they add a fourth vow to the traditional three vows of poverty, chastity, and obedience, to spread the memory of Christ's passion among the faithful. Paul was elected superior general of the Congregation in 1747, spending the remainder of his life in Rome.

Paul of the Cross died on October 18, 1775 and was canonized in 1867. Over 2,000 of his letters and several of his short writings have survived.

Fr. Gus Tharappel, msfs