

CELEBRATE EASTER

Saturday, Second Week of Easter

Serenity comes when you trade expectations for acceptance.

Acts 6:1-7

The number of the followers of Jesus grew and they became an international community. They had to confront new problems such as the care of the poor, the orphans and the widows. The Greeks began to feel that their widows were being neglected. The apostles selected deacons to carry out the work of compassion and mercy so that they can devote themselves to proclaiming the good news of risen Lord.

Psalm 33

**Give thanks to the Lord on the harp;
With ten-stringed lyre chant his praises.
Upright is the word of the Lord,
And all his works are trustworthy.**

John 6:16-21

The disciples of Jesus were afraid as they were facing a rough sea and strong wind. Jesus came toward them, walking on the water and they became more afraid. Jesus told them not to be afraid and together, they came ashore.

In the presence of Jesus, they became unafraid and safe and secure! The Psalmist says, “the Lord is my light and my salvation, whom shall I fear” (Ps.27)

Jesus was watching them from the mountain where he had gone after the miracle of the loaves. He had not forgotten them.

Reflect on the mindfulness of the Lord.

Jesus came toward them on the troubles waters. Mindfulness is not a passive recall or remembrance of a person or an event. It is a dynamic force that moves one to reach out, to move toward and to act positively.

Reflect on the need to cultivate the quality of “mindfulness”.

Saint of the day, April 18 - Saint Athanasia of Aegina and 16 other saints are remembered this day.

Athanasia was the daughter of Christian nobles, Niketas and Irene. She grew up in a pious family and early in life felt drawn to the religious life. Legend says that she experienced a mystical union of a star merging with her heart while weaving at the loom when she was a young girl. However, at her parent's request, she married at age 16 to an army officer. Widowed after 16 days of marriage when her husband died in battle against invading Arabs. She again considered the religious life, but an imperial edict required all single women of marriage age to marry soldiers.

She again married this time to a deeply religious man who felt drawn to become a monk and left with her blessing to do so. She became a nun, gave away the bulk of her possessions, converted her home into a convent, obtained a spiritual director named Matthias, had other sisters move in with her, served as abbess, and lived a life of severe austerity. She built three churches.

The community later moved to Timia where Athanasia became widely known for miraculous healings. To escape the press of people who were drawn to her reputation of holiness, and return to the quiet, prayerful life, she and two sisters fled in secret to Constantinople where she lived as an anchoress in a cell for seven years; while walled away, she was an advisor to Empress Theodora. After seven years, she returned to Aegina, where she died of natural causes three days later at Timia on August 14, 860.

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Fr. Gus Tharappel, msfs