MORNING MEDITATION

Wednesday, Thirty-fourth Week in Ordinary Time

Within yourself is a sacred space, a sanctuary of peace and serenity to which you can retreat at any time.

Revelation 15:1-4

This vision of John describes the calamities that surround the final judgment. It also reveals that the victory and glory of the redeeming Lamb is the apex and the goal of the history of salvation. Those who have come through the battle and the suffering into blessedness sing the song of Moses; "Mighty and wonderful are your works Lord…..Righteous and true are your ways O King……." John had the vision of the saints marching into victory, into blessedness and glory and singing the praises of God.

Psalm 98

Sing to the Lord a new song,
For he has done wondrous deeds;
His right hand has won victory for him,
his holy arm.

Luke 21:12-19

Jesus told his disciples that they will be arrested and persecuted, even delivered over by their own families; that they will be hated, but not a "hair on their head will be lost". Jesus encouraged them to stand strong and not be afraid.

Trust in the Lord! Stand strong and be not afraid!

Jesus told them to trust and not be worried about defending themselves. He promised to give them words to speak and wisdom to know what to say to the adversaries. He said to them "by patient endurance, you will save your lives".

Pray for the gift of "patient endurance".

Pray for the gift of wisdom to listen and discern what God is saying to you now and for the courage to respond to God's call.

Saint of the Day, November 25 - St. Catherine of Alexandria and 6 other saints are remembered this day

Saint Catherine of Alexandria, or Saint Katharine of Alexandria, also known as Saint Catherine of the Wheel and The Great Martyr Saint Catherine, is, according to tradition was martyred in the early 4th century at the hands of the pagan emperor Maxentius. According to her hagiography, she was both a princess and a noted scholar, who became a Christian around the age of 14, converted hundreds of people to Christianity, and was martyred around the age of 18. More than 1,100 years after Catherine's martyrdom, Joan of Arc identified her as one of the saints who appeared to and counselled her.

The Eastern Orthodox Church venerates her as a Great Martyr and celebrates her feast day on November 24 or 25, depending on the regional tradition. In Catholicism she is traditionally revered as one of **the Fourteen Holy Helpers***.** In 1969 the Roman Catholic Church removed her feast day from the General Roman Calendar; however, she continued to be commemorated in the Roman Martyrology on 25 November. In 2002, her feast was restored to the General Roman Calendar as an optional memorial.

*****Fourteen Holy Helpers**. Saints Acacius, Barbara, Blaise, Christopher, Cyriacus, Catherine of Alexandria, Denis, Erasmus of Formiae, Eustace, George, Giles, Margaret of Antioch, Pantaleon, and Vitus. The Fourteen Holy Helpers are a group of saints venerated together in Roman Catholicism because their intercession is believed to be particularly effective, especially against various diseases.

In the middle of the 14th century, the plague - also called “The Black Death” - also called “The Greatest Catastrophe Ever” - ravaged Europe, killing 50 million people, or about 60% of the population (a vastly higher death rate than coronavirus), within a few years.

Lacking the advances of modern medicine, and layering dead bodies in pits like “lasagne with layers of pasta and cheese,” the people had no choice but to cling to their faith. It was at this time that the Fourteen Holy Helpers - Catholics saints, all but one of whom were early martyrs - came to be invoked by Catholics against the plague and other misfortunes.

According to New Liturgical Movement, devotion to these 14 saints started in Germany at the time of the plague, and they were called “Nothelfer,” which in German means “helpers in need.” As bouts of the plague resurfaced over the decades, devotion to the Holy Helpers spread to other countries, and eventually Nicholas V declared that devotion to the saints came with special indulgences.

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