

MORNING MEDITATION

Friday, First Week of Lent

**Purpose is the north star
that guides us through the vast expanse of possibilities.**

Ezekiel 18:21-28

The prophet says, repent and all will be well! Virtue means strength and life. Absence of virtue means weakness and eventual death. Ezekiel says, the Lord remembers virtuous life and forgets crimes of the past. You are called to live virtuous lives!

Psalms 130

**Out of the depths I cry to you O Lord,
Lord, hear my voice;
Let your ears be attentive to the voice of my supplication!**

Mathew 5:20-26

In this excerpt, Mathew offers us very challenging messages of Jesus:

- Your holiness must surpass that of the scribes and Pharisees! You are called to live higher standards of life. You are called to live virtuous lives!
- All forms of prayer and worship call forth reconciliation. Sacrifice and worship assume genuine confession of sin, true penitence and forgiveness from the heart. Be reconciled with others! Be reconciled now!
- Be aware of the words you speak. Be sensitive and speak affirming, encouraging, healing, supporting, empowering words!
- Be aware of words that may insult or hurt others. Words could alienate you from the community - they break down relationship. Speak words that bring life and not death.
- Make peace in time and make it now! Now is the time for reconciliation and peace!

Genuine Forgiveness is Unconditional. Learn to forgive from the heart!

Saint of the Day, March 14 – St. Matilda of Saxony and 8 other saints are remembered this day.

Matilda was born in 895 C.E. at Engern, Westphalia, Germany. She was the daughter of Count Dietrich of Westphalia and Reinhild of Denmark. She was raised by her grandmother, the Abbess of Eufurt convent. She left the abbey in 913 and got married to King Henry the Fowler of Saxony. She was well known for her generosity, teaching the ignorant, comforting the sick, visiting prisoners, etc.. After Henry's death, she was betrayed by Otto, her son, when he falsely accused her of financial mismanagement and extravagant charities. She devoted herself to building three convents and a monastery. She was left in charge of the kingdom when Otto went to Rome to be crowned Emperor (often regarded as the beginning of the Holy Roman Empire), and spent most of the declining years of her life at the convent at Nordhausen she had built. She died at the monastery at Quedlinburg on March 14, 968.

Fr. Gus Tharappel, msfs