

# **MORNING MEDITATION**

## **Monday, Twelfth Week in Ordinary Time**

**Simplify your life by getting rid of excess possessions  
and owning fewer material goods.**

### **2 Kings 17:5-8, 13-15, 18**

Kings and people had become unfaithful to Yahweh their God and his laws and followed rites and religious practices of other nations. Prophets had warned them to give up their ways and turned to Yahweh and they failed to listen. The king of Assyria occupied the whole land and deported the Israelites to Assyria, except the tribe of Judah.

**Be faithful to your religious practices. Listen to the prophetic voices around you.**

### **Psalm 60**

**God, you have raised for those who fear you a banner,  
To which they may flee out of bowshot.  
That your loved ones may escape,  
Help us by your right hand and answer us.....**

### **Mathew: 7:1-5**

Jesus reminded the disciples of the human tendency to pass judgments on the shortcomings of others. He taught them to be cautious and kind to others in their weakness since no one is free from weaknesses and limitations and shortcomings. He challenged them to be aware of their own weaknesses and correct them before they pass judgments on others.

The Rabbis laid it down: there are six great works that brought a man credit in this world and profit in the world to come: study, visiting the sick, hospitality, devotion in prayer, education of children in the law and thinking the best of other people.

**Kindliness in judgment is nothing less than a sacred duty. Misjudgment has cost too much to people and brought chaos to nations. Be compassionate in your judgments**

**Think well of others! Speak well of others!**

**Be your best! Bring out the best from you and call forth the best from others.**

**Saint of the Day, June 20 - St. Vincent Kaun and 27 other saints are remembered this day.**

Saint Vincent Kaun was born in Korea around the middle of the sixteenth century. In 1591, he was captured by Japanese soldiers and taken to Japan as a prisoner of war. While in Japan, Vincent learned about Christ and was converted to Christianity. He then decided to join the Jesuits and studied at the Jesuit seminary of Arima. He worked for three decades as a catechist in both Japan and China. Around this time, the Japanese emperor decided that he wanted to get rid of all the Christians in his country. In 1625, Saint Vincent Kaun was arrested and was burned alive in Nagasaki. He was beatified in 1867.

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