

# MORNING MEDITATION

Monday, First Week of Lent

**Those who practice forbearance keep themselves in control.**

## **Leviticus 19:1-2, 11-18**

**Moses calls the people to be holy because the Lord is holy.** Such holiness requires not only reverence for God but also deep respect for self and others, even other's property. Moses spells out the details of the Covenant with God. Deep reverence for God must reflect: Deep reverence for people; Deep reverence for self; Deep reverence for creation. **Reflect on your sense of reverence for God and for all that is God's!**

## **Psalm 19**

**May the words of my mouth and the thoughts of my heart,  
Find favor before you, O Lord, my rock and my redeemer.**

## **Mathew 25:31-46**

**The final judgment is not about how you kept the rules and how many prayers you said. It is about how you treated those in need and why you treated them the way you did.** The good that is done for others is not because others needed your "good" or because there was a reward for doing good but because you couldn't help but do the good. Being good and doing good, being generous and doing the generous thing, being compassionate and doing the compassionate thing...etc. is your nature, your character, your quality. **It just reflects who you are!**

**There can be no holiness without concern for others, especially the needy, the disadvantaged, the poor.....**We can not love God without loving others in truth. Loving in truth is to love as God loves, to reflect God's love. This means that **we must love those who can not love in return and those who can not love the way we have learned to love. To be holy is to love** - this love is unconditional, non-judgmental and accepting. Jesus says love is beyond piety and good deeds. Our love must cross the boundaries and break barriers.

**We minister to the Lord when we minister to each other and to all in need, without even realizing that we are ministering to the Lord.**

**Saint of the Day, February 19 - Saint Conrad of Piacenza and 10 other saints are remembered this day.**

St. Conrad was born Corrado Confalonieri, a member of one of the noblest families of Piacenza in Northern Italy. The date of his birth is uncertain. He married an aristocratic young woman named Ephrosyne when he was quite young. One day while hunting he ordered attendants to set fire to some brush in order to flush out the game. The fire spread to nearby fields and to a large forest. Conrad fled. An innocent peasant was imprisoned, tortured to confess, and condemned to death. As the man was being led to execution, a remorseful Conrad publicly admitted his guilt. As punishment and reparation for the damages he had caused, the city seized all his assets, only sparing his life due to his noble status.

Soon after this event, Conrad and his wife agreed to separate - she to a Poor Clare monastery and he to a group of hermits following the Third Order Rule. His reputation for holiness, however, spread quickly. Since his many visitors destroyed his solitude, Conrad went to a more remote spot in Sicily where he lived 36 years as a hermit, praying for himself and for the rest of the world. Conrad died kneeling before a crucifix on February 19, 1351. He was canonized in 1625.

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