

MORNING MEDITATION

Friday, Third Week of Easter

**Serenity is found when you let go of expectations
and find peace in the moment.**

Acts 9:1-20

Saul was on his way to Damascus while persecuting the Christians. He had a great fall and lost his sight. He heard a voice instructing him to go to the city for further directions. In the city, he met Ananias who prayed over him. With this, Saul experienced a radical transformation of his life and began a new life proclaiming the risen Lord.

Psalm 117

**Praise the Lord, all you nations;
Glorify him, all you peoples!
For steadfast is his kindness towards us,
And the fidelity of the Lord endures forever.**

John 6:52-59

“If you do not eat the flesh of the son of man and drink his blood, you have no life in you. He who feeds on my flesh and drinks my blood has life eternal....he abides in me and I in him”. This is the central theme of today’s Gospel reading.

Jesus said: “This piece of bread is my Body” - this piece of bread is my very self, no longer in type, but in reality. Therefore, when you eat it, you are no longer eating a symbol, a foreshadowing of a future reality. You are eating my very self. Whenever, you eat this, remember that I am truly present in it and therefore in you. I AM REAL - IN YOU, HERE AND NOW. YOU EAT ME AND YOU BECOME MY BODY.

IN THE EUCHARIST THE CHURCH BECOMES THE BODY OF CHRIST- THE CHURCH BECOMES HIS PRESENCE.

The Eucharist is REMEMBERING JESUS - His life, death, resurrection - entering into the MYSTERY of His whole being. Eucharist is re-living the MYSTERY - mystery, not in the sense of something mysterious, something that we cannot understand - but in the sense of a very PROFOUND REALITY which we can only celebrate, experience and live - a reality that transforms our life as we celebrate it - just as bread and wine are transformed in the celebration, we are transformed. The Eucharist is a redeeming, transforming, life-giving, fulfilling, joy-filled celebration.

Saint of the Day, April 24 - St. Fidelis of Sigmaringen and 10 other saints are remembered this day

St. Fidelis was born Mark Roy or Rey in 1577 in Sigmaringen, a town in modern-day Germany. He studied law and philosophy at the University of Freiburg. Roy subsequently taught philosophy at this university, ultimately earning the degree of Doctor of Law. He practiced law as a counselor or advocate, at Colmar, in Alsace, France where he came to be known as the 'poor man's lawyer'. He scrupulously forbore all invectives, detractions, and whatever might affect the reputation of any adversary. Disenchanted with the evils associated with his profession, he was determined to join his brother George as a member of the Capuchin friars. Fidelis was his religious name. His wealth was divided between needy seminarians and the poor.

As a follower of Saint Francis of Assisi, Fidelis continued his devotion to the weak and needy. During a severe epidemic in a city where he was guardian of a friary, Fidelis cared for and cured many sick soldiers. If a poor man needed some clothing, Fidelis would often give the man the clothes right off his back. Complete generosity to others characterized this saint's life.

He was appointed head of a group of Capuchins sent to preach against the Calvinists and Zwinglians in Switzerland. Almost certain violence threatened. Those who observed the mission felt that success was more attributable to the prayer of Fidelis during the night than to his sermons and instructions.

He was accused of opposing the peasants' national aspirations for independence from Austria. While he was preaching at Seewis, to which he had gone against the advice of his friends, a gun was fired at him, but he escaped unharmed. A Protestant person offered to shelter Fidelis, but he declined, saying his life was in God's hands. On the way back, on April 24, 1622, he was killed by a group of armed men. Fidelis was canonized in 1746. Fifteen years later he was recognized as a martyr.

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