

MORNING MEDITATION

Monday, Thirtieth Week in Ordinary Time

**Gratitude is a powerful catalyst for happiness.
It's the spark that lights a fire of joy in your soul.**
(Amy Collette)

Romans 8:12-17

Paul tells the Christians in Rome that they are sons of God and so they can not live according to the flesh but must live in the spirit. The spirit empowers us to call God, "Abba" (Father). We are children of God. New life, as children, has come to us in Jesus and we must live that new life. If we do not live in the spirit, we die. The spirit helps us to put to death evil desires and tendencies. **We are sons of God, led by the spirit. Listen and learn to live in the spirit.**

Psalm 68

**Blessed day by day be the Lord,
who bears our burdens; God who is our salvation.
God is a saving God for us;
The Lord, my Lord, controls the passageways of death.**

Luke 13:10-17

Jesus healed a woman who, for eighteen years, could not straighten her body. This was done on a Sabbath. Jesus broke the law. The president of the Synagogue protested. There are six days to work, and healing was work!!! Let the Sabbath be kept holy without working.

Most of us don't consider our work a personal form of worship. But could there be a more beautiful way to honor our God than by contributing to the re-creation of the world through our gifts?

Jesus asked them: "Which of you does not let his ox or ass out of the stall on the Sabbath to water it....." What Jesus said was that if kindness may be shown to animals on Sabbath, much more should be shown to human beings.

Celebrate Sabbath and honor God! But let not the Sabbath prevent you from showing compassion and kindness to the needy and the suffering.

Often, we become preoccupied with our rules, customs, and traditions, we forget basic human needs. We love our system. Our system has a way of taking over us and controlling us and our system often gains priority over persons. Be watchful!

Saint of the Day, October 25 - Pope Boniface I and 20 other saints are remembered on this day

Pope Boniface I was Pope from 418 - 422. Little is known of his life before his election as Pope. He was a priest at Rome and served as papal delegate to Constantinople under Innocent I. When Pope Zosimus died in December 418, a majority elected Boniface pope, and a minority elected Eulalius pope. Pope and antipope were consecrated on the same day. He was ordained by Pope Damasus I. The Council of Spoleto was convoked in 419 to settle the dispute. Symmachus the Prefect supported Eulalius, and the Emperor Honorius supported Boniface, who was enthroned as Pope after the council.

Boniface condemned Pelagianism and encouraged St. Augustine to write against it. He ordered the singing of the Gloria in excelsis on Holy Thursday, and regulated several points of Church discipline. He defended the rights of the Holy See. Boniface I died on Sept. 4, 422, in Rome.

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