

MORNING MEDITATION

Monday, Thirtieth Week in Ordinary Time

**We practice the disciplines of silence, solitude, and stillness
so that we may open our minds to see and understand God's ways.**

Ephesians 4:32 - 5:8

Paul encouraged the Ephesians to be kind, compassionate and forgiving as God has forgiven in Christ. This excerpt reminds us that we are sealed with the Holy Spirit. We are called to follow the way of love, imitating God as his beloved children. We are empowered to live a life of love, imitating God, by the gift of the Holy Spirit.

Psalm 1

**Happy the man,
who follows not the counsel of the wicked,
Nor walks in the way of sinners,
nor sits in the company of the insolent
But delights in the law of the Lord
and meditates on his law day and night.**

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 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 and 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 26 - Saint Peter of Alcantara and 16 other saints are remembered this day

Saint Peter of Alcantara was born in Alcantara, Spain in 1499. His father was the Governor of the province and his mother came from a noble family. He was privately tutored and attended the University of Salamanca. After he returned home from the university, he joined the Franciscans. Peter was accepted as a Franciscan Friar of the Stricter Observance in 1515. At the young age of 22, he was sent to found a community of the Stricter Observance at Badajoz. He was ordained as a priest in 1524 and in 1525 he became Guardian of the friary of St. Mary of the Angels at Robredillo, Old Castile.

He later entered the Order of the reform of the Discalced Friars. By 1538, he was elected the Superior of St. Gabriel province. As the superior, he drew up new constitutions for the order of Stricter Observance, however these were met with resistance. Eventually he resigned from this post. Peter then began a new life, one of less formal responsibility but one of greater spiritual responsibility. He took up his spiritual cross and preached with great success to the poor. His sermons often concentrated on compassion.

When Peter was not preaching, he spent long periods of time in solitude. From 1553 to early 1555, he spent his time alone in meditation and prayer. Following these two years of solitude, Peter made a pilgrimage to Rome, barefoot the entire way. Peter was known for frequently experiencing ecstasy, a state where he was entirely consumed with the warmth and light of the Holy Spirit. These euphoric moments were common during his prayer and meditation. Some claim to have witnessed him levitate.

Peter was a contemporary of well-known 16th-century Spanish saints, including Ignatius of Loyola and John of the Cross. He served as confessor to Saint Teresa of Avila. Church reform was a major issue in Peter's day, and he directed most of his energies toward that end. His death came one year before the Council of Trent ended. When he was close to death, Peter took to his knees and prayed. When he was offered water, he refused it saying, "Even my Lord Jesus Christ thirsted on the Cross." Peter died in prayer on October 18, 1562. Peter of Alcantara was canonized in 1669.

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