

# **MORNING MEDITATION**

## **Friday, Twenty Ninth Week in Ordinary Time**

**Silence, solitude, and stillness are complimentary as well as catalytic.**

### **Ephesians 4:1-6**

Paul taught the Ephesians, and he reminds us today that we have a noble calling and that we should live lives worthy of that calling. We are called to live noble lives, lives of virtue, honor, mutual love, compassion for one another, peace, and harmony. He challenges us to make every effort to preserve the unity which has the “spirit as its origin and peace as its binding force”. Then we will be “one body, one spirit” and we will share “one Baptism, one faith, one hope, one Lord, one God and Father of all, who is over all and works through all and is in all”.

**Make every effort to preserve the unity which has the “spirit as its origin and peace as its binding force”.**

### **Psalm 24**

**The Lord's is the earth and its fullness;  
the world and those who dwell in it.  
For he founded it upon the seas  
and established it upon the rivers.**

### **Luke 12:54-59**

Jesus challenged his listeners to learn to read the signs of the times. They knew how to read the signs in the sky and predict weather changes and yet unable to read the sign of the times.....they have not learned to read what is just and right and honorable. He challenged them to do the just, the right and the honorable thing.

**Learn to discern what is good, just, and holy! You are gifted with the “gift of discernment”. Use it!**

Jesus taught them to settle differences peacefully and make peace with adversaries and above all else, make peace with God while there is still time. There are certain things that cannot be put off for a future occasion. Making peace with God and others is something that needs urgent attention. NOW is the time to make peace.

## **Saint of the Day, October 23 - Saint John of Capistrano and 18 other saints are remembered this day**

St. John was born at Capistrano, Italy on June 24, 1386. He studied law at the University of Perugia and practiced law in the courts of Naples. At the age of 26, King Ladislas of Naples appointed him governor of Perugia. During a war with a neighboring town he was betrayed and imprisoned. Upon his release he resolved to change his way of life completely and entered the Franciscan community at Perugia in 1416 and was ordained a priest four years later.

John's preaching attracted great throngs at a time of religious apathy and confusion. He traveled throughout Italy, Germany, Bohemia, Austria, Hungary, Poland, and Russia preaching penance and establishing numerous communities of Franciscan renewal.

The Franciscan Order itself was in turmoil over the interpretation and observance of the Rule of St. Francis. Through John's tireless efforts and his expertise in law, the heretical Fraticelli were suppressed and the "Spirituals" were freed from interference in their stricter observance.

John of Capistrano helped bring about a brief reunion with the Greek and Armenian Churches. When the Turks captured Constantinople in 1453, John was commissioned by Pope Callistus III to preach a crusade for the defense of Europe. Marching at the head of seventy thousand Christians, he gained victory in the great battle of Belgrade against the Turks in 1456. Three months after the battle, he died at Illok, Hungary on October 23, 1456.

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