

MORNING MEDITATION

Wednesday, Twelfth Week in Ordinary Time

Gratitude is an antidote to negativity.

Genesis 15:1-12; 17-18

Abraham had a beautiful vision of God. In this vision, he had an experience of being rewarded for his righteousness and fidelity to the call of God. Abraham's spirit of faith and obedience to God brings him another promise of blessing of land, prosperity and descendants. And God said to him, "Fear not...I am your shield; I will make your reward very great."

May God be your shield! May your faithfulness find blessing and Grace!

Psalm 105

**Give thanks to the Lord, invoke his name;
And make known among the nations his deeds.
Sing to him, sing his praise,
Proclaim all his wondrous deeds.**

Mathew 7:15-20

Honor the prophets who have abandoned themselves to God. But be watchful of those who have not!

Jesus points out that good trees produce good fruit.... good character gives witness to virtuous and noble lives.

True character of a person is reflected in his actions. Proclaiming (teaching, preaching) truth and values happens through your personality, your presence, your character and not your words. Fine words do not take the place of fine deeds.

May the Lord make you increase and abound in love for one another and for all. May he strengthen your hearts, making them blameless and holy before our God and Father, at the coming of our Lord Jesus Christ with all his holy ones. Amen. (I Thessalonians 3:12-13)

Saint of the Day, June 23 - St. Joseph Cafasso and 21 other saints are remembered this day

Joseph Cafasso was born at Castelnuovo d'Asti in Italy to peasant parents on January 15,

1811. He studied at the seminary at Turin and was ordained in 1833. He continued his theological studies at the seminary and university at Turin and then at the Institute of St. Francis, and despite a deformed spine, became a brilliant lecturer in moral theology there. He was a popular teacher, actively opposed Jansenism, and fought state intrusion into Church affairs. He succeeded Luigi Guala as rector of the Institute in 1848 and made a deep impression on his young priest students with his holiness and insistence on discipline and high standards. He was a sought-after confessor and spiritual adviser, and ministered to prisoners, working to improve their terrible conditions. He met Don Bosco in 1827 and the two became close friends. It was through Joseph's encouragement that Bosco decided his vocation was working with boys. Joseph was his adviser, worked closely with him in his foundations, and convinced others to fund and found religious institutes and charitable organizations. Joseph died on June 23 at Turin and was canonized in 1947.

Fr. Gus Tharappel,msfs