

# **MORNING MEDITATION**

## **Friday, First Week in Ordinary Time**

**Share your gifts with others, gratefully and joyfully.**

### **Hebrews 4:1-5, 11**

The author assures his readers, “those who are faithful will enter God’s rest, God’s abode”. So, strive to be faithful and enter God’s resting place.

### **Psalm 78**

**What we have heard and know  
and what our fathers have declared to us,  
we will declare to the generations to come,  
the glorious deeds of the Lord and his strength.**

### **Mark 2:1-12**

Four men went up the roof, carrying a paralyzed man on a mat, made a hole in the roof and let down the mat with the man in it in order to bring him to Jesus.

**Nothing is an obstacle to men of faith and determination!**

Jesus affirmed the faith of those who reached out to him and healed the paralyzed man.

**Think of the kind of paralysis, from which, you or someone else you know, need healing and pray about it.**

Why do you harbor evil in your hearts? Jesus asked.

Well, think of harboring evil thoughts about others - may be not evil, but may be unkind, uncharitable, unloving.... **Reflect on the need to think “well” of others - to bless others, to see good in others, to bring out the good from others.....**

Jesus said, “Your sins are forgiven. “

**Isn’t that another way of saying, you are acceptable, you are welcome here, you are called to “wholeness”, you don’t have to stay in guilt and shame, you can be better...**

**Saint of the Day, January 15 - St. Paul the Hermit and 27 other saints are remembered this day.**

Paul of Thebes, commonly known as Paul, the First Hermit or Paul the Anchorite, is regarded as the first Christian hermit. Tradition has it that he lived alone in the desert from the age of sixteen to one hundred and thirteen years of age. He was probably born around 227 C.E. in Egypt.

Paul and his married sister lost their parents when he was only 15. In order to obtain Paul's inheritance, his brother-in-law sought to betray him to the persecutors. Paul fled to the Theban desert as a young man during the persecution of Decius and Valerian around C.E. 250. Tradition tells us that he lived in the mountains of this desert in a cave near a clear spring and a palm tree. The leaves of the palm tree provided him with clothing and its fruit provided him with his only source of food until he was 43 years old, when a raven started bringing him half a loaf of bread daily. He would remain in that cave for the rest of his life, almost a hundred years.

Tradition also tells us that St. Anthony the Great visited Paul of Thebes around the year 342. Anthony the Great was told in a dream about Paul's life as a hermit and went to find him. Anthony the Great and Paul met when the latter was aged 113. They spent one day and one night together. Paul was dead when Anthony visited him again around the year 342. Anthony clothed him in a tunic which was a present from Athanasius of Alexandria and buried him. Anthony returned to his monastery taking with him the robe woven with palm leaf. He honored the robe so much that he only wore it twice a year: at the Feast of Easter, and at the Pentecost.

Fr. Gus Tharappel,msfs