

# **MORNING MEDITATION**

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

**Be grateful and show gratitude to the giver of gifts  
by giving others the gifts he gave you.**

### **Hebrews 3:7-14**

The author instructs his readers to encourage one another daily because “we have become partners with Christ”.

### **Psalm 95**

Come let us bow down in worship;  
Let us kneel before the Lord who made us.  
For he is our God,  
And we are the People he shepherds, the flock he guides.

### **Mark 1:40-45**

Jesus healed a leper. Lepers were excluded from community by law. Jesus welcomed the one who has been so excluded and alienated from community.

**Be a welcoming person. Be a builder of community. Encourage and pray for fellowship with all people.**

Jesus touched the untouchable, and his touch brought healing and wholeness.

**Reflect on the healing touch of the Lord! Reflect on your own need to be touched and to touch others. Let your touch be healing, loving, compassionate.**

Jesus instructs the healed leper not to publicize what he had done but do what the law requires. The healed leper went and made the story public, and it became difficult for Jesus to freely move.

**Reflect on maintaining confidence. Reflect on what happens when confidence is not maintained.**

Whatever is shared or published may be the truth. Yet certain information, however true they may be, might bring conflict, tension, and harm to self or to others.

**Reflect on the need to use discernment and wisdom in sharing things you know.**

**Saint of the Day. January 14 - Felix of Nola and 13 other saints are remembered this day.**

Felix was the elder son of Hermias, a Syrian centurion who had retired to Nola, Italy, around the year 250. After his father's death Felix sold off most of his property and possessions, gave the proceeds to the poor, and pursued a clerical vocation. Felix was ordained by Saint Maximus of Nola and became his assistant after ordination. When Maximus fled to the desert at the beginning of Decius' persecution of the Christians in 250, Felix was seized in his stead, imprisoned and tortured.

Tradition tells us that he was reputedly released from prison by an angel, who directed him to the ailing Maximus, whom he brought back to Nola. Even after Decius' death in 251, Felix was a hunted man but kept well-hidden until the persecution ended. When Maximus died, the people unanimously selected Felix as their Bishop, but he declined the honor in favor of Quintus, a senior priest. Felix spent the rest of his life on a small piece of land sharing what he had with the poor and died there on January 14.

Much of the little information we have about Felix came from the letters and poetry of Saint Paulinus of Nola, who served at a porter at the door of a church dedicated to Saint Felix, and who gathered information about him from churchmen and pilgrims. Though Felix died of natural causes, he is normally listed as a martyr because of the torture, imprisonment, and privations he experienced in the persecutions.

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