

# **MORNING MEDITATION**

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

**Simplicity is the nature of great souls.**  
(Papa Ramadas)

### **1 Samuel 1:1-8**

This excerpt describes what jealousy can do to persons. Samuel loved Hannah and showed her special favors. Peninnah became jealous and brought Hannah pain, grief, disappointment and the shame because the Lord had not blessed her with children. This excerpt also describes how devout and faithful to the Lord Elkanah and his family were.

### **Psalm 116**

**How shall I make a return to the Lord,  
for all the good he has done for me?  
The cup of salvation I will take up,  
And I will call upon the name of the Lord.**

### **Mark 1:14-20**

John the Baptist had prepared the way for Jesus. John was arrested and was in prison. Now Jesus began to get on the “Way” that John had prepared. Eventually, we know that Jesus would become the “WAY”. Jesus began his ministry in Galilee by proclaiming “GOOD NEWS”: “now is the time...the reign of God is at hand...repent and believe the good news”. It is good news that Jesus came to bring and it is the same good news that we are called to proclaim with our lives: Good News of forgiveness, of healing, of hope, of peace, of promise, of salvation, of God’s unconditional love, of everlasting life.....

**This Good News calls us to “repentance”. The Greek word “metanoia” literally means “a change of mind”. It refers, therefore, to a change of attitude, to a change of mentality, to a change of heart. It is not about feeling sorry for the consequences one’s sins. It is “change of sinfulness”, sinful attitudes, sinful ways, sinful relationships, sinful behavior patterns, sinful presence.....**

**The men Jesus called were simple folks. Jesus called them while they were doing their day’s work. The call of God comes not only in the house of God, not only in secret or sacred places, but in the middle of the day’s work. We live in a world that is “full of God” and we hear his call if we listen. The simple folks that Jesus called responded and now it is up to us to respond to God’s call and proclaim the “good news”.**

**Saint of the Day, January 10 - Saint Gregory of Nyssa and 12 other saints are remembered this day**

Gregory was born around 335, probably in or near the city of Neocaesarea, Pontus (Turkey). His family was aristocratic and Christian. Among his eight siblings were St. Macrina the Younger, St. Naucratus, St. Peter of Sebaste and St. Basil of Caesarea. The son of two saints, Basil and Emilia, young Gregory was raised by his older brother, Saint Basil the Great, and his sister, Macrina, in modern-day Turkey. After his marriage, Gregory went on to study for the priesthood and was ordained, at a time when celibacy was not a matter of law for priests.

He was elected Bishop of Nyssa in 372, a period of great tension over the Arian heresy, which denied the divinity of Christ. Briefly arrested after being falsely accused of embezzling Church funds, Gregory was restored to his see in 378. After the death of his brother, Basil, Gregory wrote with great effectiveness against Arianism and other questionable doctrines, gaining a reputation as a defender of orthodoxy. He was sent on missions to counter other heresies and held a position of prominence at the Council of Constantinople. Saint Gregory of Nyssa is seen not simply as a pillar of orthodoxy but as one of the great contributors to the mystical tradition in Christian spirituality and to monasticism itself. He died at Nyssa around the year 394.

Fr. Gus Tharappel,msfs