

MORNING MEDITATION

Tuesday, Thirty First Week in Ordinary Time

**In these troublesome times,
our world needs our forbearance, forgiveness and mercy.**

Philippians 2:5-11

We continued to read and reflect on the ancient Christian hymn which calls all Christians to empty themselves in compassion and love. Paul invited the Philippians, and he invites us today to be imitators of Christ, to nurture the mentality of Christ, to make the mind and heart of Christ our own. The mentality of Christ, the spirit with which he lived was one of total giving, emptying himself for all in total surrender to the will of his father. Ordinarily, everything in us, human beings, tend to move toward accomplishments, achievements and fulfillment and the way of the world is toward self-fulfillment. The disciples of Jesus are called to empty themselves for others in love and service.

Give yourself to each other in love and service!

Psalm 22

**I will fulfill my vows before those who fear him.
The lowly shall eat their fill;
They who seek the Lord shall praise him:
May your heart be ever merry!**

Luke 14:15-24

Jesus had just taught his listeners to be generous and gracious in giving and in showing hospitality. He challenged them to give generously to those who are unable to return the favor, the cripples, the lame, the beggars and the poor. Jesus told them a parable about a man who invited many to a large dinner party. Those who were invited refused to attend at the last minute because they had business interests, care of property and affairs of marriage getting in the way of participating in the banquet. Finally, only the poor and the marginalized got to participate and enjoy the dinner.

Learn to free yourself from those things that get in the way of your participation in feast of God's kingdom! Reflect on some of the modern-day (present-day) excuses people make for not participating at the Lord's "Table"? What are your personal excuses?

Saint of the Day, November 5 - St. Elizabeth and 15 other saints are remembered this day.

What we know of St. Elizabeth comes from the Gospel of Luke. Elizabeth, a daughter of the line of Aaron, and the wife of Zacharias, was "righteous before God" and was "blameless" but childless. Elizabeth is also a cousin to the Virgin Mary.

Zachariah, desiring a child, went to pray in the temple and was told by the angel Gabriel not to be afraid because the Lord has heard his prayer. The Angel assured him that Elizabeth would bear a son to be named John (Luke 1:13-15). Zachariah was skeptical because both himself and his wife were elderly. For his skepticism, Zachariah was rendered mute until the prophecy had been fulfilled.

Elizabeth became pregnant shortly thereafter and she rejoiced. Gabriel then visited the Virgin Mary at Nazareth, telling her that she would conceive of the Holy Spirit and become the mother of Jesus. Mary then visited Elizabeth, and her baby leapt in her womb for joy (Luke 1:41-45). Mary stayed with Elizabeth for three months and returned home. Elizabeth gave birth to a son and named him John.

Although Elizabeth's neighbors assumed the child would be named Zachariah, her husband insisted that his name should be John. At the moment Zachariah insisted that his son should be named John, his speech returned. After this, there is no more mention in the Bible about Elizabeth.

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