

MORNING MEDITATION

Wednesday after Epiphany

Our God-ordained purpose is not an individual or specific goal to be achieved but the fulfillment and fullness of our nature.

I John 4:11-18

John tells us that God is love and he who abides in love abides in God and God in him. Love has no room for fear. Perfect love casts out all fears.

Psalm 72

**Justice shall flower in his days,
And profound peace till the moon be no more.
May he rule from sea to sea,
And from the River to the ends of the earth.....**

Mark 6:45-52

After the crowd had been satisfied (fed), Jesus sent his disciples away and dismissed the crowd. Mark does not tell us the reason. John does. After the crowd had been fed, there was a move to take Jesus and make him king. He rejected it during his temptations. He did not want to get caught up with the nationalistic outburst. He sent his disciples away, calmed the crowd and went into prayer.

Be discerning in making your choices. Let your choices be guided by wisdom. Let your choices bring harmony and peace.

Jesus had many problems on his mind and many burdens in his heart. There was the hostility of the orthodox Jews, the suspicion of Herod; there was a political move to make him a nationalistic king against his will. So, he went up the mountain to pray. He was alone on the hill with God.

Jesus saw his friends in troubled waters, tossed about by the wind. He was at prayer. The cry of human need surpassed all other claims. His friends needed him and he must help them and he did. He came to his friends in trouble and his own troubles were set aside.

Be sensitive to the world around you. Look beyond yourself. Reach out to the needy.

With Christ the unbearable becomes bearable, the impossible becomes possible, the

storms become calm, and the tumult becomes peace.....

Walk with Christ and you will conquer the storm!

Saint of the Day, January 8 - Saint Angela of Foligno and 20 other saints are remembered this day.

Angela's birth date is uncertain, probably around 1248. She was born into a wealthy family at Foligno, in Umbria. Married, at an early age, she had several children. Angela reports that she loved the world and its pleasures. Around the age of 40, she reportedly had a vision of St. Francis and recognized the emptiness of her life. From that time, she began to lead a life devoted to higher perfection. Three years later, Angela's mother, her husband and children died. Angela joined the Third Order of St. Francis, probably in 1291. She placed herself under the direction of a Franciscan friar, who served as her confessor.

At the direction and advice of her confessor, Angela wrote her *Book of Visions and Instructions*. In this book, she recalls some of the temptations she suffered after her conversion. She died on January 3, 1309. She was beatified in 1693, and canonized in 2013.

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