

Reflection Monday 5th Week Easter St Catherine of Siena 2024

St Catherine of Siena (1347) was born in Siena and, seeking perfection, entered the Third Order of the Dominicans when she was still in her teens. In 1370 she was commanded by a vision to leave her secluded life and enter the public life of the world. She wrote letters to many major public figures and carried on a long correspondence with Pope Gregory XI, urging him to reform the clergy and the administration of the Papal States. She burned with the love of God and her neighbour. As an ambassador she brought peace and harmony between cities. She fought hard to defend the liberty and rights of the Popes and did much for the renewal of religious life. She also dictated books full of sound doctrine and spiritual inspiration. She died on 29th April 1380. In 1970 Pope Paul VI declared her a Doctor of the Church.

Jesus words *'My yoke is easy and my burden light'*, are liberating and life-enhancing if they are received and truly lived, it lightens the burden of oppression; in fact, it brings joy. It involves us going to Christ with our burdens, then Christ lightening them for us.

Let's listen to Catherine:

"Be who God meant you to be and you will set the world on fire."

"Proclaim the truth and do not be silent through fear"

"Nothing great is ever achieved without much enduring."

"The soul is in God and God is in the soul. God is closer to us than water is to a fish."

"We are such value to God that he came to live among us ... and to guide us home. He will go to any length to seek us, even to being lifted high upon the cross to draw us back to himself. We can only respond by loving God for his love. "