



me. Instill in me a greater love and respect for your commandments. Give me a burning desire to live a life of holiness and righteousness. Purify my thoughts, desires, and intentions that I may only desire what is pleasing to you and in accord with your will."

nor by the earth, for it is his footstool, nor by Jerusalem, for it is the city of the great King. Do not swear by your head, for you cannot make a single hair white or black. Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the evil one."



# **Today's Saints** St. Onesimus

mojcounselor@gmail.com

## St. Onesimus

Onesimus was a Phrygian by birth and a slave to Philemon, a person of influence who had been converted to the faith by Saint Paul. Having offended his master and been obliged to flee, he sought out Saint Paul, then a prisoner for the faith at Rome. The Apostle baptized him and sent him back to his master, with the beautiful letter we know as the Epistle to Philemon, asking for the liberty of Onesimus, that he might become one of his own assistants.

Philemon pardoned him and set him at liberty, and Onesimus returned to his spiritual father, as Saint Paul had requested; thereafter he faithfully served the Apostle. We know that Saint Paul made him, with Tychicus, the bearer of his Epistle to the Colossians. (Col. 4:7-9)

Later, as Saint Jerome and other Fathers testify, he became an ardent preacher of the Gospel and a bishop. It is he who succeeded Saint Timothy as bishop of Ephesus. He was cruelly tortured in Rome, for eighteen days, by a governor of that city, infuriated by his preaching on the merit of celibacy. His legs and thighs were broken with bludgeons, and he was then stoned to death. His martyrdom occurred under Domitian in the year 95.

Reflection. With what excess of goodness does God communicate Himself to souls who open themselves to Him! With what caresses does He often visit them! With what a profusion of graces does He enrich and strengthen them! In our trials and temptations let us then offer our hearts to God, remembering, as Saint Paul says, To those who love God, all things work together unto good. (Rom. 8:28)

## St. Juliana of Nicomedia

## St. Juliana of Nicomedia

Daughter of a pagan named Africanus who promised the girl to a young noble named Evilase. Juliana put him off, first insisting that he become prefect of Nicomedia. When he became prefect, she insisted he become a Christian before they could marry, a condition he would never meet.

Her father, who hated Christians himself, abused Juliana fearfully to get her to change her mind, but she held fast; ancients manuscripts describing these horrors put them in terms of her fighting a dragon, and she is often depicted that way in art.

Evilase called her before the tribunal during the persecutions of Maximianus, denounced her as a Christian, and she was martyred. Hers was a favourite story, for telling and creation of stained glass and other art objects, during the Middle Ages.



Died: • burned, boiled in oil, and beheaded c.305• relics at Cumae, Naples, Italy

Patronage: • against bodily ills or sickness• sick people

### BI. Joseph Allamano





Fourth of five children; nephew of Saint John Cafasso. His father died when Joseph was three years old. Studied at the Salesian Oratory in Valdocco, Italy; Saint John Bosco was one of Giuseppe's spiritual directors. He entered the diocesan seminary of Turin, Italy in November 1866. Ordained on 20 September 1873.

Spiritual director of the Turin seminary. Appointed rector of the Consolata Shrine on 2 October 1880; he remodeled the shrine, and made it a source for spiritual renewal throughout the diocese.

Founded the Consolata Missionary Priests and Brothers on 29 January 1901; the first missionaries reached Kenya in 1902. On 29 January 1910 he founded the Consolata Missionary Sisters for women with a missionary vocation.

Born: 21 January 1851 at Castelnuova, Asti, Italy

Died: 16 February 1926 at Turin, Italy of natural causes

Beatified : 7 October 1990 by Pope John Paul II

### www.missionofjesus.com

Email: mojcounselor@gmail.com