



**Saint Catherine's Vision**  
Building Up the Body of Christ

*“Divine Compassion and Christ in the Everyday”*  
**An SCV Outreach Ministry via Teleconferencing**

*Living the Beatitudes and Christ in the Everyday Blog Submissions*

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Group E Friday 10AM  
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**Meek But Not Weak with Memoriam of Fr. Stanley Harakas**

*Blessed are the meek, for they will inherit the earth.*

What a gift it was to unpack this beatitude last week together with members of our group. We wrestled with the word ‘meek’. How do we navigate this world while acquiring the mind of Christ? He who took on the garb of a slave, relinquishing all the power of this world was unafraid to question the pharisees and their ways. As we pondered ‘meekness’ we listened to the story of Rosa Parks from one of our group members, as she described how Rosa Parks conducted herself when she was asked to give up her seat. She politely but firmly spoke truth to power with all the meekness of one who understood the quiet strength that comes with knowing the truth.

As another member spoke we learnt the qualities of a meek person, he is one who is steadfast in his faith, drawing his spiritual strength from Christ, while refusing to be drawn into pettiness. Gradually through these beautiful examples a portrait of meekness began to emerge. He or she is someone who is rooted in love, who has acquired the mind of Christ and challenges us to go beyond earthly dimensions.

The beatitudes offered the way, lifting us to a higher ground. While we kept our sights on the One who embodied meekness from his birth to his crucifixion and resurrection, offering himself as a lamb, so He may free us from the bonds of sin. We began to grasp that His immeasurable love for us, allowed him to become meek. And he said to us,

"Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

Meek in the dictionary is expressed as gentleness, kindness and patience. Drawn to these qualities of meekness we remembered and cherished the memory of Rev. Fr. Stanley Harakas of blessed memory for his wisdom, gentleness and grace. There were others, people who we had encountered in our daily lives who inspired us. Men and women who embodied spiritual strength, rather than worldly power, that emanates from the pursuit of a life of faith.