

**July 17<sup>th</sup> 2022 16<sup>th</sup> Sunday of Ordinary Time – Year C – Luke 10:38 - 42**

<sup>38</sup>Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. <sup>39</sup>She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. <sup>40</sup>But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." <sup>41</sup>But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; <sup>42</sup>there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."..

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do)</p>
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In this week's gospel we read about Jesus visiting the home of Martha and Mary where he felt he could relax and be himself. These two sisters were like many sisters very different. Mary was more relaxed than Martha. Martha was not pleased that she was doing all the work while Mary sat at the feet of Jesus. Jesus received the hospitality of the sisters, receiving the love of Mary teaching Martha wisdom and helping her to relax. We all need the Martha to do the work that needs to be done, but we also need Mary who hears the message that Jesus has for each one of us.

Which of the two sisters reminds you of what you do when visitors come to your home? Do you fret and worry not realising that we also need to take time to sit with your guests and listen to them?

**Prayer:**

**Lord thank you** for our listening communities - Bible sharing groups - Alcoholics Anonymous and other special groups where each member of the group is listened to with compassion and love.

**Forgive us Lord** for the times when as parents we buy many things for our children and fill their lives with parties, outings etc. instead of realising the most important thing we can give them is time and listening with understanding.

**Lord help us** balance the Martha and Mary in each one of us. Help us to realise that without our quiet time with you we will not be able for the busy times which are also important to get our lives in order.

