

- > Read and re-read, out loud and slowly the Gospel
 - > Meditate on reading as being spoken to you, an experience in your life
 - > Pray - Thanksgiving - Repentance - Petition
 - > Action - Attitude (Call to change / to do)
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July 21st 2019 16th Sunday of Ordinary Time - Year C - Luke 10:38 - 42

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 we 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 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. 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.

