



July 17, 2022 | Sixteenth Sunday in Ordinary Time

Gn 18:1-10a | Col 1:24-28 | Lk 10:38-42

Written by  
THE  
FAITHFUL  
DISCIPLE

## **GROW** AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Are you a Martha or a Mary? For me, it depends on the day, but on first glance I'd say I relate more to Martha. When I plug in the vacuum and start handing out cleaning supplies, one of my sons invariably asks: "Is company coming over?" Even once they arrive, I'm often so busy with host duties that I don't really relax enough to truly connect with our guests! All of that said, I'm not sure Jesus is criticizing Martha or just talking about housework; rather, he addresses her as a friend. "Martha, Martha, you are anxious and worried about many things. There is need of only one thing." Mary, who sits at the feet of Jesus, shows us what matters most: our relationship with Jesus. It doesn't mean we won't get caught up in the busyness of entertaining or life in general. When that happens, however, Jesus' words can gently call us back to what matters: the way we live our life for Christ each day and prioritizing our relationship with him.

**SERVE** How can we show hospitality to those outside of our homes? Offer to make food for a funeral luncheon in your parish or prepare and serve food for those less fortunate at a shelter or soup kitchen.

## **GO** EVANGELIZE

### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

It's wedding season! I was recently talking to a friend whose daughter got married a few weeks ago. She and her daughter had spent months planning the wedding, of course, but the actual day went by "too fast," she said, her voice tinged with regret. Sometimes it seems life can be like that. We can get so caught up in the day-to-day that we forget to take a breath and savor each moment with friends and family. In today's readings, Mary shows us how to truly be present to Jesus by listening to his voice in prayer and reading his words in Scripture. Martha teaches us how to open our homes and our hearts through hospitality. We can learn from both of their examples, drawing strength from prayer and extending the peace of Jesus to others through hospitality and our everyday interactions.