

FAITH @Home

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16TH SUNDAY IN ORDINARY TIME

"To the Heights" Post-Primary Schools / Youth Edition also available

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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Year C

Sunday Mass Readings

First Reading:

Genesis 18:1-10

Responsorial Psalm:

Psalm 14 (15): 2-5

Second Reading:

Colossians 1:24-28

Gospel:

Luke 10:38-42

"...you worry and fret about so many things, and yet few are needed, indeed only one."



Henryk Siemiradzki, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the Gospel for children.

Pray

In the Gospel today we hear about Jesus visiting his friends Martha and Mary.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Which character do you find yourself identifying more with in this Gospel, Martha or Mary? Do you feel that your relationship with Jesus is based on actions, on doing things, on saying set prayers and so on, or are you able to sit at the feet of Jesus and just be in His presence and listen to Him?
- Martha's actions are serving were good and important, absolutely, but we're called to prioritise being with Jesus first. St Francis de Sales said "Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed."

Talk

In today's readings we hear about Jesus' visit to the house of Martha and Mary.

- What kind of chores at home does everybody do? What's your least favourite chore?
- Do we have a good habit of starting our day with prayer? Do we pray together as a family, or say our own prayers in our bedroom before we get up? Do we put God first every day?
- If Jesus came to our house, how would we try to welcome Him? What would we do or say?
- Jesus is always with us, and wants to be a part of our family life too. Let's make sure there's always room for Him in what we do, where we choose to go, how we choose to spend our time!

Family Challenge!

Both Martha and Mary did good things in this Gospel: serving others is always a great thing to do, but putting Jesus first should always be our priority. Make a real effort this week to pray each morning as a family to welcome Jesus to your home!

Mission: We can learn a lot from both Martha and Mary in the Gospel. Martha was ready to serve Jesus, and Mary was ready to sit at his feet and listen. Remember to start every day with Jesus, and then look for ways to serve Him and others!

Song of the Week!
THE WELCOME SONG



"Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed."
St Frances de Sales

BOTH/AND NOT EITHER/OR

SITTING AT THE FEET OF THE TEACHER

The story of Jesus in the home of Martha and Mary complements the story of the Good Samaritan, which immediately precedes it in Luke's Gospel. Both stories are unique to Luke. The story of the Samaritan opens with the words "a certain man." Today's reading opens with the words "a certain woman." The Samaritan is an example of how a disciple should see and act. Mary is an example of how a disciple should listen. Mary, a woman, is a marginalized person in society, like the Samaritan. Both do what is not expected of them. As a woman, Mary would be expected, like Martha, to prepare hospitality for a guest. Here again Jesus breaks with the social conventions of his time. Just as a Samaritan would not be a model for neighbourliness, so a woman would not sit with the men around the feet of a teacher.

Both stories exemplify how a disciple is to fulfill the dual command which begins chapter 10—love of God (Mary) and love of neighbour (the Samaritan). These are the two essentials of life in the kingdom. By using the examples of a Samaritan and a woman, however, Jesus is saying something more. Social codes and boundaries were strict in Jesus' time. Yet to love God with all one's heart and one's neighbour requires breaking those rules. The Kingdom of God is a society without distinctions and boundaries between its members. It is a society that requires times for seeing and doing and also times for listening and learning at the feet of a teacher.

Adapted from Loyola Press Sunday Connection

We often can fall into the trap of thinking that Martha is doing something wrong in this Gospel, and that Mary is the only sister doing the right thing. The truth is, we have a God who humbled himself so much that He allowed Himself to get thirsty, hungry and tired. If Jesus showed up at our door, wouldn't we want to tend to those needs? Wouldn't we want to offer Him a comfortable chair, and fix a nice meal and get Him a nice cool drink and make sure He was at ease and able to relax?

What Martha did was very good: she was showing her love for Jesus in a practical and serving way. This is something we're all called to do, every day. Maybe it's our family right in front of us, maybe it's charity work we can get involved in, maybe there's someone in our neighbourhood who needs a helping hand. We're all called to be Martha and serve Jesus through serving others.

However, Jesus said Mary had chosen the better part (not the good part, but the *better* part) because we need to spend time at the feet of Jesus too. Worship is what we have been made for, and unless we fill that space in our lives made only for God with worship of God, we will always be lacking something. Let's not be so busy being Marthas that we forget to be like Mary, to sit with Jesus, love Him and allow ourselves to be loved too.

Watch Fr Mike's video explaining how our time to serve God will eventually come to an end, but worshipping Him for all eternity in Heaven is what we strive for!

- [Martha or Mary: Who should you be? \(Fr Mike\)](#)
- [The More I Seek You \(Kari Jobe\)](#)

To the Heights Youth Newsletter will return at the end of August



Family Prayer

*Lord Jesus, show me how to serve
You in the way I serve others near
me; show me how to love You in the
way I love others around me; show
me how to worship and adore You,
and to allow myself be loved by You.
Amen*

EVENTS

Men's Camping Weekend: Fratres in Christo: July 22-24, Riverhollow Wild Campsite, Co. Kilkenny. €10 per night, Self-Catering. An opportunity for adventure, faith & fellowship with the Franciscan Friars of the Renewal. Seamus: 0877821269 or Michael 0876220327

Queen of Peace Retreats: 4-day Medjugorje-style retreat at Glencomeragh Retreat Centre. Thurs 21-Sun 24 July / Thurs 18-Sun 21 Aug / Thurs 1-Sun 4 Sept. Cost: €260. For more info or to book contact info@holymission.ie or (052) 6133181

Catechism of the Catholic Church Pilgrimage to Knock: Speaker: Fr John Harris OP, Saturday 30 July, beginning at 11.30am. See www.catechism.ie for local contacts.

"Get used to Different" - Weekend Retreat based on "The Chosen" TV Series: Sept 30th - Oct 2nd. Glencomeragh Retreat Centre. Full Board Accommodation €195. To book (052) 6133181 or email info@holymission.ie / For more info on the retreat 087 4042784 / www.waterfordlismore.ie



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WEEKLY
WEEKLY
FORTNIGHTLY





Too busy to pray?

"Half an hour's meditation each day is essential,
except when you are busy.

Then a full hour is needed."

- ST FRANCIS DE SALES -

