

Here's a text if you've only a minute ...

The just will live in the presence of the Lord. *Psalm*

The mystery is Christ among you, your hope of glory. *Second Reading*

Mary has chosen the better part; it is not to be taken from her. *Gospel*

I stand at the door and knock, says the Lord. *Communion Antiphon*

Father, let the gift of life continue to grow in us,
drawing us from death to faith, hope and love.

Keep us alive in Christ Jesus.

Keep us watchful in prayer and true to his teaching
till your glory is revealed in us.

Old Opening Prayer

This week's texts if you want to reflect further:
Genesis 18: 1-10; Psalm 14 (15); Col 1: 24-28; Luke 10:38-42

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Abraham serves his guests



The Lord appeared to Abraham

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Sixteenth Sunday in Ordinary Time
Year C
17th July 2022

Jesus our Guest

This Sunday's readings lead us to ponder the gift of hospitality; the giving and receiving we experience. May we learn to welcome our Lord who wishes to dwell with us.

In the **First Reading**, Abraham gives us the example of Bedouin hospitality. In welcoming three strangers, he welcomes his Lord and receives the good news that Sarah will conceive a son.

In the **Psalm** it is we who are invited to come into the Lord's presence. And what are our dispositions?

In the **Second Reading** from Colossians, Paul speaks of sharing in the sufferings of Christ. It is our choice to receive this message – that of Christ among us, the hope of our glory.

In the **Gospel**, the story of Martha and Mary, we learn of the importance of presence to the other, of stillness, of attentive listening, and of hospitality.

May we be aware this week of our attitude to others.

Do we welcome them, do we listen ...?

We continue to pray for the peace of the world, and for all who suffer.



Opening Prayer

Show favour, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your commands.

First Reading Genesis 18: 1–10

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. ‘My lord,’ he said, ‘I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant’s direction.’ They replied, ‘Do as you say.’

Abraham hastened to the tent to find Sarah. ‘Hurry,’ he said, ‘knead three bushels of flour and make loaves.’ Then running to the cattle, Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

‘Where is your wife Sarah?’ they asked him. ‘She is in the tent’, he replied. Then his guest said, ‘I shall visit you again next year without fail, and your wife will then have a son.’

I come to my place of prayer. How do I feel as I prepare to pray today? Am I relaxed and at peace, or more anxious and unsettled? I take the time to become aware of God’s presence, and welcome him in my heart. Having read the text slowly, how do I react to Abraham’s hospitality as he rushes around on a hot afternoon? I consider his attentiveness to the strangers’ needs. I note the details of his selflessness and generosity. Have I something to learn from this story in my own attitude to people and situations? What is my own experience of being welcomed? I speak to the Lord about this. Maybe I ponder his ever-present welcome for me. Perhaps I can remember a time when he surprised me with an unexpected visit. How did I react and feel? I speak to him of this. I end my prayer giving thanks for this time spent with him.

Gospel Luke 10: 38–42

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord’s feet and listened to him speaking. Now Martha, who was distracted with all the serving, said, ‘Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.’ But the Lord answered: ‘Martha, Martha,’ he said, ‘you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.’

As I settle to pray, I relax my body and my mind so that I can be attentive to the presence of God in me and all around me. I breathe in God’s love and life and ask the Spirit to pray within me. I consider this familiar story. I imagine the scene. How does Jesus seem to be? Is he relaxed or anxious? I then look at the sisters. With which one do I appear, at first, to identify? Why is that? I talk to the Lord about this. Do I feel any change in my attitude now? If so, in what way? How do I respond to the second sister? I speak to the Lord about this too. As I consider the scene, what do I make of Jesus’s words? What for me is ‘the better part’? I spend some time pondering this. What do I treasure, and wish not to be taken from me in my relationship with the Lord? I speak to him from my heart. I think about hospitality. Jesus is my guest. Do I think he wants frenetic service? What does he really want from me? I move to think of others. How do I welcome them? Do I listen attentively? I sit silently at Jesus’s feet. Maybe he has something to say to me. I end my prayer asking the Lord to help me see him today in all those I meet. *Glory be ...*