

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

'Lord, do not pass by your servant.'

*First Reading*

'I rejoice in my sufferings for your sake.'

*Second Reading*

Mary has chosen the good portion, which will not be taken from her.  
*Gospel*

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



Mary sat at the Lord's feet and listened ...

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



PREGO LEAFLET

**Sixteenth Sunday in Ordinary Time**  
**Year C, 20th July 2025**

Jesus our Guest

This week's readings highlight the qualities that help nourish our relationship with God and with one another: openness, hospitality and joy.

Abraham recognises God in the three men who appear at the door of his tent (**First Reading**). He eagerly invites God to be a dinner guest with him and his wife, Sarah, as they set about preparing a fine feast. The passage reminds us to respond to God's constant invitation to welcome him into our lives through the various people we encounter, so that we may receive the many blessings he has to offer.

The **Psalm** encourages us to reflect on what values we should live by to follow God's will: being truthful and authentic, not speaking badly of others or spreading harmful gossip, and acting with financial integrity.

In the **Second Reading**, Paul takes great joy that he can share in Christ's suffering for the sake of the Church. He recognises that he has been assigned by God to reveal the word to everyone, including the Gentiles.

In the **Gospel**, Jesus visits his good friends, Martha and Mary. Jesus gently encourages Martha to be more present in the moment, not allowing her endless 'to do' list to keep her from developing her relationship with God and with others.

As **Pilgrims of Hope** in this Jubilee year, we pray that we will truly see and be open to receiving God in every living moment. We ask that our everyday decisions and behaviour are always guided by the desire to draw closer to him.



### 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

In those days: The Lord appeared to Abraham by the oaks of Mamre, as he sat at the door of his tent in the heat of the day. He lifted up his eyes and looked, and behold, three men were standing in front of him. When he saw them, he ran from the tent door to meet them and bowed himself to the earth and said, ‘O Lord, if I have found favour in your sight, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree, while I bring a morsel of bread, that you may refresh yourselves, and after that you may pass on – since you have come to your servant.’ So they said, ‘Do as you have said.’ And Abraham went quickly into the tent to Sarah and said, ‘Quick! Three measures of fine flour! Knead it, and make cakes.’ And Abraham ran to the herd and took a calf, tender and good, and gave it to a young man, who prepared it quickly. Then he took curds and milk, and the calf that he had prepared, and set it before them. And he stood by them under the tree while they ate. They said to him, ‘Where is Sarah your wife?’ And he said, ‘She is in the tent.’ The Lord said, ‘I will surely return to you about this time next year, and Sarah your wife shall have a son.’

I find a quiet place to come to prayer. I become aware of where I might be holding tension and breathe gently, gradually quietening my thoughts. I take time to become aware of God’s presence, and welcome him into my heart.

Having read the text slowly, how do I react to Abraham’s joy as he greets his guests? How can three persons all be the Lord? What qualities might each of them have to offer? I consider Abraham’s warm invitation to these strangers to enter his home, and his immediate sensitivity to their needs.

I note his selflessness, generosity, and desire to serve them.

Have I something to learn from this in my attitude to people and situations? What is my own experience of being welcomed?

I speak to the Lord about this.

Maybe I ponder God’s ever-present welcome for me.

How readily do I recognise and respond to the different ways in which God might be revealing himself to me?

Perhaps I can remember a time when God surprised me with an unexpected visit. How did I react and feel? I speak to him of this.

When I am ready, I bring my prayer to a close with a *Glory be to the Father ...*

### Gospel Luke 10: 38–42

At that time: Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, ‘Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’

I slow my mind, relax my breathing and become aware of the Lord next to me. I allow him to simply rest his loving gaze upon me, knowing all that is going on in my life.

When I am ready, I read the passage slowly and imagine this familiar scene between Jesus, Martha and Mary. It might help to place myself in the house. I imagine the smells and hustle and bustle coming from the kitchen as Martha prepares the meal. I watch Mary settle beside Jesus, catching up on each other’s news as good friends do.

What rises to the surface as I watch this scene unfold?

Perhaps I can relate to the hospitality and initial excitement of Martha when she welcomes Jesus into their home.

Maybe I hear Jesus calling my name as he notices that I am ‘*anxious and troubled about many things*’. I take time to confide in him about the things that are on my mind that might be causing me distress or worry.

I may notice the rising tensions as Martha feels taken for granted.

Looking at my own life, I reflect on whether I have the right balance between keeping on top of tasks and being truly present to the Lord’s invitation to simply love him and allow him to love me.

I consider whether I could spend more time sitting at the Lord’s feet, like Mary, listening to him.

What could I do to be more present in my everyday relationships – with my family, friends, work colleagues, or others I encounter?

I end with a prayer of gratitude for the Lord’s gentle encouragement, unconditional love and friendship.