



XVI SUNDAY 20 July 25 – Cycle C



THE BEST PART



SETTING

Today the Lord comes to meet us, as he did with Martha and Mary. He comes to visit us in this Eucharist, Bethany, to remind us of what is essential. In the Gospel, Jesus does not rebuke Martha's work or Mary's listening, but rather invites us to discern with wisdom, to welcome him with a willing heart, and to seek, above all, the Kingdom of God.

Abraham welcomed three visitors, unaware that it was God who came with a promise. Saint Paul, from prison, continues to proclaim the mystery of Christ. And the Psalm reminds us that living justly is walking in the presence of the Lord.

May this celebration be for each of us a space to choose the better part, that which will not be taken away from us: listening, presence, and intimacy with Jesus, our Lord.

SONG. And Mary said yes

<https://www.youtube.com/watch?v=oHwJK1gFaDo&list=RDoHwJK1g>

GOSPEL – Luke 10, 38-42

“Jesus entered a village, and a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet, listening to his word. Martha, who was busy with the housework, said to Jesus, “Lord, don’t you care that my sister has left me to do all the work by myself? Tell her to help me.” But the Lord answered her, “Martha, Martha, you are worried and upset about many things, yet only a few things, or rather, only one, are needed. Mary has chosen the better part, which will not be taken away from her.”

To deepen the Word today (Marie-Noëlle THABUT)

Gén 18, 1-10a. In this story, it is a question, first, of three travelers, and then of just one, as if Abraham saw no one but the latter, from the moment he announces, with Sarah's imminent motherhood, the fulfillment of the long-awaited promise of offspring.

Psalms 14:2-5. "Remember that hospitality has allowed some, unaware, to receive angels into their homes."

Col 1:24-28. A prisoner, Saint Paul, despite everything, does not consider himself retired from the apostolic ministry, but rather called to exercise it in another way: participating in Christ's redemptive Passion. Paul certainly suffers, but it is for the Body of Christ, and with it.

Lk 10:38-42. "Jesus is on his way with his disciples," Luke tells us. We already know that this long journey is the opportune occasion to give numerous instructions to his disciples. That's right, from the end of chapter 9, as Jesus began the ascent to Jerusalem, he has been solely concerned with giving them points of reference to help them remain faithful to their vocation, as wonderful as it is demanding, to follow the Lord. Among other things, Jesus recommends that they accept hospitality (**Luke 9:4; 10:5-9**). That is exactly what Jesus himself does in today's story: we can say, then, that Jesus gratefully accepts Martha's hospitality.

In this story, which is Luke's own, let us avoid criticizing Martha, the active one, in relation to Mary, the contemplative one. The evangelist's focus seems to be rather the disciples' relationship with their Lord. This is

what the context leads us to understand, as well as the repetition of the word "Lord," which is repeated three times: "Mary was sitting at the Lord's feet... Martha says: "Lord, is it not your concern that my sister has left me to do all the serving by myself?" "The Lord," he replied. The use of the word "Lord" suggests that the relationship described by Luke between Jesus and the two sisters, Martha and Mary, should not be judged according to the usual criteria of good conduct. Here, the Master wants to lead us to discern what is "the better part," that is, the essential attitude he expects from his disciples. The two women welcome the Lord with every detail: Martha, to receive him well, Mary, so as not to miss anything the Master says. One cannot say that one is active and the other passive; both have done nothing but concern themselves with him.

Jesus gives a recommendation to each of his disciples: "One thing is necessary: do not neglect the essential. Seek the Kingdom, and the rest will be given to you as well. 'Do not be afraid, little flock, for your Father has given you the Kingdom'" (Luke 12:22-32). "Do not be afraid"—this is certainly the true Word.

Clues for prayer

- What is essential for you right now?
- Share it with Jesus-
- What can we transmit as a community to those around us?
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AMBIENTAL MUSIC.

Paul de Senneville BEAUTIFUL RELAXING PIANO

<https://youtu.be/pdBsk7iDshI?si=IkvoalKiRRRNnNcW>

Amazing Grace (arr. S. Petrunak)

<https://youtu.be/sOuWnF0ZvmE?si=EhJSEvDfbukePjmW>



THE BEST PART

Lord Jesus,
sometimes I find it hard to
believe,
to hope without proof,
to trust without signs.

But you keep coming,
like Abraham,
under the oak,
without making a sound.
You bring life,
You bring promises,
You make yourself present
because you love.

Today, the world cries out:
take care of yourself, protect
everything,
make your life comfortable.
You say something else:
"Give yourself. Love.
Spend your life."

And even if it hurts,
there is fullness.
There is meaning.

You are there.

Like Paul,
I want to give life
even if it costs.
Like Martha and Mary,
I want to serve
and also listen.

Not to lose the essential:
Your Word,
Your gaze,
Your presence.

Make space for me
to listen to You.
Be silent in me.
Breathe your Spirit
and move me
to live with you,
for others.

I don't want to live
by inertia.
I want to choose you.
I want the essential.
I want to be with you.



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