

Dear Friends,

Here I sit again, as I do every week, wondering what I am going to write about for my weekly letter for the bulletin. It can be a little nerve-wracking trying to figure out what to write. Sometimes, the ideas flow automatically. Other times, there is a logjam blocking the creative juices from pouring out. In these desperate moments, when I am devoid of inspiration, I have to resort to an exercise in faith.

Right now, for instance, I am anxious because the work day is nearing it's end and I still have yet to put anything down on paper. I have a deadline to get this letter finished, and if I don't get it done today, the anxiety will be greater tomorrow as I try to rush to churn something out.

What do I do when I am on the edge of panic? How do I manage to pull it through? To be honest, I have learned to just sit and wait. As impatient as I may be tempted to be, I simply sit in front of my computer, try to remain calm, open, and disposed until inspiration may come. I also tend to say a little prayer asking God to grant me grace and wisdom so that I might write something meaningful. If I do this, without fail, God comes through for me.

Sometimes the ideas that come to me are a little outlandish. That's when I try to pray for prudence so that I don't write about something totally ridiculous unless it adds an element of humor to make my point. Yet, those moments of waiting, praying, and surrendering myself for inspiration seem to always help. Whenever I am anxious or uptight, sometimes I just need to sit at the feet of the Lord and he makes it all work out.

That is what the Gospel story is all about today. In it, we have Martha and Mary. Martha has Jesus at her house as a guest. As might be expected, she wanted to make the Lord's visit comfortable. She busied herself in the kitchen preparing a meal and offering hospitality to the Lord. The busyness, however, caused her consternation and she became resentful of Mary, who was sitting with the Lord. She asked the Lord to get Mary to help her.

Mary, on the other hand, was far from anxious about their distinguished guest. She sat at the Lord's feet listening to His words, allowing them to soak into her being. The Lord, rather than chide Mary for not helping in the kitchen, defends her for allowing herself to be receptive to His words.

There is a little of Martha and Mary in each of us. On one hand, we allow ourselves to get too caught up in work that we know we need to do. But on the other hand, we sometimes break free when we need to sit at the Lord's feet and learn to listen. That is why days of rest and vacation are so important.

When we allow ourselves to get flustered by life's situations, it is imperative that we learn to sit at the Lord's feet. We need to take time out of our stressful and frenetic lives so that the Lord can rejuvenate us. We need to sit at His feet in moments of silence and just listen to His encouragement so that we regain a sense of balance and peace. The few moments we take to sit with the Lord can make a huge difference in how we deal with life's little troubles. Let the Lord inspire you! Wait patiently and He will give you what you need. God bless,

In Christ,
Fr. Paul