

## Saint Martha Wednesday 29 July



### About Saint Martha

Martha was the sister of Mary and Lazarus – all three were friends of Jesus. She had Jesus over to her house for dinner (Luke 10:38-42). We also hear from her in another Gospel passage as she **protests when Jesus commands that the stone be rolled away from the entrance to Lazarus' tomb** after he had been dead for three days. In that same passage we hear her profession of faith that Jesus is Lord – **“Yes, Lord, I believe that you are the Christ, the Son of God, the one who was to come into this world.”** (John 11:27)

### What can we learn from Saint Martha's life?

Martha seems to have been a bit impulsive – she spoke before thinking about what she was saying. At the same time, there is a bit of Martha and her sister Mary in us, and there is a time and place to be doing the work and a time for rest. Similarly, there is a time to be speaking and a time to listen. If we ourselves are always the ones giving in a relationship of any kind, we are likely to **burn ourselves out and could become resentful. Likewise, if we don't contribute anything to our relationships, they are going to be shallow at best and probably won't last.**

There are those people who seem to be extreme extroverts, who never seem to run out of breath even though they talk too much and then are those people who seem not to be contributing to a conversation, but are actually taking every word in. As we continue to navigate our way through COVID-19, let us look for those opportunities where we can be of service to people. That does not always mean we have to physically be doing something for someone. It could be something as simple as going to have a coffee and a cake at a café. You have done your part that day to bring **business to those places that have struggled and put a smile on someone's face who is trying their best to keep their job.** Similarly, let us try to be good listeners and be attentive when people are speaking. In this way we will truly be effective communicators because communication has two parts to it – speaking and listening.

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### Collect

Almighty ever-living God,  
whose Son was pleased to be welcomed  
**in Saint Martha's house as a guest,**  
grant, we pray,  
that through her intercession,  
serving Christ faithfully in our brothers and sisters,  
we may merit to be received by you  
in the halls of heaven.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.        Amen.

### Gospel     Luke 10:38-42

#### Martha works; Mary listens

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.'

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### Antiphon

Yes, Lord, I believe that you are the Christ, the Son of God,  
the one who was to come into this world." (John 11:27)

### Hymn for the Memorial of Saint Martha

1. "O Lord do You not really care  
that Mary won't help me  
she is letting me do the work –  
that way things should not be."

2. "O Martha there are many things  
over which you now stress.  
Your sister chose the better part,  
about things worry less."

3. "All who believe in me,:" He said,  
will never die, but live,"  
You teach to us and Martha, Lord,  
eternal life you give.

4. O Lord, we ask Your help to know  
the time to serve or rest.  
Let friendship be our special care  
within our life most blest.

86.86 CM

Text: Chris deSilva and Alessio Loiacono

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## Music Links to the Scripture Readings

[Dwelling Place](#) - John Foley SJ

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