

St. Therese of Lisieux, also known as the Little Flower, lived in the latter part of the 19th century in France. She lived a cloistered life in a Carmelite monastery. Therese was directed by her religious superior to write her autobiography which was entitled “The Story of a Soul”. It was immensely popular and spread through France and many other countries. During World War I many French soldiers carried her picture into battle. Why this intense interest, devotion to a young woman who lived hidden away in an obscure monastery? She was so deeply aware of the presence of God within her. Her writings were extremely helpful to thousands of people and still are.

In the Gospel today Mary, the sister of Martha must have had that same awareness. She sensed, she was aware of the presence of God in Jesus. She must have sensed the presence of God within herself.

But you and I - are we aware of this divine presence within us? Are we aware, as was St. Paul, that in God, in Jesus we live and move and breathe and have our being.

Martha in today’s Gospel was so busy, so anxious. Her anxiety overshadowed her awareness of God’s presence within her. She was busy, anxious and worried about many things.

It’s so easy for us to be ‘anxious and worried about many things.’ It’s the way life is for us in the world of 2022. Wouldn’t we love to be aware of God’s living presence within us. It isn’t easy in this busy world of today! But it is so important, so helpful, so consoling.

Mary figured it out. She sat right there at the feet of Jesus. Are you thinking how could I do that? How could I sit at the feet of Jesus? If you want to, you’ll find a way.

“Lection divina” – sharing Scriptures with people of faith is a great place to start. Centering prayer, focusing on one simple word in silence is very helpful. Prayer before the Blessed Sacrament can really help. The rosary, reading Scripture slowly, meditatively really helps.

And the Eucharist; speaking to Jesus in the Eucharist after receiving Holy Communion is so good!

Are you happy? Don't be anxious! Jesus lives within you.