

In our Gospel readings this weekend we see Christ remind us of a spiritual reality that is so easily forgotten. That we are to be rooted in prayer, that our lives without it are a storm of chaos.

My mother had a chair she sat in when she got home from work, and even my father knew that when mom was in that chair and her eyes were closed, you gave her a wide berth. That was her prayer chair, and when she was in it, she was doing several things all at once, finding her center after a hard day at work, praying for patience to deal with her three tornados (my sister, myself, my brother). But most importantly she was making time in her life for God.

What Mary does in our Gospel is so difficult to do, to listen in prayer, not talk just listen. Just like Martha many of us see that as time being inactive, not accomplishing anything, nothing could be further from the truth. To listen to God's still, quiet voice is so difficult to do, it is a skill that has to be fostered. It is also half of prayer, half of a conversation. Without listening, our prayer turns into a child writing a Christmas list.

In your prayer life this week build in time for quiet listening, start with something small like five minutes. Five minutes not asking, not talking, just concentrating on God's presence.

May the Love, Peace and Grace of God be with you,

Fr. Adam