

**The Reflection from Pastor Fr. John  
Carlos, Holy Cross Church, Harrison, NJ,  
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**WORD IN ACTION**

The Marta and Maria episode focuses our attention on the tension that so often exists within us between action and contemplation, between doing and being. Like Marta, we all start by getting very busy with different activities, in our eagerness to welcome and serve Jesus, both in the Liturgy and in the different services that we provide in and in the Church.

However, despite the need for all these works and services, the words of Jesus to Martha remind us that, if these tasks and works do not spring from listening and welcoming his Word into the heart, if they are not an expression “of a greater love” that makes us come out of ourselves and put ourselves at the service – whether of Jesus, or of our brothers – are, in fact, empty gestures, emptied of their greatest wealth: love.

The words of Jesus are, in fact, an invitation to discern the true motivation for everything we do, to understand whether it starts “only” from a human desire to do or, on the contrary, from intimacy with Him based on listening to His Word.

In brief moments of silence and intimacy with God, let us ask ourselves the following questions:

- What are the “many things” that worry and worry me?
- How often, like Mary, do I “sit at the feet of Jesus” to listen to his Word?

In your service, prayerfully,

Father John Carlos