

## This Sunday's *Counsel*

### THEME:

We are empowered to build God's kingdom as we choose to listen to the words of Jesus and act on His teachings.

### PROMISE:

*"One who walks blamelessly and does justice, who thinks the truth in his heart... shall never be disturbed."* (Ps 15:2, 5b)

### WORD:

Gn 18:1-10a/Ps 15:2-3, 3-4, 5/ Col 1:24-28/ Lk 10:38-42

### ORDERS:

- Choose the better part. (Lk 10:42b)
- Admonish and teach everyone with all wisdom, that we may present everyone perfect in Christ. (Col 1:28b)

### DIRECTIONS:

- Fully trust in the Lord and seek His guidance in everything that we do in word and in deed.
- Be a good witness through listening and living the Word of God.
- Encourage and inspire one another in building up our community.



BLD Trenton



# Community News

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July 15, 2022

## Life Is About Balance

### REFLECTION:

We as disciples of Jesus, are called to help establish God's kingdom in two components. First is seeking, listening, and communing with God. Secondly, putting it into action.

In the Gospel, the character of Mary and Martha, point out to us the two parts of our Christian life. Mary representing our contemplative life, our life of prayer and communion with God. And Martha who represents the apostolic life, service to God and others. Both aspects of spiritual life are essential. Every disciple must not only spend time in loving service, but such must be together with prayerful meditation on the word of God and constant reflection on the teachings and examples of Jesus. In other words, we need to find a unity and balance in living a deep life of prayer and having a zealous apostolic life in service.

Martha's character is hospitable, a person who loves to serve and attend to



others needs. But busy-ness in her service took the best out of her. And because she's missing out on the presence of Jesus, her activity developed anxiety and distraction. That's where the problem lies. It is not in the service. It's in the way she's serving. She's filled with anxiety, and she is distracted. In contrast to Mary who has her eyes totally on Jesus.

On the other hand, as much as we like to be in the presence of Jesus always, God doesn't call us to simply pray and go along with our day. Prayer is not an excuse to be lazy, and not take responsibility for anything. That is another trap entirely. According to saint James, we are to be doers of the Word, and not hearers only! Prayers are our marching orders. They help us align ourselves with the actions God wants us to take. Pope Francis stated: you pray for the hungry then you feed them. This is how prayer works.

Acts of service and hospitality are a

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### Tending the Flock

## The Only Thing Not Passing Away

Martha and Mary are two sisters; they also have a brother, Lazarus... Jesus is passing through their village and... when Jesus has been made comfortable, Mary sits at his feet and listens to him while Martha is totally absorbed by her many tasks, certainly due to the special Guest.

We seem to see the scene: one sister bustling about busily and the other, as it were, enraptured by the presence of the Teacher and by his words. A little later Martha... can no longer resist and complains, even feeling that she has a right to criticize Jesus: *"Lord, do you not care that my sister has left me to serve alone? Tell her then to help me"*. Martha would even like to teach the Teacher! Jesus on the other hand answers her very calmly: *"Martha, Martha"*, and the repetition of her name expresses his affection, *"you are anxious and troubled about many things; only one thing is needful. Mary has chosen the good portion, which shall not be taken away from her"* (Lk 10: 41-42). Christ's words are quite clear: there is no contempt for active life, nor even less for generous hospitality; rather, a distinct reminder of the fact that the only really necessary thing is something else: listening to the word of the Lord; and the Lord is there at that moment, present in the Person of Jesus! All the rest will pass away and will be taken from us but the word of God is eternal and gives meaning to our daily actions.

*~ Pope Benedict XVI, Angelus Message , July 18, 2010*

### Online Giving

You can now send your tithes and love offerings via **Paypal**. Donate link can be found at [www.bldtrenton.com](http://www.bldtrenton.com)

Or mail check to:  
BLD Trenton Foundation, Inc.  
P.O. Box 1367  
Toms River, NJ 08754

### The Lord's Provision

July 8, 2022

Tithe : \$495.00  
Love Offer : \$138.00

*Thank you for your generosity!!!*

### **God's Blessings**

#### **Birthday**

Tess Corso	7/15	Marlene Legaspi	7/17
Jerry Ramos	7/16	Jay Talag	7/18
Lilia Calves	7/17	Vinnie Warnock	7/18
Camille Colon	7/17	Aurie Apostol	7/19
James Nagbe	7/17	Aris Mejares	7/19

#### **Anniversary**

Rene & Grace Gallofin	7/17
Tony & Tess Corso	7/18
Jojo & Vicma Cac	7/19

*May I walk blamelessly and do justice to my neighbor;  
Let me live in your presence,  
O Lord*

### **Who Are You Gonna Call (or Text)?**

For Mama Mary's visit - Beth Felibrico 732-995-7407  
For Prayer Service - Bert & Cora Velez 732-688-1541



### **Hunger**

Sometimes there is the risk of confining the Eucharist to a vague, distant dimension, perhaps bright and perfumed with incense, but rather distant from the straits of everyday life. In reality, the Lord takes all our needs to heart, beginning with the most basic... We can evaluate our Eucharistic adoration when we take care of our neighbour like Jesus does. There is hunger for food around us, but also of companionship; there is hunger for consolation, friendship, good humor; there is hunger for attention, there is hunger to be evangelized. We find this in the Eucharistic Bread – the attention of Christ to our needs and the invitation to do the same toward those who are beside us. We need to eat and feed others.

*~ Pope Francis*

JOIN US FOR  
**BLD TRENTON'S youth encounter #17**

**WHAT IS YE?**

YE IS retreat where you find a way to deepen your relationship with God, yourself, and those in your life. For more information, or questions please contact Mildred & Wendall Lumapas at (702) 686-7384 or Malou & Arnold Paderon at (732) 910-9062.

**DATES**  
Friday, July 15 to  
Sunday, July 17

**LOCATION:**  
499 Belgrove Dr,  
Kearny, NJ 07032

### **Balance - Cont'd from Page 1**

mark of discipleship. It is a very fundamental virtue and as shown by Abraham and Sarah in the first reading. It is a way of expressing our love for God and neighbor. It should come from a heart overflowing with Jesus' love which we develop by studying His Word. Jesus would rather have you sitting at His feet while He feeds you before you go out in the world to perform acts of service in His name. We see from this story; Jesus desires the worship of Mary and the work of Martha in the correct balance!

However, let us be honest with ourselves, there is a Martha in every one of us, but we often do not see it. I for one is also guilty of it. When we are caught up with our many pressing concerns and activities within and outside of our homes, our families, and even our communities, our hearts and minds lose focus. We for-

get that our priority is the Lord, and we end up stressed, anxious, bitter, sometimes resentful, and judgmental of the people around us. We grumble and complain and fail to see and hear Jesus in our midst.

Jesus warns us against an active ministry that is lacking in spiritual input and enlightenment. Instead, He is reminding us to balance it with attentiveness to Him and to His words. And so, while working, we can add praying so that there is guidance, enlightenment, inspiration, and strength from God. A quotation says, "When man works, it is only man who works. But when man prays, God works." In other words, when prayer is added in our work, we are confident that God will help us finish our work successfully and fruitfully. There will no more worries, stress, and anxieties.

Yes, brothers and sisters in

Christ, we need to have a balance between rest and activity, between prayer and service, between listening to Christ and serving Christ in others. Jesus' life was about prayer and service. He retired to the desert to pray but then he came back to preach and to heal. Mary sat and listened to Jesus and Martha actively served Him. And so, amid the busyness of life are you stopping to listen to Jesus, taking time for prayer and rest and meditating on God's word like Mary? Are you merely living like busy Martha? Life is about balance.

And lastly, as we go forward, let us find ways to grow in a life of prayer which will give fuel to our apostolic life so that we will grow in love of God and others in our day-to-day activities. And let our service to God and others continue to support and increase our life of prayer.