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PAUSE

REFLECT

> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Luke 10: 38-42

"Although Jesus admonished her to stop worrying about getting kitchen help from her sister, he surely enjoyed her efforts." – "The Patron Saints of the Culinary Arts", Loyola Press

While we know that we are called to make the teachings of the gospels the center of our lives, we recognize the struggle of St. Martha who, like many women throughout history, was concerned about putting food on the table for her loved ones. She is the patron saint of cooks, wait staff, and housewives and a saint to call upon in these trying times.

Many of us can relate to her as we are "worried and upset about many things" and attempting to find balance in our homes and lives in light of COVID-19. We especially call to mind those people who are worried about being able to "put food on the table" due to the global pandemic.

PRAY

Ask St. Martha to help you find balance between real life worries that weigh on you now and trust in the good news of the gospel.

If you have time, read about "The Patron Saints of the Culinary Arts" and say a prayer to one of them today.

- If you need help having a good sense of humor on this April Fool's day, consider praying to St. Lawrence, patron saint of cooks, who as he was lying over coals (allegedly) said to his executioners, "Turn me over, I'm done on this side."
- If you need some energy after many days of "shelter in place," say a prayer to St. Drogo, patron saint of coffee and coffee makers.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.