

### Reflection Wednesday Week 5 St Scholastica 2021

**St Scholastica** was born in Nursia around 480, the twin sister of St Benedict. She was dedicated to God from an early age and followed her brother to Cassino, where she died in about 547.

Both Benedict and Scholastica dedicated their lives to God. Each would have influenced the other in their response to God's call. Although Benedict is more well-known being the founder of the Benedictines, Scholastica was a saint in her own right. She lived near to her brother in Cassino with a group of other consecrated women. Benedict was their spiritual guide and would visit his sister once a year. Their meetings would appear to have been a sharing of spiritual insights and understandings, one helping the other. The Song of Songs speaks of a flame of love lighted in the heart - a gift from God - a gift given to all of us at our baptism. It is a flame of inspiration. It is a guiding flame. It challenges and motivates us and it invites us to choose a life that will enable us to live this flame of love in the best way possible. For Benedict and Scholastica, the way they chose was to consecrate their lives to God. The story of Jesus visiting Martha and Mary would suggest that this is the better way. Jesus, however, wants us to understand the importance of giving time to him. This can be much harder if our lives are always busy with action, however great and worthy the cause. Mother Teresa of Calcutta spent every day working hard but she also spent hours in prayer with her sisters every day as well. All forms of consecrated life seek to balance the day between prayer, work and study creating a harmony. Family life is greatly challenged around creating balance and harmony and calls for the creation of a pattern for life that may cover a week or two or more. It also invites family members to discover new ways of praying in and through their actions. Consecrated life teaches us that our whole life is a prayer which needs our acknowledgement and presence to see it. This is true for everyone. Every time we acknowledge the presence of Jesus, the Holy Spirit or the Father, we enter into prayer. Don't miss the prayer opportunities that come your way every day.

**An elderly lady** handed her bank card to the teller and said *"I would like to withdraw £10"*. The teller told her *"for withdrawals less than £100, please use the cash machine."* The elderly lady asked why... The teller irritably told her *"these are the rules, please leave if there is no further matter. There is a line of customers behind you"*. After a few seconds the elderly lady asked the teller, *"Please help me withdraw all the money I have."* On checking her account balance the teller respectfully told her *"you have £300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"* The elderly old lady then asked how much she could withdraw immediately. The teller told said up to £3000. *"Well please let me have £3000 now."* The teller kindly handed £3000 to her with a friendly smile. **The old lady put £10 in her purse and asked the teller to deposit £2990 back into her account.**