Reflection Thursday Week 5 St Scholastica 2022

St Scholastica (480 - 547) was born in Nursia about 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 about 547.

I hope St Scholastica's holiness came to her through her brother because I have two great brothers and a sister and receive most of my holiness from them.

Have you ever wondered how this encounter of Jesus with Martha and Mary would have been written by a female writer? What if Martha had decided to stop her meal preparations and joined Mary at Jesus' feet and let the meal burn?? Maybe the real challenge is whether we can pray while being busy. The preparation for a meal is itself a *holy* process. The art of cooking is not only in preparing something presentable but also tasty that not only sustains but also delights and satisfies. This can never be rushed. Is not this also true for prayer? The wisdom of Jesus is that it is essential that we give time to be quiet with God after all the work is over so that the graces, blessings and the presence of God become more present in us. It allows our work-prayer to mould and shape us into the person we want to be and that God wants us to be. The story also reminds us that our holiness has an influence on the lives of others especially family. Isn't this what happened between Benedict and Scholastica? It has certainly happened to me.

Reflection: *Scholastica and Benedict gave themselves totally to God, giving top priority to deepening their friendship with God through prayer. They sacrificed opportunities to be together as brother and sister in order better to fulfil their vocation to the religious life. In coming closer to Christ, they found they were also closer to each other. In joining a religious community, they did not forsake their family but found more brothers and sisters.*

What's the name of E. coli bacteria's sibling?   Bro coli !!!!

My grandfather, my mom, and my siblings all have diarrhoea.   Runs in the family!!!